

ORIENTEERING

AN OUTDOOR ADVENTURE SPORT FOR ANYONE.

What is orienteering?

Orienteering is a challenging outdoor adventure sport with the aim of navigating between control points marked on a map in the most optimal way.

How does orienteering work?

At the start of the session or event participants are provided a map, which details the local area and where the controls are placed.

Participants decide the route and the pace they go to find the controls.

Who can orienteer?

Anyone can orienteer and it can be done anywhere! Through forest, countryside, urban settings and parks.

Leave No Trace

Orienteering has a fantastic environmental record. Leave no trace is a critical part to the sports running, as organisers ensure there is limited evidence of activity after an event.



AT THE WOODLAND TRUST

Woodland Trust sites provide a fantastic location for orienteering, allowing participants to discover nature through navigation.

Benefits of orienteering at Woodland Trust locations:



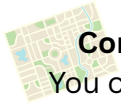
Discovering new locations

Orienteering is a great way for individuals to discover new woodland.



Limited Set-up Required

Events require limited infrastructure to be set up.



Control of Access

You can identify areas of the sites that can be used or detailed as out of bounds on a map.



Inclusivity

Anyone can orienteer—different & accessible course lengths and types can be completed at your own pace.



Health Benefits

Orienteering utilises physical and mental endurance.



Little Footfall

There are no mass starts, nor a set route, meaning there is reduced footfall during the event.