

HALDON FOREST PARK PERMANENT ORIENTEERING COURSE

NOTES FOR BEGINNERS

These short notes are designed for newcomers to orienteering to get you on your way to the first control on the White & Yellow course at Haldon Forest Park.

Having obtained the Map and Control Descriptions for your course, place them in a polythene bag to protect them from the elements.

Stand by the Start/Finish post which is approximately 50 metres from the Ranger's Office towards the parking area, and face the parking area.

Look at your Control Description sheet. Your first control is a Path Bend and the control number is 01.

Hold the Map flat in front of you. You are standing at the Start/Finish marked on the map by a purple triangle. Place your thumb beside the triangle to show where you are. This is called "thumbing the map" and will help to remind you where you are.

Turn the map around until the symbols on the map are in the same position and direction as you see them on the ground. The top of the map should now be pointing towards the parking area. You have now orientated or set the map.

If you look to your left you will see the fenced off pond. This is marked on your map as a small blue area. A path leads from the pond beside a chainlink fence. Start following the path. After about 50 metres you will come to a corner in the fence with the path bending around it. Move your thumb along the path as you progress. You should see the first control post on the path bend. The control number is marked on the red & white plaque. The control letter code is cut into the post like the example on the right.



Check the control number from your Control Descriptions, and if it is correct write down the letter code in box 1 of your Control Card.

Orientate your map again, move your thumb, and off you go to number 2.

WATCH OUT FOR CARS IN THE CAR PARK



LOTTERY FUNDED