



# What is ORIENTEERING all about?

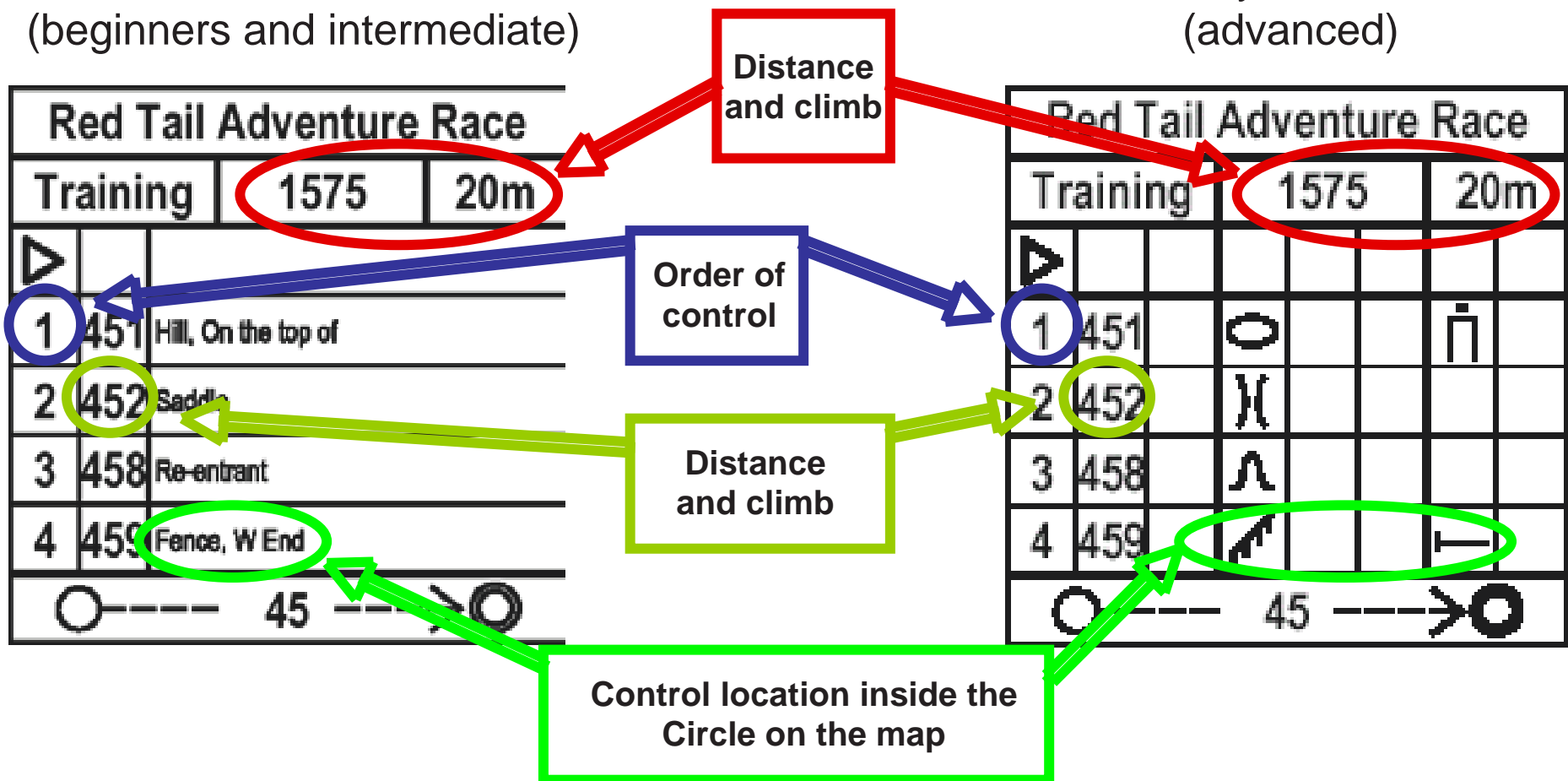
Navigate to a series of points (controls) shown on a specialized topo map, choosing routes - on or off trail - that will help you find all the controls and get to the finish.

# What is a clue-sheet for?

- Tells you exactly where inside the circle the control is
- Two versions with the same information:

Words  
(beginners and intermediate)

Symbols  
(advanced)



# What does the punch card look like?

Name: \_\_\_\_\_  
 Course: \_\_\_\_\_  
 Class: \_\_\_\_\_  
 License: \_\_\_\_\_

Finish: \_\_\_\_\_:\_\_\_\_\_

Start: \_\_\_\_\_:\_\_\_\_\_

Time  :

Name: \_\_\_\_\_  
 Course: \_\_\_\_\_  
 Class: \_\_\_\_\_  
 License: \_\_\_\_\_

Finish: \_\_\_\_\_:\_\_\_\_\_

Start: \_\_\_\_\_:\_\_\_\_\_

Time  :

