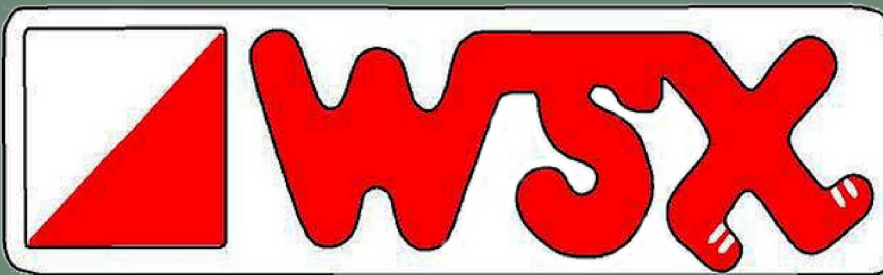
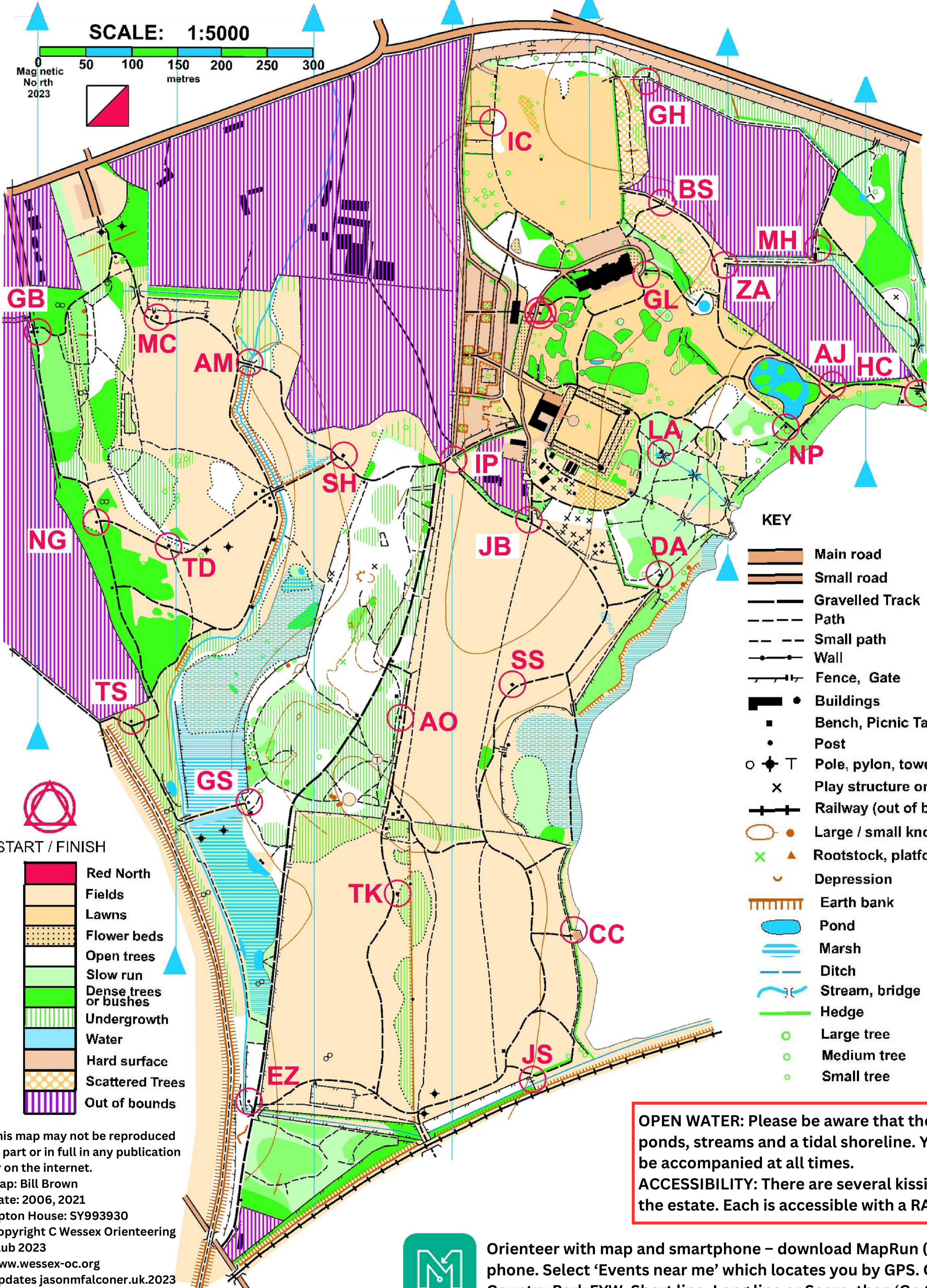
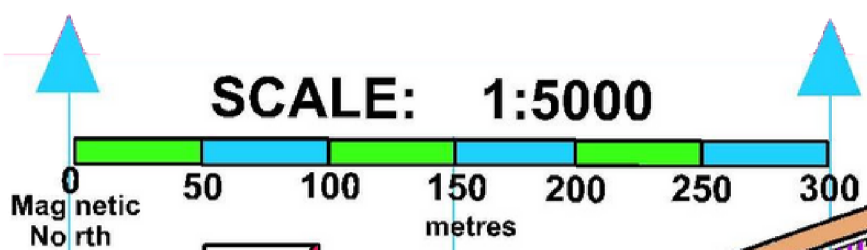


# Upton Country Park



# Orienteering Course



Short / accessible course Approx 2km	Long course Approx 4.9km
START	START
GL	IC
ZA	GH
AJ	BS
NP	MH
DA	HC
JB	AJ
IP	JB
SH	IP
AM	AM
MC	GB
GB	NG
NG	TS
TD	GS
FINISH	EZ
	TK
	JS
	CC
	AO
	SS
	LA
	FINISH

- KEY**
- Main road
  - Small road
  - Gravelled Track
  - Path
  - Small path
  - Wall
  - Fence, Gate
  - Buildings
  - Bench, Picnic Table
  - Post
  - Pole, pylon, tower
  - Play structure or hide
  - Railway (out of bounds)
  - Large / small knoll
  - Rootstock, platform
  - Depression
  - Earth bank
  - Pond
  - Marsh
  - Ditch
  - Stream, bridge
  - Hedge
  - Large tree
  - Medium tree
  - Small tree

- START / FINISH**
- Red North
  - Fields
  - Lawns
  - Flower beds
  - Open trees
  - Slow run
  - Dense trees or bushes
  - Undergrowth
  - Water
  - Hard surface
  - Scattered Trees
  - Out of bounds

**OPEN WATER:** Please be aware that the Park has unfenced ponds, streams and a tidal shoreline. Young children must be accompanied at all times.

**ACCESSIBILITY:** There are several kissing gates throughout the estate. Each is accessible with a RADAR key.

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 Map: Bill Brown  
 Date: 2006, 2021  
 Upton House: SY993930  
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 www.wessex-oc.org  
 Updates jasonmfalconer.uk.2023



Orienteer with map and smartphone – download MapRun (FREE app) to your phone. Select 'Events near me' which locates you by GPS. Choose Upton Country Park FYW, Short line, Long line or Score, then 'Go to Start' to begin.

Upton Country Park  
 Poole Road, Poole BH17 7BJ  
 uptoncountrypark.com



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