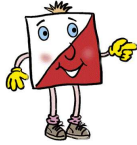


PARKE ESTATE PERMANENT ORIENTEERING COURSE



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 course at Parke.

Having obtained the Map and Control Descriptions for your course, place them in a polythene bag to protect them from the elements. Make sure you have a pen or pencil to mark the control card as you go around.

Stand by the Start/Finish post which is approximately 25 metres from the NT Office by the high stone wall.

Look at your Control Description sheet. Your first control is Gate Post West Side and the control number is 31.

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 away from the parking area. You have now orientated or set the map. Holding the map in the same position move your body around the map until you are facing towards No 1 ie back towards the car park.

If you look to your left you will see the NT Office, and on your right is the high stone wall. Start following the road back towards the car park. After about 100 metres you will come to a gate on your right. Move your thumb along the road as you progress. The marker is on the West side of the gate. Go through the gate.



The control number is marked on the red & white plaque. There are also 4 letters on the marker, one in each corner. If you are in a group, your leader will have told you which corner letter to use as you go around eg Top Left (TL). Check the control number from your Control Descriptions, and if it is correct (31) write down the letter code in the top left corner in box 1 of your Control Card. If you are not part of a group, choose whichever letter you want.

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

WATCH OUT FOR CARS IN THE PARKING AREA