

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 and 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 long courses with a lot of climbing!

Set Challenges

From Friston car park (Litlington Road) :

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