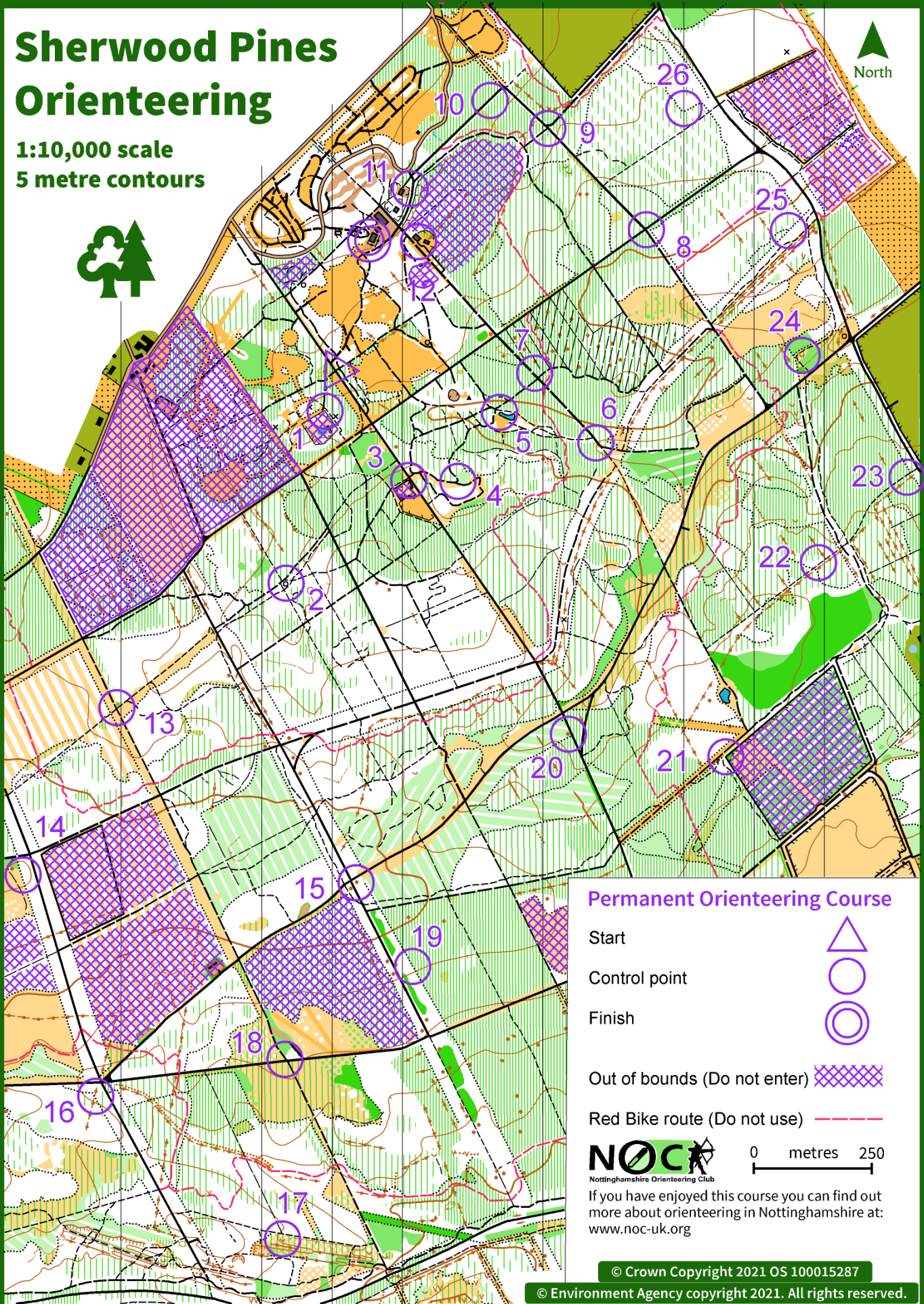


Sherwood Pines Orienteering

1:10,000 scale
5 metre contours

North



Permanent Orienteering Course

Start



Control point



Finish



Out of bounds (Do not enter)



