

Blandford Forum Milldown Orienteering (see map overleaf)

Go to the start marker and find the welcome information and how to take part

ACCESSIBLE COURSE - approx. 2 km *All controls by paths*

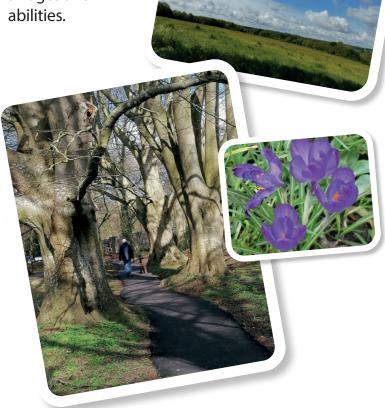
AJ	Wooden finger post	1
JS	Short wooden post	2
TK	Wooden finger post	3
CC	Back of street sign	4
GB	Blue gate	5
NG	Bench	6
ZA	Bench	7
AO	Notice board	8
GL	Big log bench	9

LONGER COURSE - approx. 5km *Includes unsurfaced trails*

AJ	Wooden finger post	1
TD	Fence post	2
GS	Back of sign	3
IP	Short wooden post	4
DA	Side of salt bin	5
NP	Wooden post	6
GH	Fence post	7
EZ	Bench	8
NG	Bench	9
TS	Back of small sign	10
CC	Back of street sign	11
GB	Blue gate	12
HC	Bench	13
JB	End of fence	14
IC	Bench	15
MH	Back of notice board	16
Score Course - Any Order	All 21 controls	

Keep moving and having fun in the outdoors.

Blandford Forum has a range of activities including Health Walks for all ages and abilities.



If you would like to find more activities like this use. Find an activity on the LiveWell Dorset's website:

www.livewelldorset.co.uk/



If you would like to find out more about local orienteering events, go to Wimborne Orienteers website: www.wimborne-orienteers.org.uk.

To see the full range of local events on offer go to Blandford Forum Town Council website: www.blandfordforum-tc.gov.uk











