

PRESENTER: Today I'm exploring in the Lake District and I'm using one of these to help me, it's an Ordnance Survey map and every hill, stream, road, church building, nearly everything in every centimetre in the country, is covered by one of these and I can find nearly anything...

...including me.

And I do it by using the grid that divides up the map, so, in fact, this cross is where we are now.

Now, I always remember that you find the grid reference by going along the corridor and up the stairs.

Along the corridor, or bottom, first to find what is called an eastings number. I need the number on the left side of the square.

And then up the stairs to find the northings number on the bottom line of the square. Those two numbers give us our four-figure grid reference - 2805.

So now we are in this square on the map. But that's still quite a big area.

I want to know precisely where I am, so I'll divide the sides of the square up into ten sections, then go along the corridor and up the stairs again to get two more numbers and if I slot these two new numbers into the original four figures, I get a six-figure grid reference - 288052.

That tells me precisely where we are on the map. I've got another six-figure grid reference here - 285061 - and it's for my end destination, my hotel.

So we're heading north for 4cm.

This is a scale map.

It's got a ratio of 1:25,000, so 1cm on the map equals 25,000cm or 250m in the real world. So 4cm equals 4 x 250m, which equals 1,000m and 1,000m equals 1km. And the map also tells me how steep the path is.

Contour lines link points of equal height above sea level.

Depending on the scale, there is usually a 5m or 10m difference in height between each contour on an Ordnance Survey map, so the closer together the contours are on the map, the steeper the gradient of the hill in real life.

And this is it, I've made it to my hotel, at grid reference 285061.