

# Friston Orienteering Course

**Choose your mission** from the 4 ways below

**Plan your route** on the map

**Navigate** to the points using the clues and enter the codes on the 'codes and clues' sheet

**Do it your way....**

**....4 ways to approach the course**

## Easy Explore

Select points to create an easy meander taking you to new parts of the Forest

## Accept a challenge

Select one of the set-length courses from a car park

Race against others or time your challenge and then beat your own personal best next time

## Score

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

## Lottery

Pick your 6 lottery numbers and navigate between them

Be realistic before you set out - some combinations will lead to very

## Set Challenges

From Litlington Road car park:

Easy (medium length) Start - 1 - 2 - 3 - 13 - 12 - 11 - 7 - 10 - 6 - 5 - 4 - Finish (5.1Km)

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

Medium Start - 14 - 15 - 6 - 11 - 18 - 22 - 19 - 12 - 28 - 3 - Finish (7.2Km)

Long & testing Start - 15 - 16 - 11 - 22 - 30 - 27 - 26 - 25 - 19 - 28 - 14 - Finish (9.6Km)

From Butchershole car park:

Medium, testing Start - 21 - 30 - 24 - 25 - 19 - 18 - 17 - 22 - 23 - Finish (5.0Km)

## Stay Safe

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

## Tips

- Going cross-country makes navigation harder - the 'long-way round' on paths will often be quicker
- Vegetation changes with the season, be wary of wearing shorts
- Pay attention to the 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