

Your local clubs



www.wessex-oc.org

www.sarumo.org.uk



www.wimborne-orienteers.org.uk

www.socweb.org



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.

British Orientee



From April to August

14 Orienteering Events

In Wiltshire, Dorset & Hampshire

- 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.

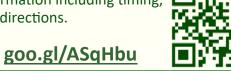
Bring a compass if you have one (if not we can lend you one).

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.



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



