

## **Norland Moor :: Training Activity :: Map with no paths**

**Saturday 7<sup>th</sup> – Friday 13<sup>th</sup> October**

**Each event in this EPOC maprun series will have a Coaching/ Training Activity available to download.**

**At Norland, this is a No Path Map activity.**

**1.3 km**

**The start and finish are the same as for the main event.**

**To get the most from this, follow the instructions on the downloaded map. The aim is to concentrate on contour, rock, water and vegetation detail, ignoring the simpler path network.**

**Please note, the map scale for the line event is 1:2500**

**We hope that you might try the coaching activity first and then try one of the main courses to practice the skills.**

**If you want to discuss the coaching element further, please contact Jonathan Emberton the Training Coordinator ... 07792900971 or [jonathanemberton@gmail.com](mailto:jonathanemberton@gmail.com). Use the Facebook or Instagram pages to start or join in a discussion.**