

# Step Up Your Navigation for Women in Exmoor

**Trip style:** Small group holidays

**Destination:** 📍 Exmoor

**Trip code:** SLSWN-4



## HOLIDAY OVERVIEW

Fancy taking your Navigation further then join us on this Step Up Your Navigation holiday for Women. The first day you'll revisit essential skills from the Bronze syllabus before completing the NNAS Silver Navigator Award, you'll learn how to navigate off-path using advanced map skills and compass techniques. This holiday is exclusively for Women and is ideal for those who have some Navigation experience and are interested in going straight to the NNAS Silver Navigator Award.

## WHAT YOU'LL LOVE

- Having the chance to complete the NNAS Silver Navigator Award
- Building on your navigation skills through practical indoor and outdoor exercises
- Learning how to accurately use a compass
- Joining a group of like-minded women
- The expertise of a knowledgeable and experienced tutor
- Staying at Holnicote House near the pretty village of Selworthy
- A more personalised experience thanks to small group sizes (maximum 8 people to 1 leader)

## WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Registration with the NNAS

## TRIP SUITABILITY

While these aren't walking holidays as such, it's essential that you have a level of fitness that will allow you to enjoy your experience to the fullest. Please prepare to be on your feet and outdoors for most of the day (usually 6-7hrs). You will cover anything up to 5 miles over the course of a day.

## ITINERARY

### **Day 1:** Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00 in 2026. Enjoy a complimentary cream tea at 16:30 and meet other guests. After tea meet your leader and have a course introduction.

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### **Day 2:** Refresher Day

Our first day will be spent as a refresher day covering some areas of the Bronze Navigator Award syllabus to help prepare you before completing the Silver Navigator Award. Some of the skills you will be covering are: Navigate using a variety of maps and scales. Use 4 and 6 figure grid references with worded descriptions to define the position of a map feature and to locate a feature on the ground. Orientate the map using handrails, obvious point features and major landforms. Use linear features (e.g. paths, tracks, clear boundaries) as handrails in simple navigation exercises. Relate prominent landforms such as large hills and valleys to corresponding contour information on the map. Orientate the map by aligning a compass needle against grid north and be aware that magnetic variation causes an inaccuracy. Use an orientated map to confirm the direction of travel. Use clearly identifiable features to confirm position along the route and to recognise when the target has been overshoot.

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### **Day 3-4:** Navigation Days

Our days will be spent working through a range of practical indoor and outdoor exercises that will help us cover the Silver Navigator Award Syllabus. Utilise the skills and techniques of the Bronze Award in the context of Silver Award navigation strategies. Relate small hills, small valleys, prominent re-entrants and prominent spurs to their corresponding map contours. Use prominent hills, ridges, spurs and valleys as a means of navigation in good visibility. Use landforms and point features to orientate the map and as collecting and catching features. Use a compass to: Accurately follow a bearing; aim off; check the direction of handrails and other linear features. Deviate briefly from a compass bearing to avoid obstacles or difficult terrain and accurately regain the original line. Use back bearings to check route following accuracy. Measure distance on the ground in varied, open terrain using timing and pacing and make practical allowances for any discrepancies. Simplify legs using coarse navigation, attack points and fine navigation. Recognise dangerous or difficult terrain on map and ground. Plan and implement navigational strategies based on the above skills. Maintain route finding accuracy in poor visibility or darkness. Recognise a navigation error within a few minutes and apply appropriate relocation techniques. Understand how personal fitness and nature of terrain affect route choice both at the planning stage and on the ground. Understand the potential consequences of fatigue and physical discomfort in demanding terrain and/or extreme weather conditions. Select appropriate clothing, equipment and first aid items for walking in open country in all weather conditions. Demonstrate an understanding of the Countryside Code, current access legislation and the environmental impact of walkers on the countryside. Understand the responsibilities of walkers towards other countryside interests such as farming, forestry and conservation. Understand how outdoor activities impact on the environment and how that impact can be minimised and sustainable use promoted. You will be outside for parts of the course and there will be some standing around outside so please bring warm clothing with you. You can expect to walk between 4 to 6 miles each day. The course includes map work exercises and walk planning in the evenings. Maps will be provided for use during the course, but you will need to bring a compass we recommend a compass which has a baseplate, 360-degree protractor, map measuring features, plus scales of 1:25k and 1:50k an example compass is the Silva Expedition 4.

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**Day 5:** Departure Day

Enjoy a leisurely breakfast before making your way home.

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## Holnicote House

There's plenty to look forward to at this beacon of Somerset hospitality near the impossibly pretty village of Selworthy. The location couldn't be more perfect; within rolling-out-of-bed distance from Exmoor National Park and an easy drive from Dunster Castle, Coleridge Cottage, the twin villages of Lynton and Lynmouth, and the sandy delights at Porlock and Minehead. The walking opportunities here are standout, too, not least for the trails around the Quantock Hills, Dunkery Beacon, Bossington, and a section of the England Coast Path that takes you on a glorious journey along the county's coastline.

### **A warm welcome**

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

### **Evening entertainment**

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

### **Walks talks**

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

### **The walking day**

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.