What is Orienteering? Orienteering originated in Scandinavia nearly 100 years ago as a training tool to teach soldiers how to navigate through the forest. Today it is a sport and recreational activity in which the object is to locate marked features (controls) in the woods using only a map and a compass. In competition, the goal is to find the controls, in sequence, as fast as possible using any route between controls.

Orienteering is a sport for every person, regardless of athletic ability or age; it may be done individually or in groups. Orienteering provides both a mental challenge (determining the route and reading the map) and a physical challenge (actually getting to the controls); it is known as "The Thinking Sport."

Instructions: First, familiarize yourself with the map. Look at the legend and note how various features are depicted. Hold the map in front of you and rotate it until it is "oriented" to the terrain, the magnetic north lines help if you have a compass. There should be enough detail on the map that a compass is not needed. Then, look for the Start (marked by a purple triangle on the map) at a post next to a path end west of the parking area.

A course consists of 20 features marked by numbered purple circles. The control description sheet describes the features at the centers of the circles where control stands are located. For example, consider imaginary control #33. Suppose the control description sheet says:

33. Path crossing   and on the map the circle numbered 33 looks like this. At the center of the circle, two dashed lines (paths) cross. Also in the circle is a pit, the 'v'; but the description tells you where the control stand is (at the crossing, not at the pit).

Each control stand has a 4" red and white marker with a control number (here #33) on it. When you find a control stand, make sure the control number correctly matches the description; then, check the box of the control card that corresponds to the control number.
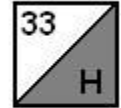
This course uses a "score format". That means that you may go to the controls in any order and go to as many or as few as you like. If you wish to set up a competition with someone else, you should either set a time limit (most controls visited wins) or choose a specific group of controls to visit (fastest to visit all wins) or choose a specific number of controls to visit (fastest to visit that many wins). Any competition should include returning to the Start.

This course relies on the honor system to determine if a control has been visited. There is no means of verifying the visit.

Control Description Sheet

1. Rock pile	8. Northern Rock pile	15. Stone wall/Path Crossing
2. Boulder, 0.7 m	9. Rock pile	16. Rock pile
3. Stream bend	10. Boulder cluster	17. Path junction
4. Biker obstacle	11. Boulder cluster	18. Biker obstacle
5. Rock pile	12. Rock pile	19. Path junction
6. Eastern boulder cluster	13. Boulder, 0.5 m	20. Junk pile
7. Boulder cluster	14. Stream/Path Crossing	

Control Card

Name(s) _____

Course _____   Date _____

WPOC

FINISH
START
TIME

Place a check mark in the appropriate boxes below

11	12	13	14	15	16	17	18	19	20
1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**

You may time yourself using the spaces on the Control Card and compare your time to that of others.