Red Bike route (Do not use)



NOCA
Nottinghamshire Orienteering Club

0 metres 250

If you have enjoyed this course you can find out more about orienteering in Nottinghamshire at: www.noc-uk.org

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Suggested Courses

Middle Course – 1, 2, 13, 14, 15, 21, 6, 7, 9, 10, 11, Finish (4.8 km)

Long Course – 1,2,13,14,16,17, 18,19,20, 21, 22, 23, 24, 25, 26, 9, 10, 11, Finish (6.5 km)

Or you can make up your own course.

Family Course – 1 to 12 See separate map.

What You Need

Pen or Pencil to fill in answer sheet.

A compass is not essential but can be useful.

Suitable footwear & clothing for a country walk.

Some control points are away from paths, take care.

What to Do

The aim is to navigate around the course and find the control markers which are located at the centre of the numbered circles on your map.

The map symbol Δ shows the start points for the course. At each control marker point you are looking for a red and white sign with a number and letters usually on a post.



The number corresponds with the number on your map, write the letters in the box in the Code column.

A description for each control marker is given for additional information about the control location.

The map legend is shown on a separate sheet.

Out-of-bounds Areas

Out-of-bounds areas are marked with Purple hatching. These may be private, environmentally sensitive or potentially dangerous and should be avoided.

Missing Control markers

If you arrive at a control marker with no marker sign there are two possibilities:

- 1) you are in the wrong place.
- 2) the post is missing or overgrown.

Please check your navigation/map reading in the first instance. If you are still convinced the posts is missing, then inform the Forestry England Visitor Centre.



Permanent Orienteering Courses (POC)

There are other POCs in the Nottinghamshire area. Details are available on the websites at:

www.noc-uk.org/introduction/POCS

www.britishorienteering.org.uk/goorienteering

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Post No.	Code	Location
Start		Sign / Post
1		Fence corner
2		Shelter
3		Path junction
4		Path junction
5		Fence / pond
6		Track
7		Track
8		Track junction
9		Track / path junction
10		Track
11		Fence corner
12		Building SW corner
13		Track / Path crossing
14		Vegetation boundary
15		Knoll
16		Vegetation boundary
17		Shallow depression
18		Track junction
19		Vegetation boundary
20		Small knoll
21		Fence corner
22		Clearing
23		Track south side
24		Depression
25		Vegetation boundary corner
26		Vegetation boundary corner
Finish		Building NW corner

Suggested Courses

Middle Course - 1, 2, 13, 14, 15, 21, 6, 7, 9, 10, 11, Finish (4.8 km)

Long Course - 1,2,13,14,16,17,19,20, 21, 22, 23, 24, 25, 26, 9, 10, 11, Finish (6.5 km)

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The Legend

The map legend provides the key to the map symbols. For example, **Black** shows tracks, paths and man-made objects, **Yellow** is open land, usually grass.

Out-of-bounds Areas

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Missing Control markers

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






























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www.britishorienteering.org.uk/goorienteering

Map Legend

	tarmac road
	forest road
	vehicle track
	footpath
	small path
	indistinct path
	narrow ride
	fence
	ruined fence
	high fence
	hedge
	building
	area out of bounds
	parking area
	man made feature
	contour
	index contour
	form line
	slope line
	earth bank
	earth wall
	small earth wall
	erosion gully: large, small
	knoll: large, small
	depression: large, small
	pit
	distinct vegetation boundary
	open land
	open land with scattered trees
	rough open land
	rough open land with scattered trees
	forest: run
	forest: slow run
	forest: difficult to run
	vegetation: impassable
	forest: runnable in one direction
	undergrowth: slow run
	undergrowth: difficult to run
	cultivated land
	lake, pond
	waterhole
	ditch
	boulder cluster