

GOLDERS HILL PARK

Scale: 1:3000 Contour interval: 2.5m

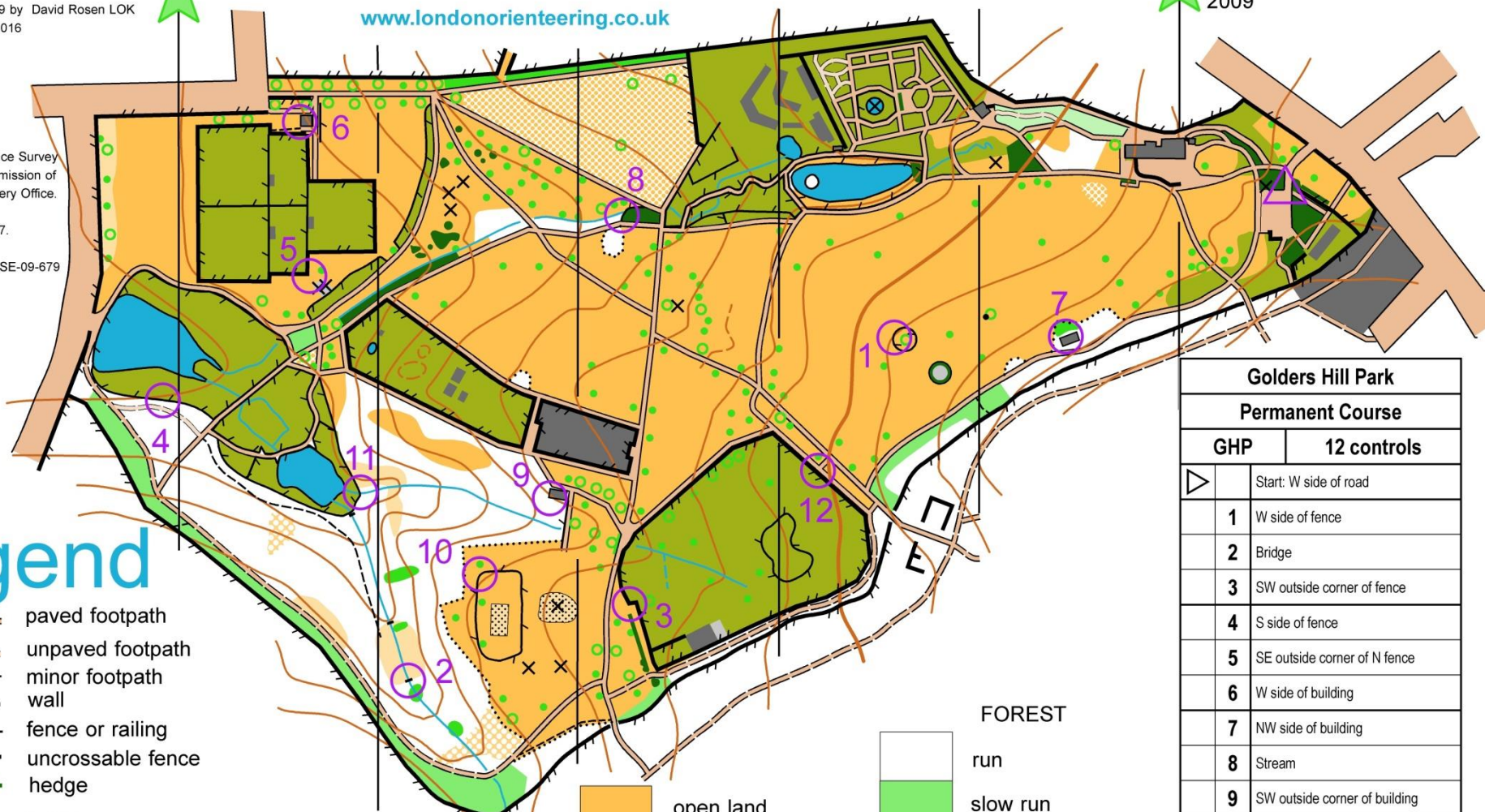


Grid Reference of Cafe: TQ 258871
 Surveyed Spring 2009 by David Rosen LOK
 Minor updates April 2016

www.londonorienteing.co.uk

Magnetic North
 2009

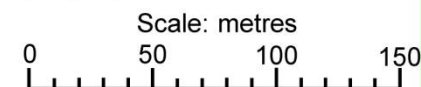
Based on the Ordnance Survey
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 BritishOrienteering
 Map Registration No SE-09-679



Legend

- paved footpath
- unpaved footpath
- minor footpath
- wall
- fence or railing
- uncrossable fence
- hedge
- building, canopy
- statue or play equipment
- distinct vegetation boundary
- pond
- stream
- contour, index contour
- sandy area
- large tree
- smaller tree
- open land
- open land with scattered trees
- rough open land
- rough open land with scattered trees
- run
- slow run
- walk
- impenetrable
- out-of-bounds

Golders Hill Park	
Permanent Course	
GHP	12 controls
	Start: W side of road
1	W side of fence
2	Bridge
3	SW outside corner of fence
4	S side of fence
5	SE outside corner of N fence
6	W side of building
7	NW side of building
8	Stream
9	SW outside corner of building
10	Bend in fence
11	E outside corner of fence
12	SW side of path junction





GOLDERS HILL PARK PERMANENT ORIENTEERING COURSE

WHAT IS ORIENTEERING?

Orienteering is a walk (or a run if you feel energetic) with a difference. Instead of following a marked route, you use this map to find your own way to various checkpoints or 'control sites' shown on the map. The controls themselves are small red and white signs with a number and a letter. Familiarise yourself with the one at the start.

Which Controls?

You can visit the controls in any order. You can find some on one day and come back later to find some more.

Do I need a Compass?

In forests, it is better to have one so that you can reassure yourself that you are travelling in the correct direction, but in parkland the controls can be followed by map reading alone. The map is orientated to magnetic north so no adjustments are necessary when using the compass.

Map

The map has been specially produced for Orienteering, and the centre of the red circle indicates the position of each control. Remember that a map is only a 2-dimensional representation of a 3-dimensional object and the legend clearly identifies essential information required to relate the map to the ground. It is worth taking some time to read the legend before you start. Look at the scale and try to relate the distance shown on the map to the actual distance you plan to cover. If the control is only 100 metres away don't go rushing beyond. Height differences are shown by contour lines in brown. The contour interval is 2.5 metres. The closer they are the steeper the slope.

Controls

When you arrive at the control the number on the post should correspond with that on the map. There is a unique letter, which can be used to confirm to others that you have visited the site. The start and finish are at the same point and are indicated with a triangle.

In the Park

Orienteering relies on good neighbourliness. Please do not jeopardise the sport in any way and be courteous to other park users. Be careful to avoid flower beds.

Further information on orienteering

You can find out about orienteering competitions by visiting <http://www.britishorienteering.org.uk/> and clicking on Event Information. There are always courses designed specifically for beginners.

If you want to join a club, the local club is London Orienteering Klubb (LOK). This is the club that helped set up this course. Members live throughout Greater London and the club has regular training sessions, meetings and other social activities. Membership Secretary is Julie Cleary at 9 Lydia Mews, Welham Green, Herts. AL9 7PZ, telephone 01707 275934. Their web site is at: www.londonorienteering.co.uk or email: membership@londonorienteering.co.uk