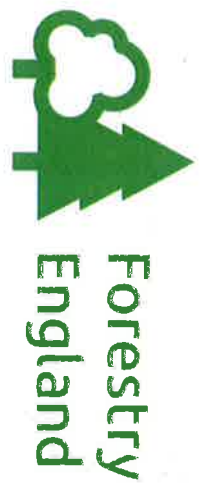


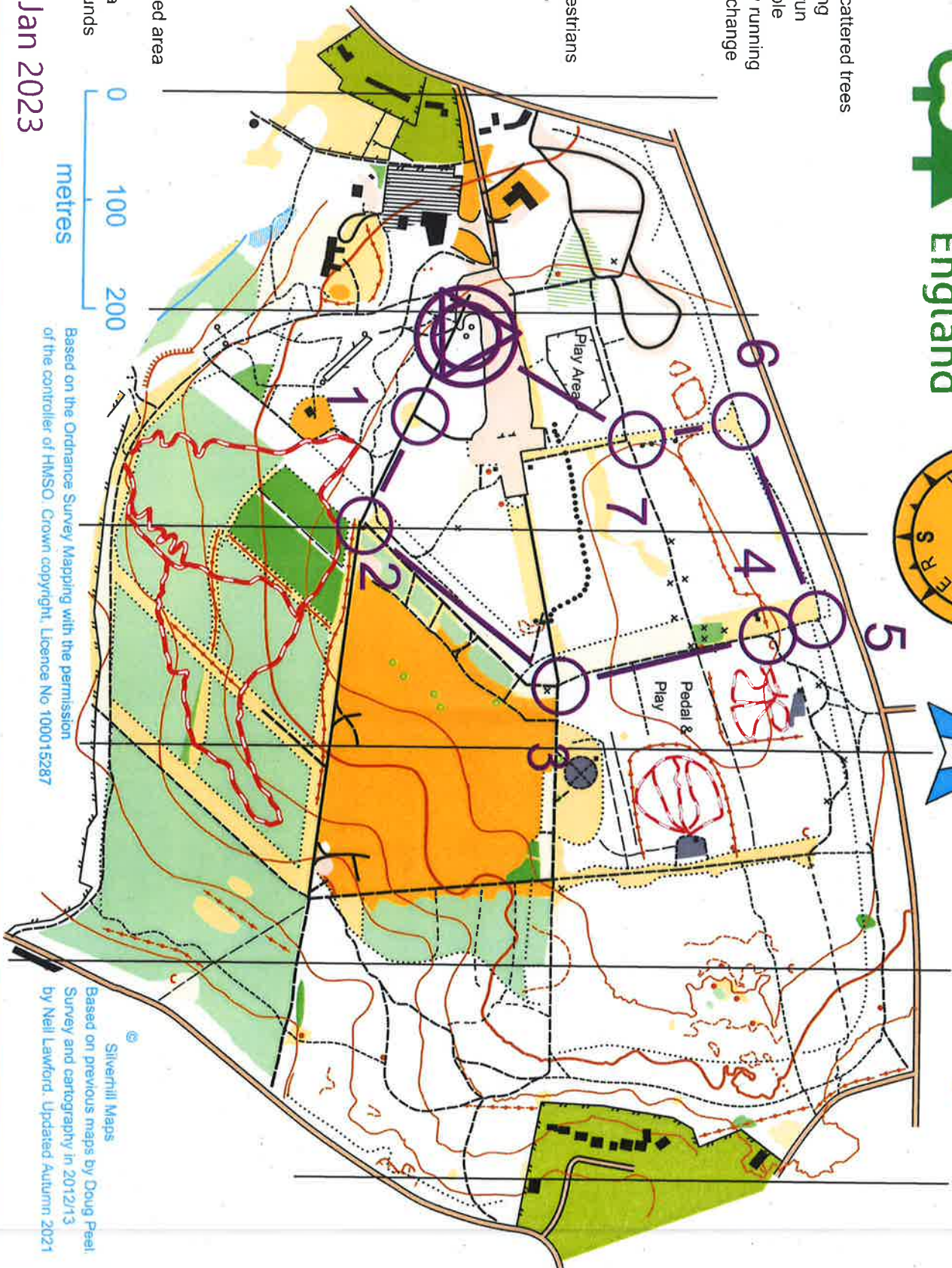
1 : 5,000  
Contours 5m



Magnetic North

Ladyhill

- Open Land
- Rough open land
- Forest - slow running
- Forest - difficult to run
- Undergrowth - slow running
- Distinct vegetation change
- Distinct tree
- Tarmac road
- Forest road
- Track
- Footpath
- Small footpath
- MTB track NO Pedestrians
- Pedal & Play tracks
- Fence
- High fence
- Contour
- Index contour
- Form line
- Earth bank
- Earth wall
- Gully
- Knoll
- Depression
- Boulder
- Stream
- Ditch
- Marsh
- Building
- Sculpture
- Pedal & Play surfaced area
- Parking area
- Go Ape fenced area
- Housing - out of bounds
- Out of Bounds



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Based on previous maps by Doug Peel  
Survey and cartography in 2012/13  
by Neil Lawford. Updated Autumn 2021

White Ver 4; Jan 2023



Forestry England



## Lady Hill

# Orienteering Course

Welcome to Cannock Chase Forest Orienteering courses. They have been planned by Walton Chasers orienteering club, in association with Forestry England.

Orienteering is a sport where participants navigate on foot using a special map (and optional compass) to find fixed points, or controls. These are marked on the map within the circles.

Cannock Chase is a working Forest and the orienteering course have been planned to maximise enjoyment of the forest, to keep you safe and avoid disturbing sensitive wildlife.

Maps are available from our Forestry England Welcome Point and off our website, for free.

Always check the local Forestry England webpages before visiting, as the course or forest may be closed for Forest Operations and extreme weather events.

