

EXETER RIVERSIDE VALLEY PARK
PERMANENT ORIENTEERING COURSE

NOTES FOR BEGINNERS – WHITE (EASY ACCESS) COURSE

The White (Easy Access) course is on surfaced paths all the way round, with the control markers easily visible from the path. There are no steps, steep gradients or stiles.

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

To find the Start/Finish marker, cross over the Exeter Canal bridge opposite the Harbour Master's Office. Walk towards the park for approximately 200m, and you will see a triangular area of paths, with a few scattered trees. The marker is there. It is a wooden post with a red & white plaque.

Stand by the Start/Finish marker with your back towards the way you have come. The Exeter Canal is on your right

Look at your Control Description sheet. Your first control is the Fence 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 back towards Exeter Quay. You have now orientated or set the map. Don't worry about the map being upside down

Follow the canal towpath on your right, and in approximately 150 metres you will see the control marker . Move your thumb along the map as you progress. 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.