Orienteering courses at **Swadlincote Woodlands**

Walk, jog, run or cycle any of the following courses, alternatively you can devise your own (times approximate)

Short Course

Time: 15 minutes walking (approx). Also suitable for wheelchair users

Distance: 1km

Controls to visit:

1 2 8 3 4 5

Easy to follow along gravelled paths

Medium Course

Time: 30 minutes walking (approx). Also suitable for wheelchair users

Distance: 1.5km

Controls to visit:

6 7 8 10 11 12

Slightly harder than the short route, follow paths

Long Course

Time: 60 minutes walking (approx).

Distance: 2.5km

Controls to visit:

2 18 14 16 15 17 13 19 20

Harder than the medium course along gravelled and grassed paths with short cuts across the routes

Score

Time: 40-45 minutes running (approx).

Controls to visit:

All

Visit all 20 controls as quickly as you can

Instructions

1. Choose your preferred course then draw lines on your map to connect the controls you need to visit in the order you think is the quickest or easiest
2. **You are now ready to start**. Go to the start / finish post and off you go
3. In the spaces down the side of this page write the code letter that you find at each control you visit on the course
4. When you have finished, **work out the anagram using the clues below**. The answers can be found online at www.southderbyshire.gov.uk

Clues

Short Course
The viper is one of many

Medium Course
A fairly common hawk

Long Course
Type of toad

We hope that you enjoyed completing the Orienteering Challenge today?

If you would like to try orienteering in different areas around the country there are events to suit all abilities in plenty of interesting places

1	Sign S
2	Sign N
3	Sign N
4	Path Junction SW
5	Bridge SW
6	Tree N
7	Pond S
8	Sign N
9	Bridge W
10	Tree W
11	Sign S
12	Fence SW
13	Tree N
14	Bridge N.Side
15	Bridge N
16	Seat S
17	Tree N
18	Tree S
19	Tree W
20	Post N

Event organised by Derwent Valley Orienteers www.dvo.org.uk

South Derbyshire District Council

Supported by British Orienteering www.britishorienteering.org.uk