

What is Orienteering? Orienteering originated in Scandinavia nearly 100 years ago as a training tool to teach soldiers how to navigate through the forest. Today it is a worldwide sport and recreational activity in which the object is to locate marked features (controls) in the woods using only a map and a compass. In competition, the goal is to find the controls, in sequence, as fast as possible using any route between controls.

Orienteering is a sport for every person who can walk through the woods, regardless of athletic ability or age; it may be done individually or in groups. Orienteering provides both a mental challenge (determining the route and reading the map) and a physical challenge (actually getting to the controls); it is known as "The Thinking Sport."

Instructions: First, familiarize yourself with the map. Look at the legend and note how various features are depicted. Hold the map in front of you and rotate it until it is "oriented" to the terrain, the magnetic north lines help if you have a compass. There should be enough detail on the map that a compass is not needed for the **Beginner Course**. Look for the Start (marked by a purple triangle) and Finish (marked by a double purple circle) of the courses – Both Start and Finish are near the Beach 3 parking area.

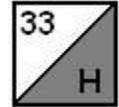
A course is a sequence of numbered purple circles. The control descriptions describe the features at the centers of the circles where control stands are located. For example,

consider imaginary control #33. Suppose the description says:



33. Path crossing

And on the map the circle numbered 33 looks like this drawing. At the center of the circle, two dashed lines (paths) cross. Also in the circle is a pit (the V); but the description tells you where the control stand is (at the crossing, not at the pit).



Each control stand has a 4" red and white marker with a control number (here #33) and a control code (a single letter, here H) on it. When you find a control stand, make sure the control number is correct; then **write the letter code** of that control in the box of the control card that corresponds to the control number. Note: Start and Finish also have control stands that are labeled "Start L1" and "Finish L1". The L1 stands for Level 1.

There are **Three Courses** in this section of Prince Gallitzin State Park; only the **Beginner Course** is shown on the other side of this sheet. The **Beginner Course** consists of 10 controls, numbered 1 through 10 in sequence. After #10, there are 290 meters to the Finish. The **Beginner Course** is 2.47 km in length and requires a climb of 25 meters.

General recommendations: Wear long pants in summer. There are ticks of various kinds throughout the park; use repellent.

Control Descriptions for the Beginner Course (Level 1)

- | | |
|-------------------------|----------------------|
| 1. Path/Stream crossing | 6. Dry Ditch, E. end |
| 2. Clearing, N. edge | 7. Thicket, SW edge |
| 3. Utility Pole | 8. Clearing, W edge |
| 4. Rock Pile | 9. Spring |
| 5. Small Depression | 10. Distinct Tree |

Control Card

Name _____						 WPOC	FINISH		
Course _____							START		
Date _____							TIME		
1	2	3	4	5	6	7	8	9	10

You may time yourself using the spaces on the Control Card and compare your time to that of others. You may also check the codes for accuracy by going to the park office lobby area and looking for the "Orienteering" display board.