

# COOKWORTHY FOREST PERMANENT ORIENTEERING COURSE

## NOTES FOR BEGINNERS – WHITE COURSE

The White course is not suitable for wheelchairs as parts of the course are on unsurfaced rough paths. There are a number of steps and gradients.

These short notes are designed for newcomers to orienteering to get you on your way to the first control on the White.

The Start/Finish marker is on a small path junction, alongside the forest track from the main road, and beside the picnic area. It is a wooden post 1.5m high and 100mm square, with a red and white marker plaque on one face.

Stand by the Start/Finish marker with your back towards the forest track leading back to the main road. The picnic site is on your right

Look at your Control Description sheet. Your first control is the Track Junction and the control number is 01.

Hold the map flat in front of you. You are standing at the Start/Finish marked on the map by a purple triangle. Place your thumb beside the triangle. This is called “thumbing the map” and will help to remind you where you are.

Turn the map around until the symbols on the map are in the same position and direction as you see them on the ground. The top of the map should now be pointing in the direction you are looking. You have now orientated or set the map.

Follow the forest track, passing a track off to your left, and in approximately 100 metres you will see the Track Junction with 4 tracks coming together. Move your thumb along the map as you progress. Your first control is on this junction. The control number is marked on the red & white plaque. The control letter code is cut into the post as in the example on the right.



Check the control number from your Control Descriptions, and if it is correct write down the letter code in box 1 of your Control Card.

Orientate your map again, move your thumb, and off you go to number 2.

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## NOTES FOR BEGINNERS – YELLOW COURSE

The Yellow course is not suitable for wheelchairs as parts of the course are on unsurfaced rough paths. There are a number of steps and gradients.

These short notes are designed for newcomers to orienteering to get you on your way to the first control on the Yellow.

The Start/Finish marker is on a small path junction, alongside the forest track from the main road, and beside the picnic area. It is a wooden post 1.5m high and 100mm square, with a red and white marker plaque on one face.

Stand by the Start/Finish marker with your back towards picnic area. The small path is in front of you and leads off into the forest.

Look at your Control Description sheet. Your first control is the Path & Overhead Cable Junction and the control number is 10.

Hold the map flat in front of you. You are standing at the Start/Finish marked on the map by a purple triangle. Place your thumb beside the triangle. This is called “thumbing the map” and will help to remind you where you are.

Turn the map around until the symbols on the map are in the same position and direction as you see them on the ground. The bottom of the map should now be pointing back down the forest track towards the main road. You have now orientated or set the map, with the path going off in the same direction both on the ground and on the map.

Follow the path through the trees and in approximately 150 metres you will come to the spot where an overhead cable passes over the path. Move your thumb along the map as you progress. Your first control is on this junction. The control number is marked on the red & white plaque. The control letter code is cut into the post as in the example on the right.



Check the control number from your Control Descriptions, and if it is correct write down the letter code in box 1 of your Control Card.

Orientate your map again, move your thumb, and off you go to number 2.

As you go around you may find other control posts that are not on your course. Ignore them and carry on to the control you are looking for.