

OTHER NAVIGATION COURSES

NIGHT NAVIGATION:

A short evening course getting to grips with this potentially daunting situation before it happens for real. Operated on a non-residential basis from our Stirling base. Participants should be of around intermediate (NNA Silver) standard of navigation already.

Grade: 2 **Ratio** 1:4

Course	Dates to suit	Price
Night Navigation	1 person	£85
	Up to 4 people	£115

COACHING:

Prefer to learn at your own speed? Something particular you want to practise? Need to hone your skills for a special purpose? Possibly you'll benefit from personalised coaching. One of our sympathetic, skilled instructors will work with you to help you make progress towards your goal. Get in touch to fix a date.

Price – From £160 per day.

GROUP BOOKINGS / ALTERNATIVE DATES:

All our courses are available for group bookings on other dates by arrangement.

ADDITIONAL COURSES / DATES:

Check out our website www.cndoscotland.com for additional courses and dates during the year.

Grades:

1. Easy pace, flattish terrain
2. Undulating ground, some off path
3. Moderate pace, lumpy
4. Hilly, possibly rough, purposeful

How to book:

- ✉ Post using the enclosed booking form
- 💻 Online using our secure server
- ☎ Telephone (only if paying by credit or debit card)

Full payment required at the time of booking. See our Booking Conditions for cancellation policy.

Payment Methods:

- Cheque / postal order payable to C-N-Do Scotland Ltd
- Visa / MasterCard credit cards
- Maestro (Switch) / Visa Debit (Delta) debit cards
- PayPal

Ratio:

The number of participants per instructor.

Participation Statement:

Outdoor activities are potentially hazardous, and although C-N-Do Scotland takes due care to minimise risk to client, a certain level of responsibility must fall on each participant for his/her own personal safety in the outdoors. In addition, it is your duty to dress appropriately, to inform the leader if concerned about any situation during the activity, or of any personal medical or health condition, which may be affected by being active, and to abide by the instructions of the leader during the course of the activity. We reserve the right to alter activities and locations for reasons of weather, safety or local access situations.

Booking Conditions:

A copy of these can be found on the website or sent to you on request.

Prices:

All prices include VAT at 20%. If this changes the prices may change.



Skills for the Hills with C-N-Do 2012



Navigation Awards Night Navigation Winter Skills Walking Group Leader

www.cndoscotland.com
01786 445703



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NATIONAL NAVIGATION AWARD COURSES

The NNA scheme offers a systematic and progressive approach to finding your way around, opening up the possibility of independent walking with increased confidence. Each course has some theory but is mostly practical including a non-threatening assessment component. Courses are non-residential and most are operated from our Stirling base. Occasionally courses are run from other locations within Scotland. Gold assessment courses take place in the afternoon and evening.

NNA BRONZE LEVEL - 2 days including assessment

Assumes: No previous knowledge.

Covers: The basic routine, scale, distance judgement, use of linear features, contour interpretation, environmental & first aid awareness.

Grade: 1 **Ratio:** 1:6

NNA SILVER LEVEL- 2 days including assessment

Assumes: Already at the bronze standard

Covers: Simplification, taking bearings, more contour interpretation, relocation strategies, environmental and first aid awareness.

Grade: 2 **Ratio:** 1:6

NNA GOLD LEVEL - 2 days training; afternoon/evening assessment

Assumes: Already at the silver level

Covers: Full range of interpretative and compass techniques for complex navigation, plus environmental & first aid awareness.

Grade: 3 (training) **Grade:** 3-4 (assessment) **Ratio:** 1:4

Course	2011 Dates	Location	Price
Bronze NNA	December 10-11	Stirling	£95
	2012 Dates		
Bronze NNA	February 11-12	Stirling	£95
Bronze NNA	March 31-April 1	Stirling	£95
Bronze NNA	April 28-29	Stirling	£95
Bronze NNA	May 19-20	Stirling	£95
Bronze NNA	June 16-17	Stirling	£95
Bronze NNA	September 15-16	Stirling	£95
Bronze NNA	October 27-28	Stirling	£95
Bronze NNA	November 24-25	Stirling	£95
Silver NNA	April 12-13	Stirling	£95
Silver NNA	September 22-23	Stirling	£95
Silver NNA	November 10-11	Stirling	£95
Gold NNA Training	April 21-22	Stirling	£135
Gold NNA Training	October 6-7	Stirling	£135
Gold NNA Assessment	May 5	Stirling	£80
Gold NNA Assessment	October 27	Stirling	£80
Bronze or Silver courses	Dates to suit	1 person Up to 6	£295 £480
Gold Training courses	Dates to suit	1 person Up to 4	£295 £468
Gold Assessments	Dates to suit	1 person Up to 4	£160 £280

Skills for the Hills 2012

WINTER SKILLS COURSES

Learning the skills to move around securely on the winter hills in Scotland is an essential part in the development of personal outdoor skills. As with many aspirations, if you do not try it, you will never know what you are missing and it is great fun too!

