

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 Commission 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		Vegetation boundary
7		Path / ride junction
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		Large depression, West end
19		Vegetation boundary
20		West gully
21		Fence corner
22		Clearing
23		Vegetation boundary
24		Depression
25		Vegetation boundary corner
26		Vegetation boundary corner
Finish		Building NW corner