



FANCY A CHALLENGE?

WANT TO HAVE SOME FUN?

THEN TRY AND NAVIGATE YOUR WAY AROUND THE GROUNDS OF LITLEDOWN 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 Littledown 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/Finish on the map is shown as a red triangle.

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 feature at the centre point of the circle on your map which has a red and white marker. On the post 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:

B	Vegetation Boundary Bend
C	Vegetation Boundary Tip
D	Path Junction
E	Vegetation Edge
F	Vegetation Tip
G	Bench
J	Vegetation Tip
K	Notice Board
L	Litter Bin
M	Tree
N	Fence Corner
O	North East bench
P	Vegetation Tip
R	Thicket, SW Side
S	Inside Fence Corner
T	Earthbank Foot
U	Path End
A1	Tree
B1	Vegetation Tip
C1	Post
D1	Vegetation Tip
E1	Vegetation Bend
F1	Vegetation Bend
G1	Knoll
J1	Tree
K1	Fence Corner

WHAT HAPPENS NOW?

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

Poole Park, Poole
Kings Park, Boscombe
Queens Park, Charminster, Bournemouth
Upton Country Park, Poole
Alexandra Park, Parkstone
Slades Farm, Winton
Broadstone Recreation Ground
Holton Lee, nr Wareham
Boscombe Seafront
Hamworthy Park, Poole
Darby's Lane, Broadstone

<http://www.wessex-oc.org.uk/> and click on Permanent Courses.

TRY ANOTHER CHALLENGE!

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