

Permanent Orienteering Course

Three Brooks Local Nature Reserve, Bradley Stoke

Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. The aim is to navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace.

From the control points marked on the map overleaf we have set out a choice of courses for you to try. The start is marked as a red triangle on the map. Visit each control in the order given to you by your group leader or select a course from those suggested on the right. Each control marker has a letter on it. Write the letters in the correctly numbered boxes overleaf.

Use the control descriptions below to help you find the control markers and the feature you are looking for.

CONTROL DESCRIPTIONS

Start	Track / path junction
1	Path junction
2	Easternmost path junction
3	Path junction
4	Path junction
5	Path junction
6	Southernmost path junction
7	Fence corner
8	Path bend
9	Ditch / path junction
10	Path junction
11	Path / Vegetation boundary
12	Vegetation boundary, NE corner
13	Track / path junction
14	Path / vegetation boundary junction
15	Earthbank junction, NE side
16	Embankment foot, south part
17	Track / path junction
18	Path / hilltop
19	Hill, SW end
20	Path junction
21	Northern path bend
22	Path / vegetation boundary

SUGGESTED COURSES

Stars

Visit one control, note the letter on the post. Report back to group leader, if you have the correct letter the leader will give you another control to visit. Use controls near to the start for this session. Controls numbered 1 to 8 would be suitable.

Loops

Visit a group of 3 controls in the order given by your group leader. Start with controls near the start, as you gain confidence increase the length of the loops. Example short loop courses are :

Control 1 to 4 to 5 return to start
Control 2 to 3 to 6 return to start
Control 1 to 3 to 6 return to start
Control 1 to 6 to 7 return to start

Try a longer loop i.e. control 2 to 3 to 6 to 8 to 9 and return to start.

Score Event

How many controls can you visit within 30 minutes? Score 10 points for each control visited. Return to the start within 30 minutes, lose 10 points per minute for late return.

Short Course for beginners

Visit control 1 to 5 to 9 to 10 to 11 to 12 to 3 to 2 and return to start.

Medium course

Visit control 1 to 2 to 3 to 14 to 15 to 17 to 16 to 13 to 12 to 8 to 5 and return to start.

Long course

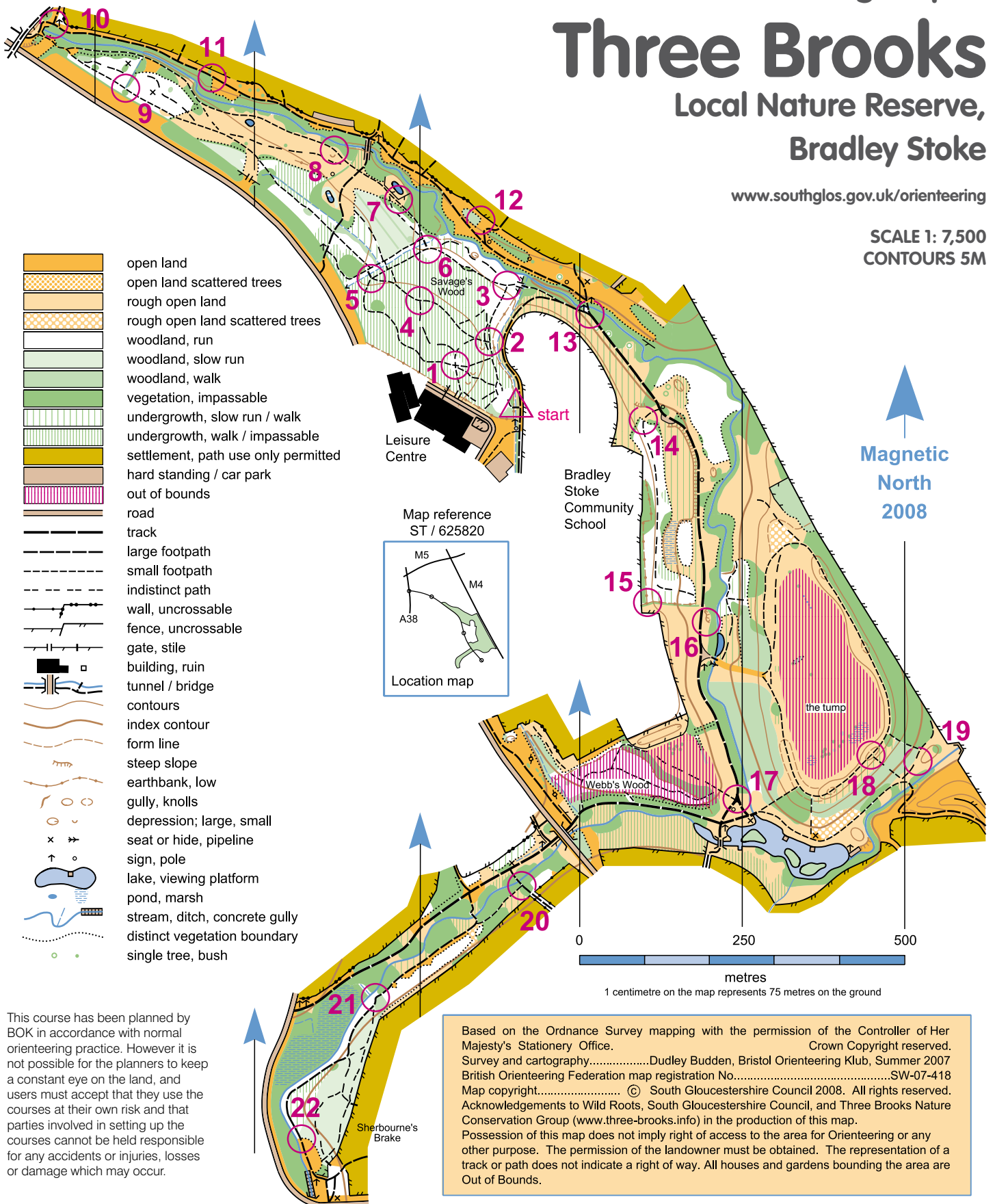
Visit control 1 to 5 to 9 to 10 to 11 to 12 to 13 to 16 to 18 to 19 to 17 to 15 to 14 to 3 to 2 and return to start. (Optional longer loop visit controls 20, 21 and 22 between 17 and 15).



An Orienteering map of Three Brooks Local Nature Reserve, Bradley Stoke

www.southglos.gov.uk/orienteering

SCALE 1: 7,500
CONTOURS 5M



This course has been planned by BOK in accordance with normal orienteering practice. However it is not possible for the planners to keep a constant eye on the land, and users must accept that they use the courses at their own risk and that parties involved in setting up the courses cannot be held responsible for any accidents or injuries, losses or damage which may occur.

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1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22