



FANCY A CHALLENGE?

WANT TO HAVE SOME FUN?

THEN TRY AND NAVIGATE YOUR WAY AROUND THE GROUNDS OF QUEENS 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 Queens Park. 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 at the same place. They are in the large field near the Car Park.

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

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 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:

A	STARTOn edge of field
B	Path junction
C	Edge of trees, near the seat
D	End of path
E	End of path
G	Edge of trees
I	Edge of trees
J	Path bend
L	Path bend
M	End of path
N	Edge of trees
O	Path/ditch junction
P	Path junction
Q	End of fence
R	Path bend (on board)
S	Path
U	Path junction
V	Path bend
W	Edge of trees
X	Path
Y	Edge of rough open
Z	Edge of rough open

Try one (or more) of the following courses. Start at the Start Triangle on the Map (Letter A) then visit each of the following controls in the correct order.

EASY COURSE. A (Start) B, C, D, E, G, I, J, L, M, A (Finish)

MEDIUM COURSE A, B, C, D, E, G, I, N, O, P, Q, R, M, A

LONGER COURSE A, C, E, G, S, U, V, W, X, Y, Z, O, R, M, A

WHAT HAPPENS NOW?

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

Poole Park, Poole
Littledown Park and Kings Park, Boscombe
Upton Country Park, Poole
Slades Farm, Wallisdown
Broadstone Recreation Ground, Broadstone.
Boscombe Chine and Gardens (part of the Coastal Activity Park)

You can download any of these from our website – just go to

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

Studland (map packs can be purchased from the National Trust shop)

TRY ANOTHER CHALLENGE!

Now are you ready to try orienteering in some real forest? Moors Valley Country Park has 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.

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 BH Live 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.