



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.

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 you are looking for a red and white sign with a number and letters.



The number corresponds with the number on your map, write the letters in the box in the answer column.

A description for each control marker is given for additional information about the control location. The finish can be your starting point.

A key skill is setting the map. This means turning the map until the symbols on the map line up with the corresponding features on the ground. This helps to ensure the correct direction is followed.

Use tracks and paths to help navigate to the control markers.

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 on 0300674340.

Permanent Orienteering Courses (POC)

There are other POC's in the Nottinghamshire area. Details are available on the websites at: www.noc-uk.org/introduction/POCS www.britishorienteering.org.uk/goorien teering

For more information about events and activities at Silverhill Wood see:

www.forestryengland.uk/silverhillwood

Useful Contacts

Nottinghamshire Orienteering Club (NOC) www.noc-uk.org

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Suggested Courses

Easy: Start-1-2-3-4-5-return to Start

Medium: Start-2-1-5-4-10-9-14-8-7-6-return to Start

Or you could make up your own course, or try to collect all the controls.

Please avoid controls 11, 12 and 16 between March and July because of ground-nesting birds.

Control No.	Location	Answer
Start(s)	Gate Post	\triangle
1	Fence corner	
2	Gate post	
3	Path bend	
4	Sign post	
5	Ditch	
6	Ditch junction	
7	Seat	
8	Vegetation boundary	
9	Seat	
10	Seat	
11	Ditch end	
12	Between the copses	
13	Stile	
14	Vegetation boundary	
15	Vegetation boundary	
16	Fence corner	
17	Vegetation boundary corner	
18	Vegetation boundary	
19	North East bench	
20	Seat	
Finish	Return to Start	