



Forestry England

Friston Forest

Orienteering course

Choose your mission below and plan your route on the map. Navigate to the points using the clues and enter the codes on the 'codes and clues' sheet.

There are 4 ways to approach the course

1. Easy Explore

Select points to create an easy wander taking you to new parts of the forest.

2. Accept a challenge

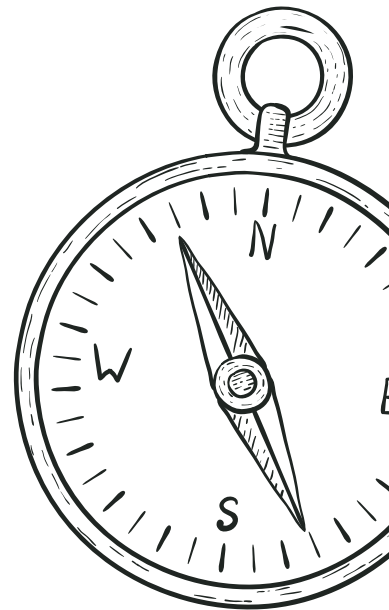
Select one of the set-length courses starting from one of the car parks. Race against others or time your challenge and then beat your own personal best next time.

3. Score

Choose a starting point and duration and set the stop watch see how many controls you can pass for a 60 minute or 90 minute sweat!

4. Lottery

Pick your 6 lottery numbers and navigate between them. Be realistic before you set out – some combinations will lead to very long courses with a lot of climbing!





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Set challenges

From Friston car park (Litlington Road):

Easy (5.1km)

Start - 1 - 2 - 3 - 13 - 12 - 11 - 7 - 10 - 6 - 5 - 4 - **Finish**

The easy course can be negotiated in a wheelchair or buggy in reasonable weather conditions

Medium (7.2km)

Start - 14 - 15 - 6 - 11 - 18 - 22 - 19 - 12 - 28 - 3 - **Finish**

Long (9.6km)

Start - 15 - 16 - 11 - 22 - 30 - 27 - 26 - 25 - 19 - 28 - 14 - **Finish**

From Butchershole car park:

Medium (5.0km)

Start - 21 - 30 - 24 - 25 - 19 - 18 - 17 - 22 - 23 - **Finish**

Tips

- Going cross-country makes navigation harder - the 'long-way round' on paths will often be quicker.
- Wear suitable clothing for the seasonal conditions.
- Pay attention to the map contours.
- Key to successful navigation is keeping the map the right way up! A compass will help on longer and more testing courses, but is not essential and does not take the place of careful observation.

Stay safe

- Know your route back
- Take water
- Let someone know where you are going and when you plan to be back

