



WESSEX ORIENTEERING CLUB

and

BOURNEMOUTH BOROUGH COUNCIL

WELCOME YOU TO ORIENTEERING AT LITLEDOWN CENTRE

Orienteering is a Sport for All; all abilities and all ages: children, families, groups of friends, wheelchair users, keen walkers, runners and international athletes. Orienteering takes place in parks, urban areas, forests and around towns and cities.

This leaflet introduces you to orienteering at Littledown Centre. You can start with an easy course, and then try one a bit more challenging, maybe returning another day to have a go at another course.

What to do next

The aim of the sport is to navigate your chosen course from Start to Finish and to visit all the control points on the way. The Start is shown as a red triangle, and the finish as two red circles. On this map, the Start and Finish are in the same place.

Each control point has a red circle on the map and a number alongside it. When you get there, you will find on the ground a post at the centre point of the circle on your map which has a red and white marker. On the post will be a letter.

Copy this letter into the correct box on your map, but make sure you really are at the correct control point. Look around at the features nearby – do these match the features shown on the map? If not, have you found the wrong control point? Go back to the previous control, and try again.

When you have finished, compare the letters you have copied down with the list on the Answers Sheet. If they all agree in the correct order, then you have completed the course correctly.

Once you feel confident with the course or courses you have completed, you can try going around the courses in reverse, or perhaps try to visit all the controls in the shortest possible time. Why not try a relay with your friends or family; select a course and each of you take it in turns to run the course to see who is fastest.

Control Descriptions

In orienteering, every control is on a recognisable feature, so that it can be described.

The descriptions for your control sites are:

1. Start & Finish
2. Bush
3. Vegetation Boundary Tip
4. Litter Bin
5. Lamp Post
6. Fence Corner
7. Middle of Copse
8. Knoll
9. Thicket Corner
10. Vegetation Boundary Corner
11. Vegetation Boundary Tip
12. Vegetation Boundary Tip
13. Bank End
14. Vegetation Boundary
15. Vegetation Boundary Corner
16. Bank Foot
17. Vegetation Boundary
18. Steep Slope Foot
19. Vegetation Boundary
20. Thicket, North End
21. Vegetation Boundary
22. Path Junction
23. Vegetation Boundary Tip
24. Thicket, North Corner
25. Lamp Post
26. Vegetation Boundary Tip
27. Thicket
28. Notice Board
29. Bridge, North End
30. Thicket, South End
31. Distinctive Tree

ANSWERS

Short	L K J H D G J K N P
Medium	K J G M D G H T L D B A S R
Long	J G U D B J A M B C F N K F E A M R

WHAT HAPPENS NOW?

Now that you have mastered your course or courses at Littledown Centre, why not try one of our other Permanent Courses? We also have permanent courses at:

Poole Park, Poole
Kings Park, Boscombe
Upton Country Park, Poole
Brownsea Island (map packs can be purchased from the island shop)

You can download any of these (except Brownsea) from our website – just go to

www.wessex-oc.org and click on Permanent Courses.

TRY ANOTHER CHALLENGE!

Now are you ready to try orienteering in some real forest? Moors Valley Country Park have a permanent course, full details of this and other activities at Moors Valley can be accessed through the Permanent Courses link on our website.

AND FINALLY.....

We hope you have enjoyed the courses on offer. If you want to learn more about orienteering, Wessex Orienteering Club have qualified Coaches who would be happy to help you to progress with your orienteering skills. Just log onto our Website and click the “About Wessex” button and click on “Kay Sayer”.

HAPPY ORIENTEERING!!

Disclaimer: Orienteering at this venue is done entirely at the participants' own risk and on the condition that they have no claim whatsoever against the Wessex Orienteering Club, or Bournemouth Borough Council for any loss, damage or injury however suffered or caused. Take care when using the grounds. NOTE: Possession of any part of this pack does not imply right of access for orienteering or any other purpose.