WINTER SKILLS WEEKEND:

Ideal course for aspiring winter mountain walkers. This is a detailed, practical course on winter techniques which covers - practice in safe movement on snow slopes, use of an ice-axe for support and arresting a slip, step kicking and cutting, fitting and walking in crampons on a variety of terrain. Evening sessions cover topics like equipment, winter hazards, snow structure and avalanche awareness. Our residential courses take place in the Northern Cairngorm area.

Included in the price:

- 2 days practical instruction and 2 evening sessions
- 2 nights hostel accommodation
- 2 breakfasts, 2 packed lunches
- Pick up from Aviemore train station if required
- In course transport
- Free use of ice-axe, crampons and helmet

Grade: 4 **Ratio:** 1:6

Course	2012 Dates	Price
Winter Skills Weekend	January 27-29	£259
Winter Skills Weekend	February 24-26	£259
Winter Skills Weekend	March 9-11	£259

Dates to suit:-	From 1 person To up to 6 people	£600 £1050
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WINTER SKILLS DAY:

One day absolute minimum course for those new to winter hill walking. Also suitable as an annual refresher course for the more experienced. Courses take place at a suitable mountain location within a reasonable drive of Stirling e.g. Ben Lawers, Ochils, Cruach Ardrain, Cairngorms, Meall a Buiridh, Glen Shee. They're great fun too!

Included in the price:

- 1 day practical instruction
- Transport from and back to Stirling
- Free use of ice-axe, crampons and helmet

Grade: 3-4 **Ratio:** 1:6

Course	2012 Dates	Price
Winter Skills Day	February 12	£60
Winter Skills Day	March 3	£60

Dates to suit:-	From 1 person To up to 6 people	£160 £300
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WALKING GROUP LEADER AWARD

Taking responsibility for yourself is one thing, being responsible for others is something else. In your "duty of care" you owe it to your group that you are competent to take that responsibility. The UK Mountain Leader Training (MLT) Board has, over the years, developed an excellent range of training schemes for those who aspire to become leaders or instructors.

C-N-Do Scotland is authorised to deliver the Walking Group Leader (WGL) Award courses. This scheme is ideal for Ramblers, Countryside Rangers, Tourist Guides, Youth Workers, Duke of Edinburgh Award Supervisors, Teachers, Rambling Club Leaders etc. It aims to equip you with the skills required for leadership on uncomplicated, readily accessible and non-mountainous terrain.

Our courses are non-residential (apart from 1 night camping on the Training course) and operate from our base in Stirling.

The scheme has the following stages:

1. Register for the scheme with your national MLT board and be issued with a log book.
2. Take part in an approved training course
3. Consolidate training over an advised period of time
4. Take part in, and successfully complete, an approved assessment course
5. Have a valid first aid certificate
6. Continue with personal / professional development

WGL TRAINING COURSE - 4 days over 2 weekends

Entry Requirements:

- Age 18+
- Registered with a MLT Board
- **At least 20** previous hill walks experience

Grade: 3 - 4 **Ratio:** 1:6

WGL ASSESSMENT COURSE - 3 days

Entry Requirements:

- Have attended a WGL training course
- Hold a valid First Aid certificate
- Have a **minimum** experience of 40 Quality Hill Days

Grade: 4 **Ratio:** 1:4

Course	2012 Dates	Price
WGL Training	April 7-10	£200
WGL Training	Oct 13,14,20,21	£200

Groups of 4-6 people on dates to suit

WGL Assessment	April 13-15	£200
WGL Assessment	Sept 28-30	£200

Groups of 2-4 people on dates to suit

It is **your responsibility** to ensure you meet the requirements of the scheme. You must provide us with your **candidate reference number** when you book your course. Contact our office on 01786 445703, or admin@cndoscotland.com, for further information or download full details from our web-site, www.cndoscotland.com.