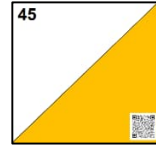


Learn to navigate using a map – explore the trails in Town park

Orienteering courses in Clark Community Park. Maps are available at Old Saybrook Parks & Recreation (or print your own from the website). You'll be using a map to navigate to controls (checkpoints) marked on the map. In the terrain, the controls are marked with orange and white signs, see picture. The courses are designed for beginners, and all controls are along trails. The start / finish is at the kiosk by the parking lot, near the basketball court.



Orienteering – how it works

THE MAP

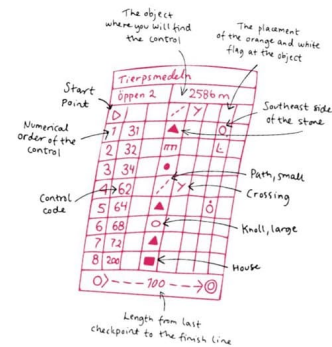
The orienteering map is a highly detailed representation of reality. Refer to the map legend to understand what the different symbols and colors represent. The scale of the map describes the distance in relation to reality. At a scale of 1:10 000, 1cm on the map equals 10 000cm in the terrain, in other words, 100m. Contour intervals (distance between brown lines) describe the difference in height between the contours, usually 2.5 or 5m.

THE COURSE

On the map, the orienteering course consists of the start (triangle), controls (circles), finish (double circle), connecting lines and control numbers. The controls must be taken in numerical order. In the center of the control circle is a feature (e.g. trail intersection, large boulder etc.) which the control is located by. In the terrain, the control is marked with an orange and white flag.

THE CONTROL DESCRIPTION

The control description gives you detailed information about the controls. Pay extra attention to the code on the description and on the control – that is how you know if you have found the right control. From the description, you can also tell which feature the control is located by and exactly where the control will be placed, e.g. "east side of the boulder".



Step by step directions

1. UNDERSTAND WHERE YOU ARE ON THE MAP AND WHERE YOU ARE GOING
2. ORIENT YOUR MAP
Hold the map horizontally and turn with the map so that the objects on the map are aligned with the corresponding objects in the terrain. Hold the map so that north on the map always matches magnetic north, no matter what way you are facing.
3. CHOOSE AND PLAN YOUR ROUTE
Pick the route that best suits your ability. Utilize trails to make it easier. If it is a long distance to the next control, divide the route into smaller stretches.
4. GOING FROM ONE CONTROL TO THE NEXT
Orient the map. Keep an eye on the map while you are moving to make sure you are on the right track. Remember to keep the map oriented the entire way.
5. FIND THE CONTROL
The last step is to find the control. The control is always in the center of the control circle on the map. As you are approaching the control, you gain a lot from lifting your gaze.

Important note!

Each participant assumes full responsibility for any and all injuries, losses and damages that he or she incurs while attending or participating. Please observe all County, State and Federal regulations that may be in place.

For more info about orienteering & local events, visit WCOC's website

