

Orienteering courses at Swadlincote Woodlands

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

• **short**

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**

time: 30 minutes walking approx. (also suitable for wheelchair users)

distance: 1.5km

controls to visit: 6 - 8 - 10 - 11 - 12

slightly harder than the short route, follow gravelled paths

• **long**

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 route

score

visit all 20 controls as quickly as you can, average running time is 40-45 mins

2. 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

3. You are now ready to start. Go to the start / finish post  and off you go

4. In the spaces down the side of this page write the code letter that you find at each control you visit on the course

5. When you have finished, **work out the anagram using the clues below:**

short course: **The viper is one of many**

medium course: **A fairly common hawk**

long course: **Type of toad**

6. The answers can be found online at www.south-derbys.gov.uk

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

Event organised by



ORIENTEERS
www.dvo.org.uk

Supported by



British Orienteering

Website: www.britisshorienteering.org.uk



South Derbyshire District Council

1. path junction

2. sign

3. path junction

4. path junction

5. bridge SW

6. veg. boundary

7. pond S

8. path/bend

9. bridge W

10. veg. boundary

11. path bend

12. fence SE

13. veg. boundary

14. bridge N. side

15. bridge N

16. bench S. end

17. W. path junction

18. tree S

19. rock

20. veg. boundary



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