

FANCY A CHALLENGE? WANT TO HAVE SOME FUN?



THEN TRY AND NAVIGATE YOUR WAY AROUND DURLSTON COUNTRY PARK (BH19 2JL)



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 at Durlston, just 1 mile from Swanage. It is a National Nature Reserve and is the perfect place to start exploring Dorset's Jurassic coast. Acres of wildflower meadows, sea cliffs, woodland, superb coastal walking and spectacular views await you. Durlston Castle also offers gallery exhibitions, the Seventhwave Café and visitor's shop. A ranger is always on hand to help you get the most out of your day and explain about the orienteering. Park in the Country Park car park (parking charges apply).

What you need:

1. You can download the map from this website (wimborne-orienteers.org.uk) or buy one from the Durlston Castle.
2. A smart phone or pen and paper to record your course.
3. Choose one of the three courses available. (PLEASE NOTE: the "long" & "score" courses involve a lot of up & down!)

How to take part:

1. If you are using a smartphone download the free app (MapRun6) 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 Durlston CP Short, Long 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 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.

You can visit many other Permanent Orienteering Courses:

<http://www.wimborne-orienteers.org.uk> (go to "Permanent Courses" tab)
<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.