

Learn Orienteering

MapActive

MAP READING COURSE



**DISCOVER A WHOLE NEW WORLD
WITH ORIENTEERING
&
START YOUR NEXT ADVENTURE AS A
CONFIDENT MAP READER!**

Sessions are designed to cater for all levels of fitness and enthusiasm. Offering a pathway for all to learn navigation skills to build confidence when out exploring new areas and green spaces.

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



18th October - Clyne Gardens [///plot.will.nature](http://plot.will.nature)



Limited parking available 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 (Toilets available)

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



19th October - 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

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

SESSIONS RUN FROM 10:00 - 13:00



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

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On-line Session 1 - Google Meet



21st October

- Go over the skills learned in the first two coached sessions
- Orienteering Step system
- Map symbols
- Handrails, decision points & aiming off
- Map orientation & use of a compass
- Map to ground visualisation

On-line Session 2 - Google Meet



28th October

- Control descriptions
 - Types of events, what to expect and how to enter
 - Intro to the skills we will practice in the next coached sessions
1. Pacing
 2. Accurate compass bearings
 3. Landforms and contours
 4. Putting distance and direction together to form a plan

SESSIONS RUN FROM 19:00 - 20:00



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



1st November - Whiteford Burrows ///concerts.dunk.introduce



Parking at Cwm Ivy Car Park, SA3 1DJ - Charges apply, pay at machine on arrival



Meeting in the Cwm Ivy Car Park @ 9.30am

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



2nd November - Cribarth (Sleeping Giant) ///limp.clown.resolves



Parking at Craig-y-Nos Car Park, SA9 1GL - Charges apply, pay at machine on arrival



T6 bus stops outside the car park - <https://traws.cymru/en/services/NADT/T6>



Meeting by the cafe in the car park @ 9:30 (Toilets available)

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

SESSIONS RUN FROM 10:00 - 13:00

NOTE MEETING TIME FOR THESE SESSIONS IS 09:30 TO GIVE TIME TO WALK INTO THE AREA



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