

# Natural Navigation

## Activity Pack



# Natural Navigation

Knowing how to navigate without the use of a compass, GPS, or apps on your phone is a really useful life skill.

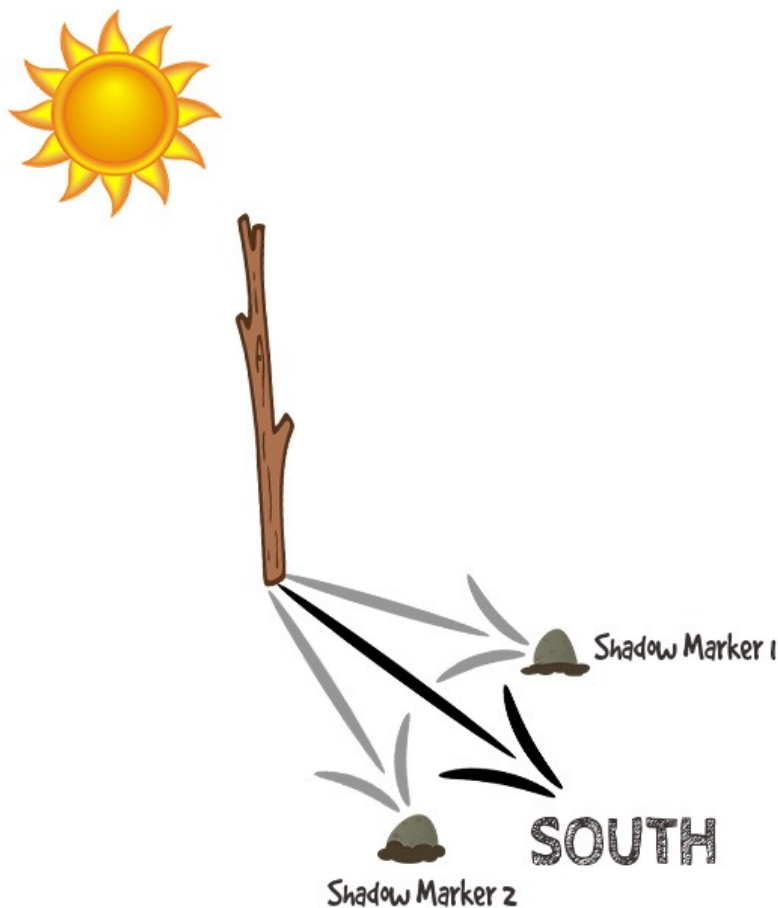
It's also a good activity you can do with your kids when out on a walk. Especially on a sunny day.

We gave it a go and put this handy guide together to help you try it with your kids too.

You can see how we got on in our blog post here:  
[www.getoutwiththekids.co.uk/family-hiking/natural-navigation/](http://www.getoutwiththekids.co.uk/family-hiking/natural-navigation/)

# How to NAVIGATE Using a stick

- Step 1** Place a tall straight stick in the ground.
- Step 2** Mark the end of the stick's shadow, then wait at least 15 minutes.
- Step 3** Mark the second shadow. An imaginary line between the two markers will point South.



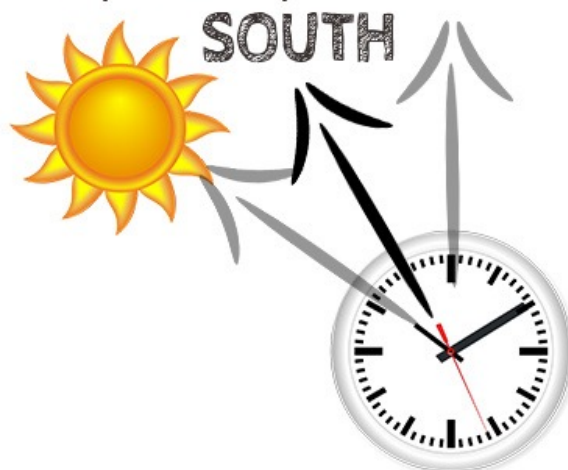
# How to NAVIGATE Using a watch

**Step 1** Hold watch flat and level.

**Step 2** Point yourself  
and the hour  
hand to the sun.



**Step 3** Make an imaginary line between  
the hour hand and 12 o'clock.  
That is South.



# How to NAVIGATE Using plants

**Step 1** Find a lone tree.

**Step 2** Look at which side has more growth. Search for moss.



Plants and lone trees tend to grow towards the sun.

**SOUTH**



Moss likes to grow in the shadows on the North side.

**NORTH**

# Create your own Navigation Challenge

To give our kids more of a challenge we created a map with a route they had to navigate using only Natural Navigation techniques.

We created the map by tracing navigation points and which way is North from an Ordnance Survey map.

The mistake we made though was to use intersections of paths that were marked on the map, such as where the path crossed a stream.

Unfortunately when we tried it the paths that were mapped had closed due to erosion and new paths had been created. This meant we didn't complete our own challenge!

So don't make the same mistake as us. Pick more 'solid' points of interests to navigate to such as a summit of a hill, a church, etc.

Have fun!