21	22	23	24	25	26
11	12	13	14	15	16
1 (451)	2 (452)	3 (458)	4 (459)	5	6



# Example Course

Start is at the center of the triangle

Controls located at the center of the circle

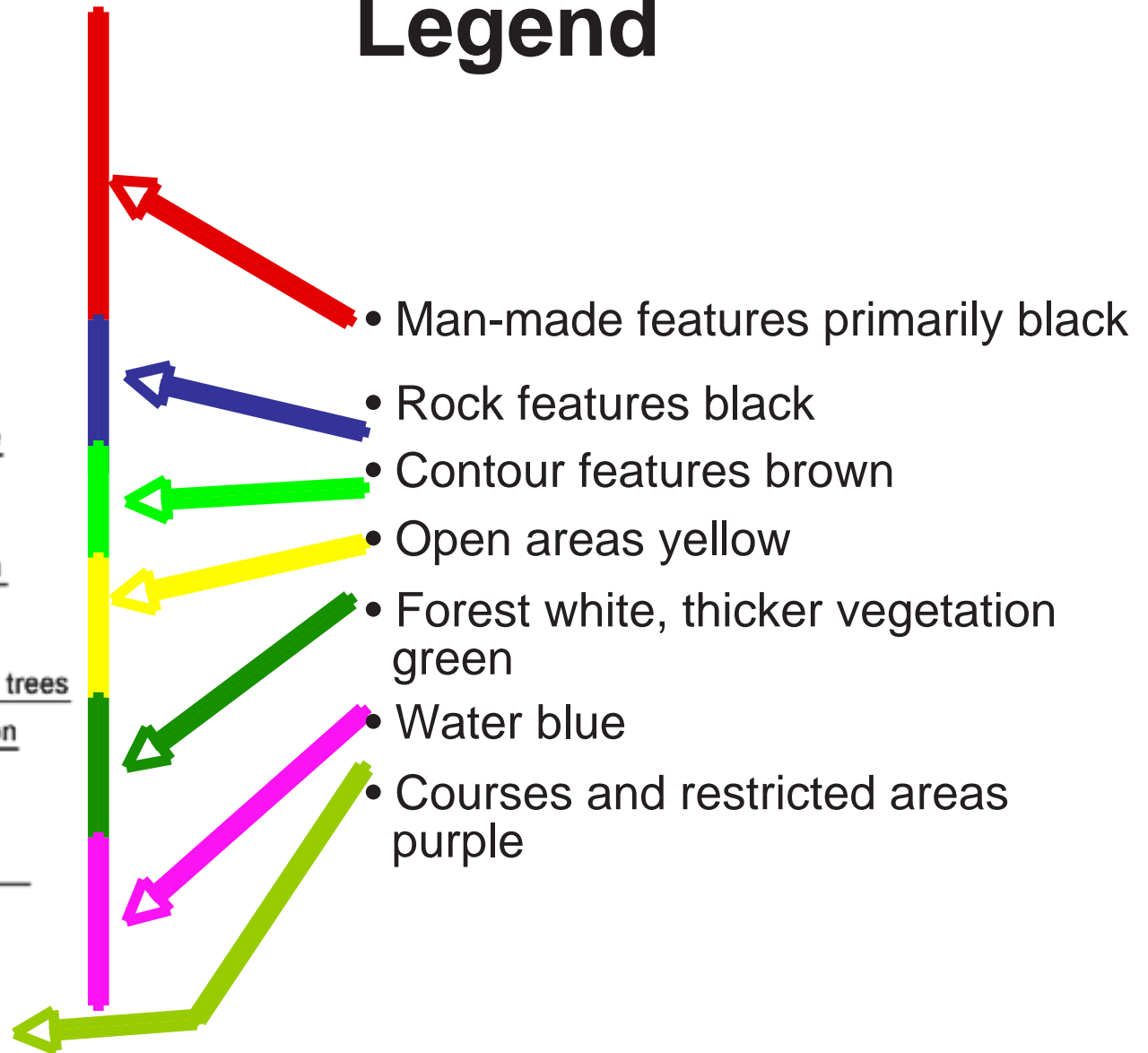
Complete controls in order

Finish is at the center of the double circle

# Orienteering Map Legend

## LEGEND

	paved road: med, small
	dirt road, major path
	path, minor path
	building, ruin
	picnic shelter, pipes
	fence, ruined fence
	power line, map edge
	boulder small, large
	boulder group, field
	cliff uncrossable, crossable
	dirt bank, stony ground
	contour, index contour
	form line, knoll, depression
	open, with scattered trees
	rough open, with scattered trees
	open forest, slow vegetation
	difficult vegetation, fight
	lone tree, veg. boundary
	indistinct stream, marsh
	marsh: crossable, not
	pond, water source
	water trough, dead tree
	Dangerous: Do not enter!



# Navigational Techniques

- Orient the map using a compass
- Visualize the terrain from the map
- Recognize where you are on the map from the terrain
- Plan your route and check off features
- Taking a bearing (more advanced)
- Aiming off (more advanced)
- Attack point (more advanced)
- Traffic lights (more advanced)
- Pace counting (more advanced)