

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.

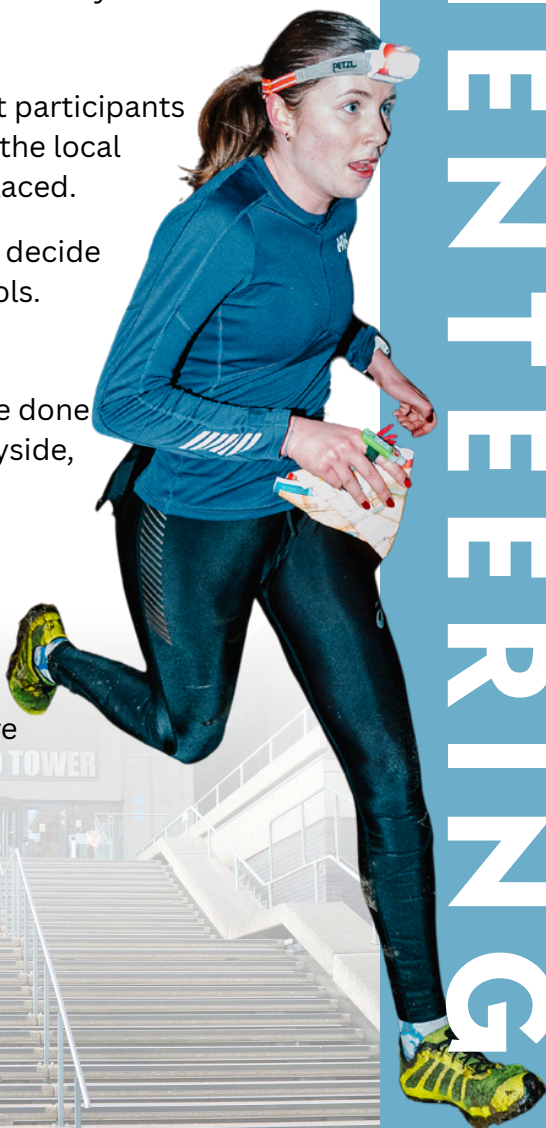
Who can orienteer?

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.

O R I E N T E E R I N G



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.



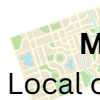
Limited Set-up Required

Events require limited infrastructure to be set up.



Community Connections

Orienteering can build connections with local orienteering clubs and schools.



Map Creation

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



Control of Access

You can identify areas of the university 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.

