



Leisure Orienteering

In

Upton Country Park

Wessex Orienteering Club
and
BPC Council

WELCOME YOU TO ORIENTEERING

Orienteering is a Sport for All - young and old – for individuals, families and groups of friends – for keen walkers, runners or international athletes. Some courses can be used by disabled people and wheelchair users. No matter who you are, **you too can enjoy orienteering!**

Do you like a challenge?
Do you like to be outdoors?
Would you like to be better at reading maps?

Then you will like Orienteering

This pack introduces you to orienteering in Upton Country Park. You can start with an easy course, and then try a harder one, maybe returning another day to continue your enjoyment of Permanent Course Orienteering.

We gratefully acknowledge financial assistance from
the Awards For All fund of the National Lottery

How to use your Orienteering Map

The aim of the sport is to navigate along your chosen course from Start to Finish and to visit all the intermediate control points on your way. On this map the Start and Finish are in the same place. Pick the easy course at first.

Each control point has a purple circle on the map and a letter alongside it. When you get there you will find a post at the centre point of the circle which has a red and white marker with the same letter.

From the Start point, check all the features around you, do they match up with the map? If not, turn the map until they all fall into place.

Now you can be sure which direction your first control lies in. Off you go. Try to note features as you pass them & match them up to the features shown on the map.

You have reached your first control. It has a red & white marker with a letter.

Check this letter against your course on the map. If it matches, that's good. You can carefully set your map again in relation to all the features around you, then set off to the next control.

If it doesn't match, you have found the wrong control point. Retrace your steps back to the previous control and try again.

Carry on like this until you arrive back at the start/finish point. Well done! You have finished your first course. Now read on to 'What to do next'.

What to do next

Come back another day and try one of the other courses on the map or run this course again but in the reverse order! You can even design a new course yourself.

Always point your map in the direction you are going and as you go try to identify the main features to your left and right with what is shown on the map.

Without realising it, you will be improving your skill at relating the map to what is actually on the ground.

It's now time to get some variety. There are more permanent orienteering courses like this one, including: **Poole Park, Littledown Park, Kings Park** and on **Knoll Beach, Studland**. Try them, you will be surprised at how fast and confident you are.

All details and maps for these courses can be found on our website:

www.wessex-oc.org

From the top of the home page select: Permanent Courses

Now you are ready to try orienteering in some real forest on the permanent course in **Moors Valley Country Park**. Full details on this are also on our web site together with information about all the other great things you can do there as well.

Why not get in touch with us through our web site. You can be sure of a friendly, supportive welcome. There is not a large initial outlay needed for membership or kit, so you (and your family) can make a gradual start.

We look forward to hearing from you

Whatever you do, enjoy the outdoors and the wonderful environment around you.

Disclaimer

Orienteering in Upton Country Park is done entirely at the participants own risk and on the condition that they have no claim whatsoever against the Wessex Orienteering club or BPC Council for any loss, damage or injury however suffered or caused. Take care when using the park.

Note: Possession of any part of this pack does not imply right of access for Orienteering or any other purpose.

Control Descriptions

In Orienteering, it is a rule that every control point must be on a recognisable feature, that can be described.

The descriptions for your control sites are:

- D Hedge End
- F Path Junction
- C Tip of copse
- E Hedge End
- B Distinctive Tree
- G Gate
- H Fence End
- J Fence End
- N Fence Corner
- K Bridge
- M Path Bend
- P Gate
- O Fence Corner
- S Path Junction
- V Edge of Thicket
- W Large tree North Side
- X Seat
- Y Distinctive Tree
- U Pond
- Z Path Junction
- Q Path Junction
- L Flower bed, NW side
- T Copse, East Edge
- R Gate