

# ORIENTEERING - The adventure sport for all

Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. The aim is to navigate in sequence between control points marked on a unique orienteering map and to decide the best route to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace.

Orienteering can take place anywhere from remote forest and countryside to urban parks and school playgrounds. The most challenging orienteering takes place in areas which have demanding terrain and few paths.

Orienteering is very popular with all age groups and is truly an adventure sport for all! Young children and pensioners can enjoy the sport equally as there is always a course to suit their ability.

Many school children take part both with their families and in school competitions. Some of these youngsters may even go on to compete as elite orienteers for Great Britain which involves very high levels of skill and fitness.

To start orienteering all you need is a sense of adventure and a pair of trainers. It's a great sport for runners, joggers and walkers who want to improve their navigation skills or for anyone who loves the outdoors.

## Permanent Orienteering Courses (POC's)

These are fixed courses available throughout Great Britain. They are usually designed for beginners but often include difficult options for improving or experienced orienteers. For information about permanent orienteering courses please contact your local club or visit: [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

## Local & District Events

**LOCAL** Clubs host over 1000 of these throughout the country in a year. They are ideal for newcomers offering a limited range of **colour coded** courses.

**DISTRICT** These events have a range of courses for all abilities including newcomers. They offer a full range of **colour coded** courses and there are nearly 300 district events per year.

Orienteering takes place at the weekends and if you are new to the sport it is best to start at a local or district event. There is no need to enter in advance. At the event you will be provided with a specially drawn orienteering map, an electronic timing tab and a control description sheet. As you advance in the sport you will also require a compass.

Local and district events are **colour coded** which means there are several courses of different length and difficulty available at the same time. Before you begin you will need to select the course you are going to run based on your ability. Most events will provide maps with the courses preprinted but at smaller events you may need to use a red pen to copy your course onto your map from a 'master' map.

## Colour Coded Courses

These are graded on Technical Difficulty (TD) and Length

### Brown (TD5)

Brown courses are physically demanding and technically difficult. They are for experienced orienteers only.

**BROWN**  
(TD5)  
7.5 - 10.0km

### Blue (TD5)

(TD5)

5.0 - 7.5km

### Blue (TD5)

Blue courses are more physically demanding than Green as they are longer.

### Green (TD5)

(TD5)

3.5 - 5.0km

### Green (TD5)

Green courses are technically difficult and use contour and point features. They used mostly by experienced under-18's and adults wanting a short but challenging course.

### Light Green (TD4)

(TD4)

2.5 - 3.5km

### Light Green (TD4)

Light Green courses introduce navigation using simple contours and 'point' features. They are ideal for improving orienteers

### Red (TD3)

(TD3)

3.5 - 7.0km

### Red (TD3)

Red courses are technically similar to Orange. They are used by beginners wanting a longer run.

### Orange (TD3)

(TD3)

2.5 - 3.5km

### Orange (TD3)

Orange courses progress to the basic use of a compass and route choice. They are ideal for novice orienteers

### Yellow (TD2)

(TD2)

1.5 - 2.5km

### Yellow (TD2)

Yellow courses use simple linear features like paths, walls and streams. They are mainly used by under 12's and families

### White (TD1)

(TD1)

1.0 - 1.5km

### White (TD1)

White courses are very easy with all controls on paths. They are mainly used by 6-10 year olds and family groups