

Learn Orienteering

MapActive

MAP READING COURSE



**DISCOVER A WHOLE NEW WORLD
WITH ORIENTEERING**

&

**START YOUR NEXT ADVENTURE AS A
CONFIDENT MAP READER!**

Calling all trail runners, hikers, adventurers, out-door lovers, wannabe fell runners and mountain marathoners. Learn Orienteering this Autumn – the sport that challenges mind and body

Stage 1: *Little or no prior map-reading experience needed*

18th October – Clyne Gardens, 10:00 – 13:00

19th October – Clyne Valley Country Park, 10:00 – 13:00

On-line Sessions – 21st & 28th October, 7pm – 8pm

Stage 2: *Some Orienteering map-reading experience needed, or stage 1 completed*

1st November – Whiteford Burrows, Gower, 9:30 – 13:00

2nd November – Cribarth (Sleeping Giant) Swansea Valley, 9:30 – 13:00

All resources are provided, just bring yourself, good outdoor walking or running shoes, clothing suitable for the weather on the day and some refreshments.

£40 PER PERSON – OVER 18'S ONLY

Includes part year membership to Swansea Bay Orienteering Club, Welsh and British Orienteering, where you can take advantage of discounts to future events and access to follow-on training and coaching sessions.



details & sign-up > www.s boc.org.uk/events