



MAP ACTIVE

4 WEEK MAP READING COURSE



LOVE GETTING INTO THE OUTDOORS?

Discover new trails, woodland, open fells or urban areas by learning navigation skills.

1st April - Clyne Gardens

8th April - Singleton Park

15th April - Penllergare Valley Woods

22nd April - Clyne Valley Country Park

Equipment Provided & Refreshments Included

10:00 - 12:00

MAX 15 PER PER SESSION

**BECOME A CONFIDENT MAP READER
AND GET EXPLORING AT YOUR PACE!**

Sessions are **FREE**,
for Over 60's
Funded by Swansea Active
Leisure Scheme



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SESSIONS RUN FROM 10:00 - 12:00

REFRESHMENTS AVAILABLE POST SESSION

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

1st April - Clyne Gardens ///plot.will.nature

Limited parking in the Garden car park by The Woodman Pub, SA3 5AS

Public transport to the Gardens available - www.swansea.gov.uk/bustimes

Meeting by the main entrance to the Gardens off Mumble Road

- Understanding an Orienteering Map
- Orientation using features and a compass
- Following a route

8th April - Singleton Park ///smashes.clip,movies

Public parking available at the Recreation Ground, SA2 0AU - A fee applies

Public transport to the park available - www.swansea.gov.uk/bustimes

Meeting by the main entrance off Mumbles Road

- Finding routes using handrails, cutting corners and aiming off
- Use of attack points
- Use of a compass



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REFRESHMENTS AVAILABLE POST SESSION

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

15th April - Penllergare Valley Woods [///grace.hello.feels](http://grace.hello.feels)

Parking available at the Visitor Centre, SA4 9GS - A fee applies

Public transport within walking distance of the Woods - www.swansea.gov.uk/bustimes

Meeting outside the front of the Visitor Centre

- Distance and pace counting
- Building compass skills
- Contours and ground shapes

22nd April - Clyne Valley Country Park [///gravy.narrow.soft](http://gravy.narrow.soft)

Parking at Car Park off Ynys Newydd Road, SA2 8DU

Public transport within walking distance of the Woods - www.swansea.gov.uk/bustimes

Meeting by the car park off Ynys Newydd Road

- Bringing it all together
- Orientation, Handrails, Compass work, Pacing, Attack Points, Contour recognition
- Try a course or two