

## OTHER NAVIGATION COURSES

### NIGHT NAVIGATION:

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

Night Navigation	1 person	£90
	2- 4 people	£75-£45pp

### 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'd 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.

Navigation Coaching	Per person per day	£180
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## SNOW SHOING

This a great way to get about when the snow is deep on forest tracks, in drifts on hillsides, or has turned to 'porridge' at the end of a mountain day. It's good fun too!

### TASTER:

Half day course introduces: - basics of normal technique, awareness of when to use the heel lift, knowing when to change to crampons, how to make life simpler....amongst other tips and advice. Snow shoes use included in price.

<b>Grade:</b> 2-3 <b>Ratio:</b> 1:4		
Snow Shoeing Taster	1 person	£100
	2-4 people	£75pp

### GUIDED DAY:

Put your expertise to use on a guided day in the forests, glens or on the lower hills. Snow shoes use included in price.

<b>Grade:</b> 2-3 <b>Ratio:</b> 1:4		
Snow Shoeing Guided Day	1 person	£180
	2-4 people	£100pp

### 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 / UK bank draft payable to C-N-Do Scotland Ltd
- > Visa / MasterCard credit cards, Visa Debit

## WINTER SKILLS

Learning the skills to move around securely on the Scottish winter hills is an essential part in developing personal outdoor skills. As with many aspirations, if you don't try it, you don't know what you are missing. It's great fun too!

### WINTER SKILLS DAY:

Absolute minimum for those new to winter hill walking but also great as an annual refresher for the more experienced.

Included:-

- > Dates to suit
- > One day's practical instruction
- > Transport from and back to Stirling
- > Free use of Ice axe, crampons, helmet

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

Winter Skills Day	1 person	£180
	2-3 people	£120pp
	4-6 people	£95pp

### WINTER SKILLS WEEKEND:

Ideal course for aspiring winter mountain walkers. It is detailed and practical, and covers: - 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 supplement information about equipment, winter hazards, snow structure and avalanche awareness. Accommodation and meals are NOT included. Consult when you are booking.

Included: -

- > Dates to suit
- > 2 days practical instruction and 2 evening sessions
- > In-course transport
- > Free use of Ice axe, crampons, helmet

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

Winter Skills Weekend	Groups of 4-6 people	£195-£165pp
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### 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 clients, 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. Participants doing Mountain Training courses are reminded that their names will be registered on the MT online management system.

### Prices:

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

### For more information:

Contact our office on 01786 445 703, [admin@cndoscotland.com](mailto:admin@cndoscotland.com) or download full details from our web-site, [www.cndoscotland.com](http://www.cndoscotland.com)



# Skills for the Hills with C-N-Do 2018



Navigation Awards  
Navigation Tutor  
Night Navigation  
Winter Skills  
Lowland Leader  
Hill & Moorland Leader  
Expedition Leader Module  
Snow Shoeing

[www.cndoscotland.com](http://www.cndoscotland.com)

01786 445 703



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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 safety and confidence. Each course has some theory but is mostly practical including a non-threatening assessment component. Courses are non-residential and operated from our Stirling base, although courses can be run from other locations within Scotland.

### 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. It is recognised by the Scottish Qualifications Framework as level 4 and gains 2 points.

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

Bronze NNA	Feb 24-25	£120
Bronze NNA	Mar 24-25	£120
Bronze NNA	Apr 28-29	£120
Bronze NNA	May 19-20	£120
Bronze NNA	Sep 15-16	£120
Bronze NNA	Nov 17-18	£120

### 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

Silver NNA	Mar 24-25	£120
Silver NNA	May 19-20	£120
Silver NNA	Sept 15-16	£120
Silver NNA	Nov 17-18	£120

### NNA FAST TRACK TO SILVER - 3 days including assessment

**Assumes:** Some familiarity with maps from regular hill walking.

**Covers:** Basic routine, handrail navigation, contour interpretation, simplification, taking and walking on bearings, navigation and relocation strategies, environmental and first aid awareness.