Courses are colour coded, and increase in length and technical difficulty (TD), with white (TD1) being the easiest and light green (TD4) being the toughest course offered here at Birches Valley.

Course	Technical Difficulty	Minimum Distance	Approx. Walking Time	Approx. Running Time
White	1	0.6 miles 1.0 km	12 mins	6 mins
Yellow	2	1.0 miles 1.5 km	20 mins	10 mins
Orange	3	1.4 miles 2.25 km	28 mins	14 mins
Light Green	4	2.2 miles 3.54 km	28 mins	14 mins

Orienteering maps have a special key, and it is important to take time to learn the map colours and symbols. Map colours are suggestive of how easy it is to pass through that part of the forest, white is open and runnable, dark green means impenetrable.

On the map, the start is shown as a red triangle and the finish is shown as a double red circle on the map. You must visit the control points in the order listed on this sheet.

At each control point is a wooden post (1m tall) with an orange and white square plate affixed, with a two letter code for you to input onto your table (to the right). Each control post has corresponding control location description.

## White Course

0.6 miles - 1.0 km

6-12 mins

Version 4 – Updated January 2023

This course starts outside Go Ape and finishes near the play area. The map is 1:5000 scale, which means 1 cm on the map equals 50 metres on the ground.

Order on Map	Post Number	Description	Letter Code
Triangle	Start	Near Go Ape	
1	1	Path Junction	
2	2	Boundary Stone	
3	3	Path Junction	
4	4	Path Junction	
5	5	Path Junction	
6	6	Path Junction	
7	7	Path Junction	
Double Circle	Finish	60 m from last control to finish.	

Why not join Walton Chasers Orienteering Club.  
[www.walton-chasers.co.uk](http://www.walton-chasers.co.uk)  
[www.forestryengland.uk/cannock-chase-forest/orienteering-cannock-chase](http://www.forestryengland.uk/cannock-chase-forest/orienteering-cannock-chase)