

FANCY A CHALLENGE? WANT TO HAVE SOME FUN?



THEN TRY AND NAVIGATE YOUR WAY AROUND MILLDOWN NATURE RESERVE, BLANDFORD FORUM (DT11 7SH)

Orienteering is a Sport for All - all abilities and all ages: children, families, groups of friends, wheelchair users, keen walkers, runners and international athletes.

Orienteering takes place in parks, urban areas, forests and around towns and cities.

The aim of the sport is to navigate around your chosen course from Start to Finish and to visit all the control points on the way, in the order given.



This leaflet introduces you to orienteering around the parkland & nearby urban area at Milldown Nature reserve, Blandford. The start of all the courses and an information board can be found near the Milldown Car Park DT11 7SH.

There are three different courses: a Short, Accessible one (all on or by surfaced paths but does include some slopes & is approx. 2km.), a Long one (with some unsurfaced trails, road crossings, slopes & is approx. 4.3km) and a Score course, where you try to collect all 21 controls in any order you want. All courses start and finish in the same place.

What you need:

1. You can download & print the map from this website (wimborne-orienteers.org.uk) or borrow a map from the Whitecliff Surgery, the Information Centre or Blandford Library, all during opening hours.
2. A smart phone or pen and paper to record your course.
3. Choose one of the three courses available.

How to take part:

1. If you are using a smartphone download the free app (MapRun6) from the App store, Play store or from maprunners.weebly.com
2. Find the start/finish symbol  on the map and find your way there!
3. Open the app; select "Events near me" which locates you by your phone GPS. Choose Blandford Milldown FYW Short line, Long line or Score. Wait for map & course to download then when ready, press "Go to Start" to begin. Your phone will buzz / beep when you are within 10 metres of the start.
4. Follow the sequence of letter codes on the paper map (or number sequence on your phone map). Your phone will buzz / beep when you are close to each control. There will also be a small marker confirming the letters. (For the Score course you can choose to do them in any order.) 
5. End the course by returning to the start/finish point to stop the timer!
6. Press Manual upload on the app to record your course & see how you compare to other people. **** If you've borrowed a map, please return it for others to use. ****

You can visit many other Permanent Orienteering Courses:

<http://www.wimborne-orienteers.co.uk/d7/node/127#overlay-context=node/127>

<http://www.wessex-oc.org/mapped-areas/permanent-orienteering-courses/>

<https://www.britishorienteering.org.uk/goorienteering>

HAPPY ORIENTEERING!!

Disclaimer: Orienteering at this venue is done entirely at the participants' own risk and on the condition that they have no claim whatsoever against the Wimborne Orienteers, for any loss, damage or injury however suffered or caused. Please take care.