

LOOKING FOR ADVENTURE?



COME AND TRY ORIENTEERING

AT OUR SATURDAY PARK-O EVENTS

FUN FOR ALL THE FAMILY

PERFECT FOR NEWCOMERS

LEARN NEW SKILLS

ENJOY THE GREAT OUTDOORS



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COURSES FOR ALL AGES, ABILITIES, THOSE WITH LIMITED MOBILITY AND WHEELCHAIR USERS



Saturday Park-O

When: 4th July

Where: Penllergare Valley Woods

Category: Local

Details

This is the final event in the 2026 Saturday Series of events – incorporating the SBOC Summer League and is the perfect introduction for adult and junior newcomers to orienteering, and to build your Orienteering skills - especially if you have attended one of our Fun Days or Coached sessions.

Alongside the beginner/builder courses, there will be technical courses available for more experienced Orienteers, and the White course is suitable for people with limited mobility and wheelchair users – something for the whole family.

If you've never tried orienteering before, this is an ideal opportunity - come along and give it a go!

Location

Penllergare Valley Woods. Nearest postcode: SA4 9GS, What3words: ///half.flag.neck

Parking: Woodland Centre Car Park (this will be signed). If you use the Main Visitor Centre Car Park, a fee is payable.

Public Transport: X13 and 46 stop nearest to Penllergare Valley Woods

Active Travel Routes: <http://www.swanseabayways.co.uk>

Registration: Follow the signs from the car park to registration. The club flag will be flying.

Facilities: Toilets by the Woodland Centre and café available at the Visitor Centre

Timings

Registration: Open at 10:45am – 11:45am

Starts: From 11:00am – 12:00pm.

Courses close at 1:00pm at which time we will start to collect controls so please make sure you start early enough to complete your course in time.

First time

We have a team of helpers on hand to explain what to do. You can do whatever course you like and can go round as an individual, pair or group. You can run, jog or walk at your own pace.

Costs

Adults £10 - BOF Adults £8

Children £4

If you would like to go around in a group you would just pay for one entry, plus £1 for each extra map.

Entries

We ask that you enter in advance so we know how many maps to print, www.pre-entries.co.uk however you can enter on the day if you are unsure which course to choose. There will be people on hand to help you if you have any questions.

Courses

If you complete a course and there is still time you are welcome to try another.

See below for details on the courses on offer.

Course	Distance	Technical Level	Who is it for?
White & Able-O	1.5km	1	The easiest course and a great place for children to start. The course is entirely on paths and each time you have to make a decision - which path to take, there will be a control point. Suitable for people who have limited mobility and Wheelchair users.
Yellow	2.2km	2	The next step up and a good place for teenagers etc. to start. The course will use paths but also other line features - Fences, streams etc. It will also no longer have a control every time you need to decide where you are going. For example, you may need to make a couple of turns on paths between controls. Because of the park setting there will be some controls that do not follow line feature. Instead, they will be on a point feature (e.g. a tree) but close by. By turning the map so that it matches the ground you will be able to see the next control to go to.
Orange	2.7km	3	Harder still, this course introduces: Choosing routes - e.g. should I go round the paths to the left or right Using 'Point Features' as control sites Basic use of a compass
Lt Green	3.4km	4	Harder than the Orange, these courses are slightly longer than orange and utilise point (e.g. boulders) and contour features.
45-minute Score		5	Harder than the Lt Green, this course will use the whole park and is as technically hard as we can make it given the area.

Clothing, Equipment & Safety

Shoes with good grips are important on all courses. Those competing on orange courses and above should wear full leg cover. Children can be shadowed or can take part in pairs.

Officials

Planner: Diana McClure

Organiser: Kerina Lake

Safety & risk

A comprehensive risk assessment will have been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event. If a competitor has a pre-existing medical condition that they think should be declared, please complete a medical form at enquiries. The sealed envelope will only be opened in an emergency.

Photography

SBOC has an agreed policy on the taking of photographs at events, based on national guidance. This provides a sensible balance between the benefits and risks associated with the taking and use of images. If you are unsure about acceptable practice, please speak to the event organiser. Read our policy on taking photographs [here](#).

Privacy

When entering our events your personal details (name, gender, age class & club) will appear in the results section of this website. Read our [Privacy Policy](#) to see how we look after your personal data.