

WHAT IS ORIENTEERING?

Orienteering is a sport that requires navigational skills using a map and compass to navigate from point to point in unfamiliar terrain, moving at speed.

Participants are given a topographical map, usually a specially prepared orienteering map, which they use to find control points.

Map

Orienteering competitions use specially prepared orienteering maps. They are topographic maps although much more detailed than general-purpose maps. The ISOM map scales are 1:15,000 or 1:10,000, with grids aligned to magnetic north.

Courses

Orienteering events offer a range of courses, of varying physical and technical difficulty, to meet the needs of competitors. The orienteering course is marked in purple or red on a map. A triangle is used to indicate the start and a double circle indicates the finish. Circles are used to show the control points.



Control points

Control points are placed on features on the map that can be clearly identified on the ground. Control points are marked in the terrain by white and orange "flags".

Source: Wikipedia