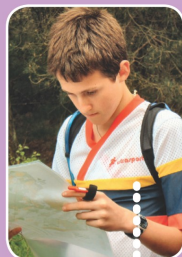


# ORIENTEERING at

# Avon Heath Country Park



[www.dorsetforyou.com/  
avonheath](http://www.dorsetforyou.com/avonheath)

## What is Orienteering?

Orienteering originated in Sweden over 100 years ago and was introduced to the UK in the 1960s. Since then its popularity has grown very quickly and there are clubs and competitions throughout the country.

Quite simply it is 'map reading on the move'. It is suitable for all ages and although in competitions the aim is to go as fast as you can, you don't have to! You can walk, jog or run and you decide how far you want to go.



# 1

### The first step...

Start by looking at the 'orienteering - an adventure sport for all' leaflet particularly the orienteering maps section. This will tell you all about the features of an orienteering map especially the colour coding system unique to orienteering maps.

# 2

### Step 2...

Familiarise yourself with the map, see if you can find obvious or familiar features such as the Café or Heathland Discovery Centre?

Look at the legend to see which areas are accessible, out of bounds or difficult terrains.

The purple circles that are numbered show you where the orienteering posts are located. These are known as control posts.



The posts themselves will each have a red and white orienteering sign on them, a control number and a code consisting of two letters.

The start post is shown on the map as a purple triangle and the finish post is shown as a double circle. At Avon Heath, the start post is located by the gate adjacent to our wood store - head to the back of the Heathland Discovery Centre and turn left.

# 3

## ...and you're off!

Please check your control card is suitable for the time of year you're using it. We have ground nesting birds on the park between 1st March and the end of July, and certain areas will be out of bounds to people orienteering at this time.

**Control cards are seasonal, and it is very important you are using the right one at the right time - please check with the Rangers if you are unsure.**

Once you have selected a suitable control card, choose a course to follow. They are arranged in order of difficulty, 1 being the easiest.

Navigate your way to the start post and use your map to work your way to each control post in turn. At each control post, write down the code in the space provided on your control card.



You will find a brief description of where to find the posts on the reverse of your control card.

Return your control card to the Heathland Discovery Centre to check your answers.

## Groups

Schools, clubs and corporate groups are welcome to use the orienteering course either independently or with the help of a Ranger.

Groups visiting independently should still inform the Rangers of their visit and packs can be made up in advance ready for collection.

Details of all the Ranger-led activities are available from the Heathland Discovery Centre, or download details from [dorsetforyou.com/avonheath](http://dorsetforyou.com/avonheath).

## Further information

The best way to find out about orienteering as a sport is to go to a local club event where you can get help and advice.

Coaching sessions for adults and children are held throughout the year at various sites throughout East Dorset, as well as occasional competitions.



**Wimborne Orienteering Club** helped to set up the permanent course at Avon Heath. They also run regular training and events at Moors Valley Country Park.

[www.wimborne-orienteers.org.uk](http://www.wimborne-orienteers.org.uk)

Secretary: 01425 474861



**The British Orienteering Federation (BOF)** is the governing body of the sport of orienteering.

[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

## Avon Heath Country Park

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Avon Heath Orienteering is a joint venture between Dorset County Council and Christchurch and East Dorset Councils



Dorset County Council



Christchurch and East Dorset Councils  
*delivering services together*

### PLEASE NOTE

This course has been planned in accordance with normal orienteering practice. Users must accept that Wimborne Orienteers and Dorset County Council cannot be held responsible for any accidents, injuries, loss or damage that may occur. Group leaders are asked to ensure any warning signs or diversions are followed.

Photographs by John Tilsley and Dick Keighley.