

# 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.

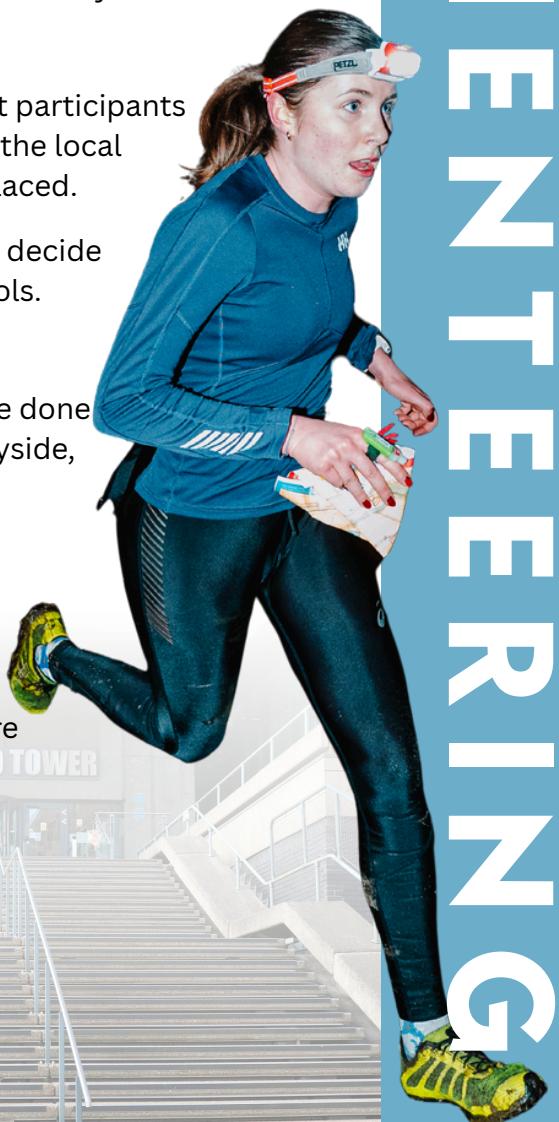
Participants decide the route, and decide the pace they go to find the controls.

## 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 critical part to the sports running, as organisers ensure there is no evidence of activity after an event.



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# AT UNIVERSITIES

Universities are a **fantastic location** for orienteering due to their **urban nature** with many **buildings to navigate** around.

## Benefits of orienteering at universities:



### Discovering your University

Orienteering is a great way for students to discover their new campus/city.



### Community Connections

Orienteering can build connections with local orienteering clubs and schools.



### Control of Access

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



### Health Benefits

Orienteering utilises physical and mental endurance.



### Limited Set-up Required

Events require limited infrastructure to be set up.



### Map Creation

Local clubs will likely be willing to map your university, which in turn can then be used by students.



### Inclusivity

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



### Little Footfall

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



If you have any questions about orienteering activity at universities please contact Gracie Grant, University and Access Officer, at [ggrant@britishorienteering.org.uk](mailto:ggrant@britishorienteering.org.uk).