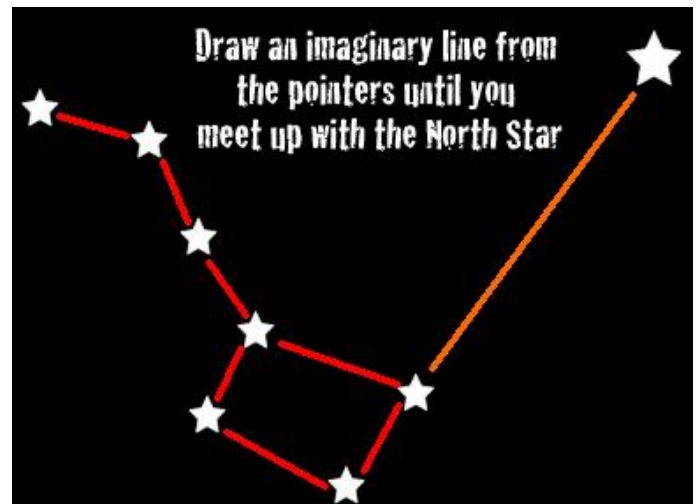
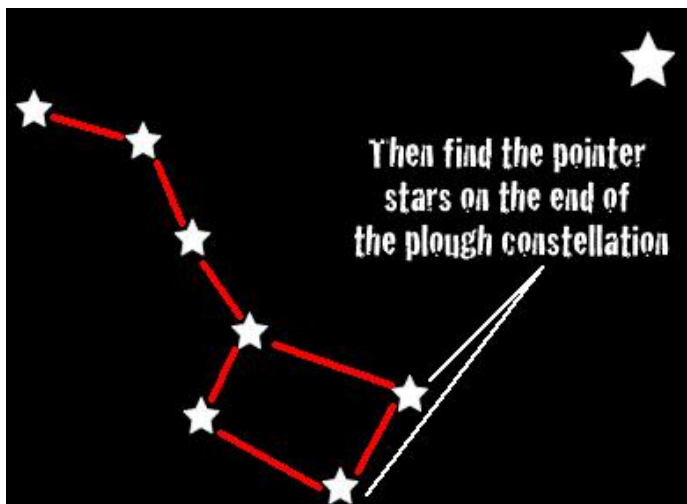
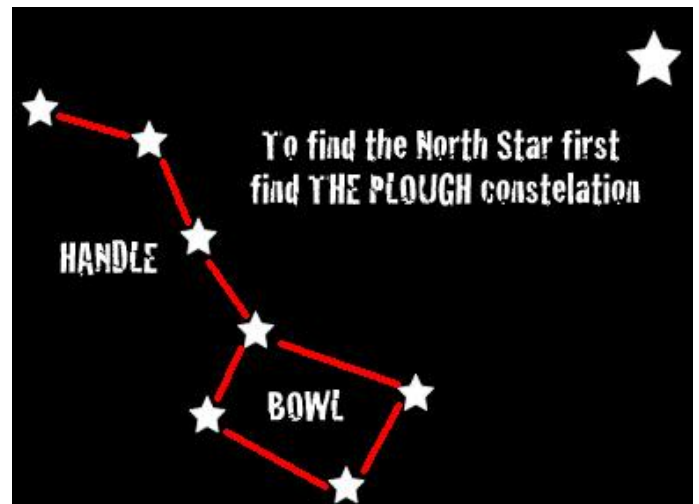


# Finding North At Night And During The Day

## Finding North by the Pole Star at Night

If you live in the northern hemisphere (like we do), you can always find north at night, because there is a star very near to the north pole of the sky. This star is called The Polestar (also called Polaris, polar star and North Star), and during the night all other stars appear to circle around it as the Earth turns. When you face it you are always facing north as the stars position in the sky never changes.

To find The Polestar, first locate the familiar saucepan shape of seven stars that make up the Plough or Big Dipper. Draw a straight line through the two pointer stars that make up the end of the dipper's bowl and continue this line away from the opening of the bowl until it intersects with the Polestar.



## Finding North with your Watch during the Day

This method is for GMT (Greenwich Mean Time) for BST (British Summer Time) take 1 hour off the time.

Point the hour hand at the sun, half the distance between the hour hand and 12 o' clock. This is due South, the opposite direction is due North.