



# Orienteering - the adventure sport for all

## What is it?

Orienteering is an exciting and challenging outdoor sport that exercises mind and body.

The aim is to navigate between control points marked on an orienteering map.

In competitive orienteering the challenge is to complete the course in the quickest time choosing your own best route.

## Who is it for?

As a recreational activity, it doesn't matter how young, old or fit you are, as you can run or walk making progress at your own pace on the courses planned to suit you.

Orienteering is a great sport for walkers, joggers and runners who want to test themselves mentally as well as physically or who want to add variety to their leisure activities.

Families can have fun together while out in the fresh air and learning the basics of navigation. Kids love to find those checkpoints!

## Where can you do it?

Orienteering can take place anywhere from remote forest and countryside to urban areas, parks and school playgrounds.

There are orienteering courses and events on your doorstep or further afield helping you to discover new places.



Come and have a go  
at the  
exciting adventure sport  
of

# Orienteering

with the

## Wessex Region

# Summer Series

# 2018

14 events  
from April  
to August



## Your local clubs



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



[www.sarumo.org.uk](http://www.sarumo.org.uk)



[www.wimborne-orienteers.org.uk](http://www.wimborne-orienteers.org.uk)

[www.socweb.org](http://www.socweb.org)



- 14 local orienteering events held throughout the summer months
- Suitable for beginners, improvers and more experienced orienteers
- Guidance, advice and coaching available at all events
- Certificates for beginners completing two or more events
- A competitive league based on a 60 minute score with your six best results to count.

## FAQ

### I'm a complete beginner - is this for me?

Yes, at every event there will be volunteers who can introduce you to the map and basic techniques and help you on your way.

### What do I need to bring with me?

Suitable clothing. This will depend on the weather and if you want to jog or walk. So either running kit or outdoor clothing.

Bring a compass if you have one (if not we can lend you one).

### How much will it cost?

This varies from event to event so check out the website for details. The most you will be asked to pay is £5 for an adult, £2 for a junior (under 21) or family group.

## Check it out online

Visit the series website for the latest information including timing, costs and directions.



[goo.gl/ASqHbu](http://goo.gl/ASqHbu)

	Date	Time	Location	Postcode
1	Monday 9 <sup>th</sup> April	18:30	Fordingbridge	SP6 1HT
2	Saturday 14 <sup>th</sup> April	10:30	Five Rivers Leisure Centre, Salisbury	SP1 3NR
3	Saturday 21 <sup>st</sup> April	10:30	Royal Victoria Country Park, Netley	SO31 5GA
4	Saturday 5 <sup>th</sup> May	10:30	Littledown, Bournemouth	BH7 7DX
5	Saturday 12 <sup>th</sup> May	10:30	Telegraph Woods, West End	SO30 3XJ
6	Monday 4 <sup>th</sup> June	18:30	Ringwood	BH24 1JS
7	Sunday 10 <sup>th</sup> June	10:30	Southampton Outdoor Sports Centre	SO15 7AY
8	Saturday 23 <sup>rd</sup> June	10:30	Potterne Park, Verwood	BH21 6RS
9	Saturday 30 <sup>th</sup> June	10:30	Lakeside Country Park, Eastleigh	SO50 5PE
10	Sunday 8 <sup>th</sup> July	10:30	Dinton Park	SP3 5EW
11	Sunday 15 <sup>th</sup> July	10:30	Upton Country Park, Poole	BH17 7BJ
12	Thursday 9 <sup>th</sup> August	10:30	Steamer Point Nature Reserve, Christchurch	BH23 4TA
13	Sunday 12 <sup>th</sup> August	10:30	Tinney's Firs, nr Downton	SP5 2LP
14	Tuesday 14 <sup>th</sup> August	10:30	By-the-Way, Wimborne	BH21 2BZ

