

## WHAT TO DO NEXT

Come back on another day and try one of the other courses on the map or even design a new course yourself.

Always point your map in the direction you are going and as you go try to identify the main features to your left and right with what is shown on the map.

Without realising it, you will be improving your skill at relating the map to what is actually on the ground.

It's now time to get some variety. There are two more permanent orienteering courses in parkland in this area: at **Poole Park** and at the **Littledown Leisure Centre**, opposite Bournemouth Hospital. Try them, if you can, you will be surprised at how fast and confident you are.

All details and maps for these courses can be found on our website:

**[www.wessex-oc.org](http://www.wessex-oc.org)**

Select: Permanent Courses from the home page.

Now you are ready to try orienteering in some real forest on the permanent course in **Moors Valley Country Park**. Full details on this are also on our web site together with information about all the other great things you can do there as well.

Read through the attached leaflet on the sport of orienteering and get in touch with us through our web site. You can be sure of a friendly, supportive welcome. There is not a large initial outlay needed on membership or kit, so you (and your family) can make a gradual start.

We look forward to hearing from you

Whatever you do, enjoy the outdoors and the wonderful environment around us.

# Leisure Orienteering

In

## Upton Country Park

### Wessex Orienteering Club

and

### Poole Borough Council

WELCOME YOU TO ORIENTEERING

Orienteering is a Sport for All - young and old – for individuals, families and groups of friends – for keen walkers, runners or international athletes. Some courses can be used by disabled people and wheelchair users. No matter who you are, **you too can enjoy orienteering!**

**Do you like a challenge?**

**Do you like to be outdoors?**

**Would you like to be better at reading maps?**

**Then you will like Orienteering**

This pack introduces you to orienteering in Upton Country Park. You can start with an easy course, and then try a harder course, maybe returning another day to continue your enjoyment of Permanent Course Orienteering.

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