

Permanent orienteering course

A bit about the map, to help you get started

The map has been drawn to International Orienteering Federation specifications.

The scale is 1:10,000 (1 centimetre = 100 metres)

Contours are at 5 metre intervals

The map key explains colours and symbols but in general:

- white = woodland you can run through
- green = more dense woodland
- vertical green lines = undergrowth
- bright yellow = short grass
- pale yellow = mostly longer grass
- brown = roads, car parks, other hard surfaces
- blue = water

The red circles on the map represent 20 posts around the park. The posts are marked with the orienteering symbol (a square divided diagonally into red and white triangles). Each post also carries a number (corresponding to the map) and a letter of the alphabet.

To make following your course easier, we suggest that you mark the course by joining up the appropriate numbers before you start. If the ground is wet or muddy, we advise you to stick to footpaths. **Beware of the steep and deep embankments on the eastern part of the map. Keep away from the deep water of the broad.**

Orientation is by magnetic north, which changes gradually over the years but is useful if you want to practise using a compass – you don't need to make any correction for magnetic deviation.

Points

- | | | | |
|----------------------|--------------------|------------------------|------------------------|
| 1. Gateway | 7. Path junction | 13. Fence end | 19. Spur (foot) |
| 2. Cave (south side) | 8. Footbridge | 14. Path junction | 20. Path/road junction |
| 3. Distinct tree | 9. Building (arch) | 15. Copse (north edge) | |
| 4. Spur | 10. Fence post | 16. Copse (north side) | |
| 5. Spur | 11. Path end | 17. Gate | |
| 6. Knoll | 12. Earth wall | 18. Fence end | |

Aim of the game

The aim is to locate as many of the posts as you can, in any order, recording the letters on the posts in the grid below.

Start and finish

Most of the courses **start and finish outside the flint barn** – the point is marked as a red triangle on the map. The only exception is the short course, which starts at the Picnic Site Car Park (post 4).

Which course is for you?

The courses below suit a range of abilities, or you can plan a course to suit you.

Beginners' course – for everyone, including young children accompanied by an adult, about 1.4km

Start -17-15-1-7-8-16-9-back to start

Short course – through woodland, easy, about 2.4km

Start at post 4 -6-5-19-3-18-2-back to post 4

Medium course – mainly follows footpaths, about 2.5km

Start -16-8-14-13-5-7-17-back to start

Long course – mainly follows footpaths but more difficult, about 3.6km

Start -15-7-20-14-13-18-2-4-5-8-16-back to start

Extra-long course – more challenging, about 5.4km

Start -15-1-7-14-3-18-2-4-5-13-12-11-10-9-back to start

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

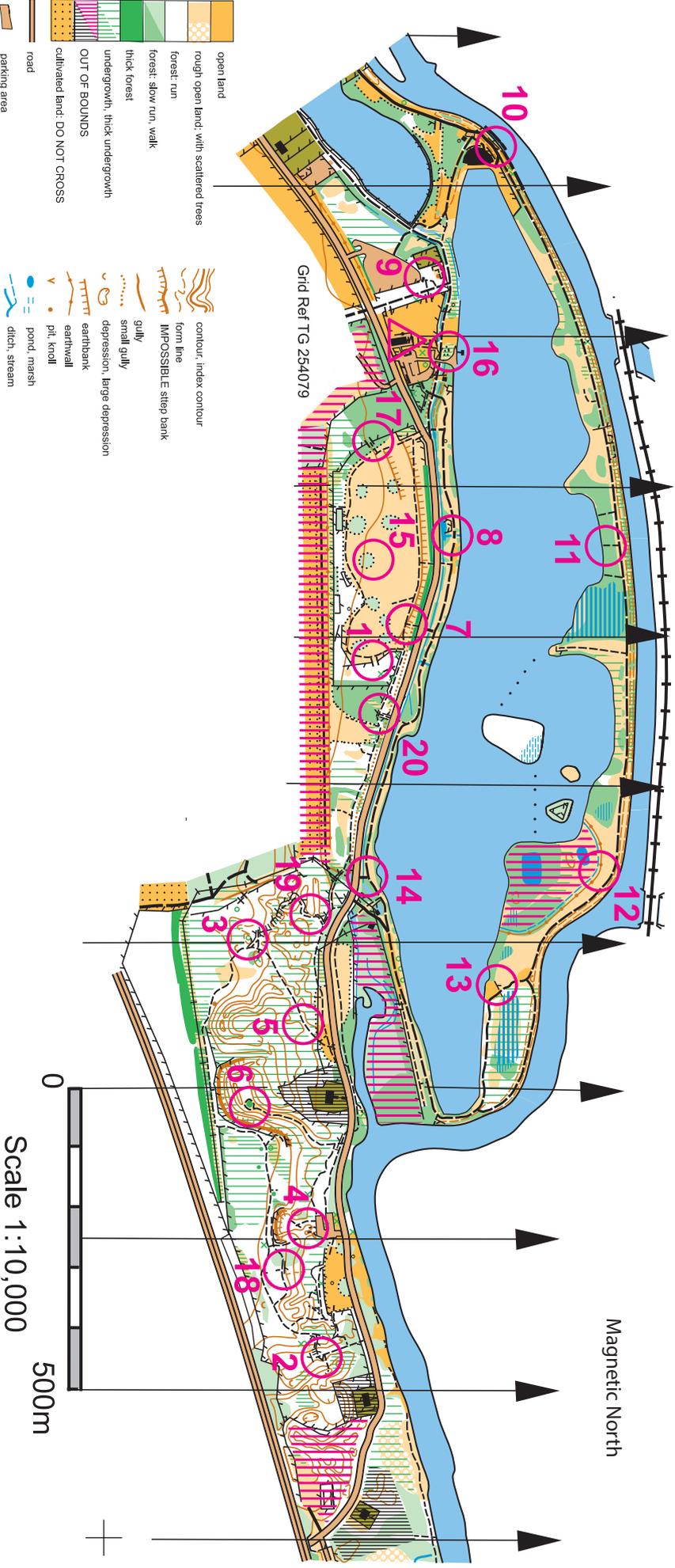
Whittingham Country Park

Permanent orienteering course



Contour interval 5m

Magnetic North



- | | | | |
|--|---------------------------------------|--|------------------------------|
| | open land | | contour, index contour |
| | rough open land; with scattered trees | | form line |
| | forest: run | | IMPOSSIBLE steep bank |
| | forest: slow run, walk | | gully |
| | thick forest | | small gully |
| | undergrowth, thick undergrowth | | depression, large depression |
| | OUT OF BOUNDS | | earthenbank |
| | cultivated land: DO NOT CROSS | | pit, knoll |
| | road | | pond, marsh |
| | parking area | | ditch, stream |
| | forest road | | distinctive tree, bush |
| | vehicle track | | log, rootstock or tree stump |
| | path | | vegetation boundary |
| | small path | | overhead power line |
| | UNCROSSABLE fence | | |
| | fence with gate | | |
| | ruined fence | | |
| | buildings | | |
| | tripod or hide | | |
| | cave or mine entrance | | |
| | man made object | | |

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