

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 on a separate sheet.

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

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

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 |