

Permanent Orienteering Course

Crickley Hill Country Park



Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. The aim is to navigate between control points marked on a special orienteering map, by what you consider to be the quickest route. It does not matter how young, old or fit you are, as you can run, walk or jog the course, progressing at your own pace.

Using the control points marked on the map overleaf we have set out a choice of courses for you to try. The start is by the Visitor Centre and is marked as a purple triangle on the map. Visit each control in the order given to you by your group leader or select a course from those suggested on the right. You may wish to draw lines between the control circles to make it easier to visualise your course. The controls are located on wooden posts and use the same orange and white symbols shown here. Each control has a letter on it. To show that you visited the right control, you should write the letter alongside the associated control description.

Use the control descriptions to help you find the control markers and the feature you are looking for. The feature is at the centre of the control circle.

IF YOU ENJOYED THIS

North Gloucestershire Orienteering Club puts on frequent events in the local area. Newcomers are always welcome to come along and give it a go, and there are always courses suitable for novices. For more information and a full list of dates see the website, www.ngoc.org.uk

SUGGESTED COURSES

Short Course (about 1.3km, 35m climb)

Relatively straight-forward, following paths. Visit these controls in order: **1, 4, 5, 6, 7, 13, 9, 2** and return to start.

Medium Course (2.5km, 45m climb)

A little trickier, with the chance to cut some corners between paths. Visit these controls in order: **3, 10, 13, 14, 16, 17, 23, 21, 19, 4, 1** and return to start.

Long Course (about 4.5km, 150m climb)

The trickiest course, for the slightly more adventurous. Visit these controls in order: **2, 8, 14, 13, 11, 15, 12, 18, 22, 25, 24, 21, 20, 23, 6, 16, 1** and return to start.

SOME OTHER IDEAS

Single Controls

Visit one control, note the letter on the post. Report back to the group leader. If you have the correct letter the leader will give you another control to visit. Use controls near the start for this session.

Short Loops

Visit a group of 3 controls in the order given by your group leader. Start with controls near the start. As you gain confidence increase the length of the loops. Example loops are:

- 1 to 5 to 4** and return to start
- 2 to 9 to 10** and return to start
- 4 to 1 to 10** and return to start
- 3 to 10 to 13** and return to start

Score Competition

How many controls can you visit within 30 minutes? Score 10 points for each control visited. Return to the start within 30 minutes or lose 10 points per minute for late return.