



# Permanent Orienteering Courses in Dorset

Wimborne Orienteers and Wessex Orienteers have, in conjunction with the relevant authorities, established many permanent orienteering courses across Dorset. There are three types of courses available, on Forest, Parkland or Urban terrain and increasingly, you can use your mobile phone to 'punch' the controls as you visit them.

## What is Orienteering?

Orienteering is a physical and mental challenge with the ultimate aim being to navigate between fixed control points marked on a unique orienteering map in the quickest time by deciding the best route for you.

Remember, the quickest route may not always be the shortest!

You can walk, jog or run – it's your choice.

As you visit each control point, you either record your progress on a score card noting down the unique reference numbers on the control posts, or use a phone app to do this for you.

**The main thing about orienteering is it is an outdoor fun activity suitable for all ages.**

## **Forest Courses: (WIM & WSX)**

- Moors Valley Country Park, Horton Road, Ashley Heath near Ringwood, BH24 2ET  
An information pack and map can be purchased from the visitor centre. (WIM)
- Studland National Trust, Studland near Swanage BH19 3AQ Maps can be purchased from the visitor centre. (WSX)
- Brownsea Island National Trust, Poole Harbour BH13 7EE (WSX)  
Maps can be purchased from the visitor centre.
- Avon Heath Country Park BH24 2DA (WIM)  
Maps can be purchased from the visitor centre.
- Stonebarrow National Trust, Stonebarrow Lane, Charmouth DT6 4RA (WIM)
- Longdon Hill & Golden Cap, Chideock (N.T.) (WIM)
- Thorncombe Wood, nr Dorchester (WIM)

- **Urban Courses**, including wheelchair accessible courses, are available in Blandford, Gillingham, Sherborne, Sturminster Newton & Portland (Underhill)

Maps and information for these courses can be downloaded at

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

Follow the QR code for a direct link



## **Parkland Courses (WSX)**

- Upton Country Park, Upton, Poole
- Poole Park, Poole
- Littledown Centre, Bournemouth
- Kings Park, Bournemouth
- Slades Farm, Winton, Bournemouth
- Broadstone Recreation Ground, Poole
- Holton Lee, Holton Heath
- Boscombe Sea Front and Chine, Boscombe
- Darby's Lane Park, Canford Heath, Poole
- Hamworthy Park, Hamworthy, Poole

The maps and information for all of these parkland courses can be downloaded from Wessex Orienteering Clubs website

[www.wessex-oc.org](http://www.wessex-oc.org)

Follow the QR code for a direct link.



## **Parkland Courses (WIM) (See WIM website)**

- ByTheWay Field, Wimborne
- Nothe Gardens, Weymouth
- Lodmoor, Weymouth
- Littlemoor, Weymouth
- Durlston Country Park, Swanage