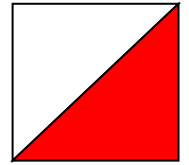


FANCY A CHALLENGE? WANT TO HAVE SOME FUN?



THEN TRY AND NAVIGATE YOUR WAY AROUND NOTHE GARDENS, WEYMOUTH. DT4 8UF

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.

This leaflet introduces you to orienteering at the Nothe Gardens. The Gardens are a small area with steep slopes shown by the cliff lines on the North side and some great Dorset Pine trees.



There are three length courses, a short 700 metres, medium 900m and long 1600m. You always start and finish on the flat top and can choose any course you like - perhaps all three, if you're up for the challenge of doing 3 loops!

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.

What you need:

1. Download the map from Wimborne Orienteers' website: wimborne-orienteers.org.uk (look for the Permanent courses tab) or Weymouth Town Council's Website weymouthtowncouncil.gov.uk Map printing available from libraries, during opening hours at small cost.
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 MapRun app  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 Nothe FYW Dorset Short line, Medium line or Long line. 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.
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.

Nothe Gardens Orienteering

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

SHORT COURSE - approx. 700metres

(Suitable for all)

WV	Back of sign
RG	Elizabethan Way stone
VD	Top of steps on fence
AQ	Southern-most rock
YX	Bug Hotel
MX	Spider
ZB	Inside giant owl slide
BV	Drain cover
AZ	Top of steps on fence

MEDIUM COURSE - approx. 900metres

(Involves steps & grassy slopes)

BP	Foot of steps (inside fence)
EZ	Nothe Gardens sign (inside fence)
PR	Lamp post
QE	Fence corner
GD	Steps
KU	Concrete flagstone
NV	Metal box
ER	Back of sign

LONG COURSE - approx. 1600metres

(Involves steps & grassy slopes)

ER	Back of sign
VD	Top of steps
EX	Rock near lamp post
QM	Foot of steps
CN	Foot of steps / wall
JR	Wall corner
LW	Stone sculpture / wall
KS	Rocks

TRY ALL 3 LOOPS in one go!
approx. 3200metres 24 controls

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 Orienteering Club, for any loss, damage or injury however suffered or caused. Take care when using the grounds.