



## **FANCY A CHALLENGE? WANT TO HAVE SOME FUN?**

### **THEN TRY AND NAVIGATE YOUR WAY AROUND ALEXANDRA PARK.**

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 Alexandra Park. It is a small area with interesting slopes shown by the brown contour lines and some great Dorset Pine trees. This is a Score course, which means you can visit the controls in any order. Try and work out the fastest sequence around the whole park without repeating any sections.

#### **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 purple triangle, and the **Finish** as two purple circles. On this map they are at the same location. A suggested course is indicated on the next page, along with the control descriptions.

Each control point has a purple circle on the map and a two letter code alongside it. You can either use the Oriento App on your phone to record your run, or just mark map with pen/pencil:- see [Oriento.uk](http://Oriento.uk) for FREE download and course results. When you get there, you will find a plaque at the centre point of the circle on your map which has a red and white marker. On the post will be two letters.

Check with the letters on the map, or scan with smartphone, 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.

Once you feel confident with the course you have completed, you can try another sequence or try to visit all the controls in the shortest possible time. Why not try a relay with your friends or family? Each of you takes it in turns to run the course to see who is fastest.

<b>Control Descriptions</b>	
MH	Western wall
CJ	Tree Stump
ZL	Fence
QT	Fence at Western Tree
KT	Fencepost
QC	Wall at Gate
TX	Wall
VE	Play area fence
WG	Bench
GZ	Wall
JV	Noticeboard Rear
BC	Post
YN	Railway Sleepers
PC	Fence
CM	Tree Stump
PM	Wall/ Doorway
PR	Tree Stump

## **WHAT HAPPENS NOW?**

You can visit many other Permanent Orienteering Courses – just go to our website [www.wessex-oc.org.uk](http://www.wessex-oc.org.uk) and go to Locations, Permanent Courses.

## **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, for any loss, damage or injury however suffered or caused. Take care when using the grounds.

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