

# Orienteering

**Orienteering is a competition where participants use a map and compass to navigate from point to point in the least amount of time.**

# Successful Orienteering

- 1. Running ability is beneficial**
- 2. Map reading and analysis skill are most crucial.**

**You must be able to read the map, select an appropriate route from one control point to the next and successfully follow that route.**

# Orienteering Strategies

- 1. Orient your map**
- 2. Know where you are on the map at all times**
- 3. Use linear features (trails, power lines, streams, fence) that you can follow.**