



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 numbered posts. Familiarise yourself with the one at the start.

Which Course?

There are 3 suggested courses starting from the path junction up from the Heath information centre. If you are a newcomer, do not attempt the difficult ones; better to do an easy one (it may take you an hour or more!). If you have enough time try a second course or come back another day and try again.

Do I need a Compass?

It is better to have one so that you can reassure yourself that you are travelling in the correct direction, but the courses can be followed by map reading alone. Compasses are available from the Heath Information Centre adjoining the lido. The map is orientated to magnetic north so no adjustments are necessary when using the compass.

What do I do?

Having selected your course, draw lines between the control sites and then work out which way to go. The following notes may help you use the map.

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 5 metres. The closer they are the steeper the slope. Rides, tracks and paths are the easiest features to navigate by. Orienteering relies on good neighbourliness. Please do not jeopardise

the sport in any way and be courteous to other heath users.

Controls

This is a list of the controls and further descriptions to their locations. 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.

Number	Description	Code
Start and finish	N side of building	
1	Path crossing	
2	Path junction	
3	S side of building	
4	Small gully	
5	Path crossing	
6	Spur	
7	Small gully	
8	NW side of fence	
9	Re-entrant (valley on hillside)	
10	Small gully	
11	Ditch	
12	Reentrant	
13	Upper part of reentrant	
14	SE side of building	
15	Top of cliff	
16	Narrow marsh	
17	Small depression	
18	Reentrant	
19	Foot of earth bank	
20	Reentrant upper part	
21	Pond, north side	
22	Fence, south side	
23	E side of fence junction	
24	Copse, east side	

Suggested courses

Here are some suggested courses. Don't forget that the distances are as the crow flies and the actual distance covered could be considerable greater than that quoted.

Easy – 1.7 Kilometres

Start, 2, 5, 7, 8, 3, 1, finish

Medium – 3.1K

Start 2, 5, 7, 6, 9, 12, 11, 10, 3, 1 finish

Difficult – 4.1K

Start, 1, 4, 10, 11, 16, 19, 18, 17, 15, 13, 9, 6, 5, 2, finish

Very difficult – 6.7K

Start, 4, 10, 23, 24, 22, 21, 20, 19, 18, 17, 14, 15, 13, 16, 12, 11, 6, 5, finish

If you have been successful, you can return to try courses you have designed yourself!

Further information on orienteering

The sport of Orienteering takes place on Sunday mornings between September and June. Find out where and when by visiting <http://www.britishorienteering.org.uk/fixtures/fixtures.htm>. 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 these courses. 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

The British Orienteering Federation (BOF) coordinates orienteering nationally. They will have details of nationwide fixtures and clubs outside of London. They are available at: BOF, 8a Stancliffe House, Whitworth Road, Darley Dale, MATLOCK, Derbyshire DE4 2HJ. Their phone number is 01629 734 042 and the web site is: www.britishorienteering.org.uk