

What is orienteering?

Orienteering is:

A national sport.

Using a map to discover the best route.

Learning to navigate.

A great way to explore.

What do you do?

You will use an orienteering map to navigate through our Museum site.

You will visit our woodland areas and open areas and find many different routes around our buildings.

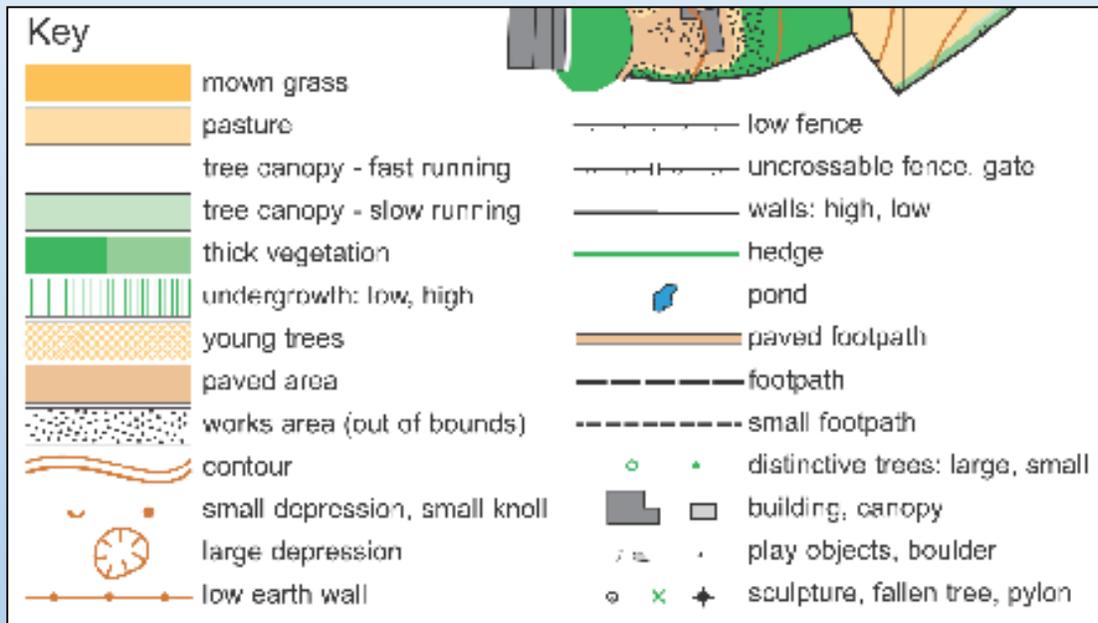
Your aim will be to locate checkpoints (controls) along the way, such as a tree stump or sign post etc.

Controls look like this.



The key skills – using the key

Orienteering maps have special colours and symbols and each map has a key to these to help you.



The map is designed to help you plan the best route to use between controls:

If you read “Tree canopy – fast running” and “Thick vegetation”, how fast do you think you should run?

The key skills – setting the map

You will need to rotate the map until it shows the features on the map exactly as they appear to you on the ground.

Find your current location on the map, if you are on a track or path rotate the map until the path on the map runs in exactly the same direction as the path on the ground.

You should then be able to see that other features (buildings, trees, etc.) appear on the map exactly as you can see them.

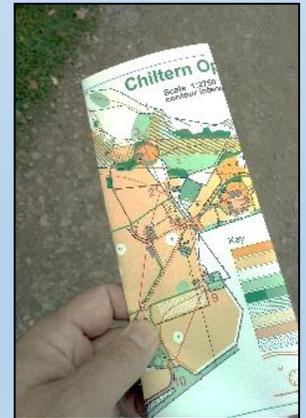
The map gridlines point north so the map can be set using a compass if you have one.

The key skills – Thumbing

This is all about keeping a track of your progress on the map as you follow your route.

To do this keep your thumb on your exact location and move it along your chosen route as you run or walk.

You may have to fold your map to do this so long as you can see your location and some of your route.



Using the course on the day

All the courses start and finish at the same place.

The start/finish post is behind Northolt barn

On your orienteering map it will be marked as a red triangle.

The aim is to visit every control marked on the course map

IN NUMBER ORDER.

Each control has a yellow letter on it and the finish is marked by a red circle.

You may want to make a note of the letters so you can see if you have made a mistake (there is a list of the correct letters and numbers in the ticket office).