



Imagine swimming across a river to a tree on the other side. The course is the most direct path to the tree. You start swimming for the tree but the current carries you downstream. Despite your best efforts to swim straight ahead on the original course, you are carried along a diagonal. The course you actually follow is called the Track. At this point, the Course is imaginary, the path you intended to follow. At midstream, you look over to the tree to see how much you need to swim upstream to head back toward the tree. The angle of the destination is your Bearing. At any given time, the direction your body is pointing is the Heading. Notice that your heading is not the Course or Track, but the direction you are pointing, not the direction you are traveling.