**Grade:** 2 **Ratio:** 1:4

Fast Track to Silver	Apr 8-10	£250
Fast Track to Silver	Oct 8-10	£250

### NNA GOLD LEVEL - 2 days training; 1 day assessment separately.

**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

Gold NNA Training	Apr 28-29	£170
Gold NNA Training	Oct 20-21	£170
Gold Assessments	Dates to suit	1 person £150
		2-4 people £90pp

**If you can't make our dates or have a private group: -**

Bronze or Silver	Dates to suit	<6 people	£495
Fast Track to Silver	Dates to suit	<4 people	£630
Gold Training	Dates to suit	<4 people	£450

## NNAS NAVIGATION TUTOR COURSE – 1 day

This is a new course offering some hints, tips and activities for introducing some of the basic skills of navigation to beginners. It is aimed at teachers delivering navigation in primary schools, eg. the Young Navigator Star Award; novice and otherwise unqualified outdoor instructors delivering Bronze navigation courses under the management of an existing NNAS approved provider; anyone already delivering navigation to beginners. It is required CPD for all NNAS course providers within 3 years.

**Grade:** 1 **Ratio:** 1:10 **Price:** £80

**Dates:** Jan 27; Feb 18; Mar 17; Apr 7; May 5; Sep 22; Oct 20

Also by arrangement for groups. From £240 for 4 (inc NNAS fee)

## LEADER AWARDS

Taking responsibility for yourself is one thing, doing so for others is something else. In your "duty of care" you owe it to your group that you are competent to take that responsibility. Mountain Training UK has developed an excellent range of training schemes for those wanting to become leaders. C-N-Do Scotland is authorised to provide the following courses. These are non-residential and operated from our base in Stirling. The Expedition Module is the exception and has one night camping.

The leader courses have the following stages:

1. Open an account on [www.mountain-training.org](http://www.mountain-training.org)
2. Join your national Mountaineering Council.
3. Register for the scheme you are interested in.
4. Log the required number of quality walks.
5. Take part in an approved training course or gain exemption.
6. Consolidate training over an advised period of time and log further quality walks.
7. Gain an appropriate valid first aid certificate.
8. Take part in, and successfully complete, an approved assessment course.
9. Continue with personal development.

## LOWLAND LEADER AWARD

Aimed at those who wish to be responsible for people walking in lowland countryside or woodland, in summer conditions, on tracks and paths, no more than 3km from key access points. Ideal for Ramblers' Leaders, Walk Leaders, Countryside Rangers, Tourist Guides, Youth Workers, Teachers, parents....

### LOWLAND LEADER TRAINING – Evening day 1 + 2 days

**Entry Requirements as 1, 3, 4, 5 above plus:**

- Age 17+
- **Have logged at least 10** varied walks in lowland terrain

**Grade:** 1-2 **Ratio:** 1:6 (min 4)

LLA Training	Mar 2-4	£135
	Oct 5-7	£135
Groups of 4-6 people on dates to suit		£120pp

## LOWLAND LEADER ASSESSMENT – 2 days

**Entry Requirements as 1, plus 3-7 above plus:**

- Age 18+
- Have logged **at least 20** varied walks in lowland terrain

**Grade:** 2 **Ratio:** 1:6 (min 4)

LLA Assessment	Apr 2-3	£135
	Oct 15-16	£135
Groups of 4 people on dates to suit		£120pp

## HILL & MOORLAND LEADER AWARD

This scheme is ideal for Ramblers, Countryside Rangers, Tourist Guides, Youth Workers, DofE 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, in summer conditions.

### HILL & MOORLAND LEADER TRAINING – Evening day 1 + 3 days

**Entry Requirements 1-5 opposite plus:**

- Age 18+
- Have logged **at least 20** personal Quality Hill Walks

**Grade:** 3 **Ratio:** 1:6 (min 4)

HML Training	Mar 8-11	£220
HML Training	Oct 11-14	£220
Groups of 4-6 people on dates to suit		£195pp

### HILL & MOORLAND LEADER ASSESSMENT - 3 days

**Entry Requirements 1-7 opposite plus:**

- Have a **minimum** personal experience of 40 Quality Hill Days

**Grade:** 3-4 **Ratio:** 1:4 (min 4)

HML Assessment	Apr 4-6	£250
HML Assessment	Oct 17-19	£250
Groups of 4 people on dates to suit		£220pp

## EXPEDITION SKILLS MODULE

After passing the Lowland Leader Award or Hill & Moorland Leader Award assessment, those who need to know about camping and the overnight experience can choose to attend a **2-day Expedition Skills Module**. It is delivered as a combined training and assessment course, and covers: - leading overnight expeditions, remote supervision and teaching navigation. It is also useful as continuous personal development for those who have successfully completed any leader assessment.

**Entry Requirements – LLA, HML or greater award holder.**

**Grade:** 3 **Ratio:** 1:6 (min 4)

Expedition Skills Module	April 14-15	£135
	Nov 17-18	£135
Groups of 4-6 people on dates to suit		£120pp