



FANCY A CHALLENGE? WANT TO HAVE SOME FUN?

THEN TRY AND NAVIGATE YOUR WAY AROUND DARBY'S LANE 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 Darby's Lane Park. You can start with a **SHORT** course, and then try the **LONG** one which is a bit more challenging, maybe returning another day to have a go.

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.

Each control point has a purple circle on the map and a letter alongside it. (Note: there are two 'Bs' but one is marked on the map as B1) 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.

Check this letter against the correct box on your map and make they are the same. If they are not you are not 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 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:

- Start – Foot of Slope
- R Top of Slope
- N Low Bench
- A Path End
- T Path/Stream Junction
- B Path Junction
- S Large Tree
- E South-East End of Fence
- J Path Junction
- F Large Tree
- D Foot of Slope
- K Vegetation Boundary
- C North-East Boulder
- W North-East Corner of Pylon
- P Seat
- B1 Between Trees
- V Seat
- M Path Junction
- Y South-West Depression
- H Path Crossing
- G Fence Corner
- Finish – Fence Corner

WHAT HAPPENS NOW?

You can visit many other Permanent Orienteering Courses – just go to our website <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.