

# Self-guided Orienteering





# Overview

- ❑ What is Orienteering?
- ❑ The Map
- ❑ Basic Orienteering Skills
- ❑ Course Walk Through
- ❑ Why Orienteer?

# What is Orienteering?



# The Basic Idea

Participants must navigate from one point to another using a map and compass.





# An Adventure

Orienteering can be enjoyed as a leisurely walk in the woods or as a competitive race.





# An Orienteering Course...

Consists of a **start**, a series of **control sites** to be visited in order, and a **finish**.





# Controls

- The circles are where the control markers can be found.
- A **control** marks the location.
- The description sheet on the map helps to describes the control placements.

Yellow 2		2500		36		Course Yellow 2	Length 2500	Climb 36
Start	△	/			⊥	Start Road North end		
1	MH		mm			Cliff		
2	KL		○		○	Clearing South side		
3	ML	↑	∧	∨		Northern Gully Junction		
4	PB		∧			Gully		
5	XD		~	∨		Stream Junction		
6	PP		∧	⊥		Gully Between		
7	XK		∧	∨		Gully Junction		
8	PA		/			Footbridge Refreshments		
9	JA		∩					
10	GO		/					

○----- 150 -----





# Punching-will be skipped-

To verify a visit, the orienteer uses a SI stick or **punch** to verify that the control is found.

In this self guided orienteering we will not use punching! Please don't touch the control markers which will look like this.



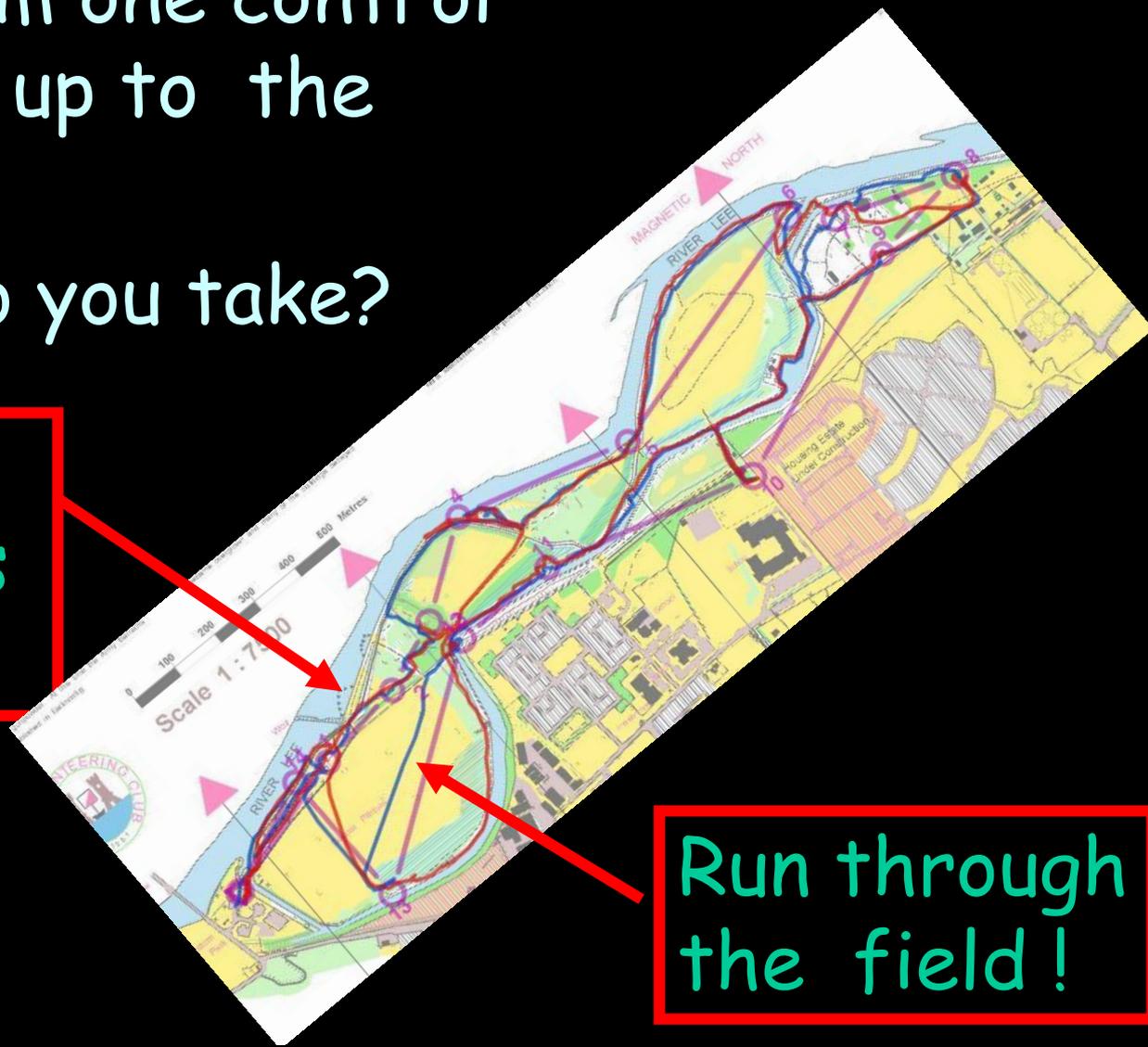


# Route Choice

The route from one control to the next is up to the participant.

Which trail do you take?

Run on  
the trails  
or...



Run through  
the field!

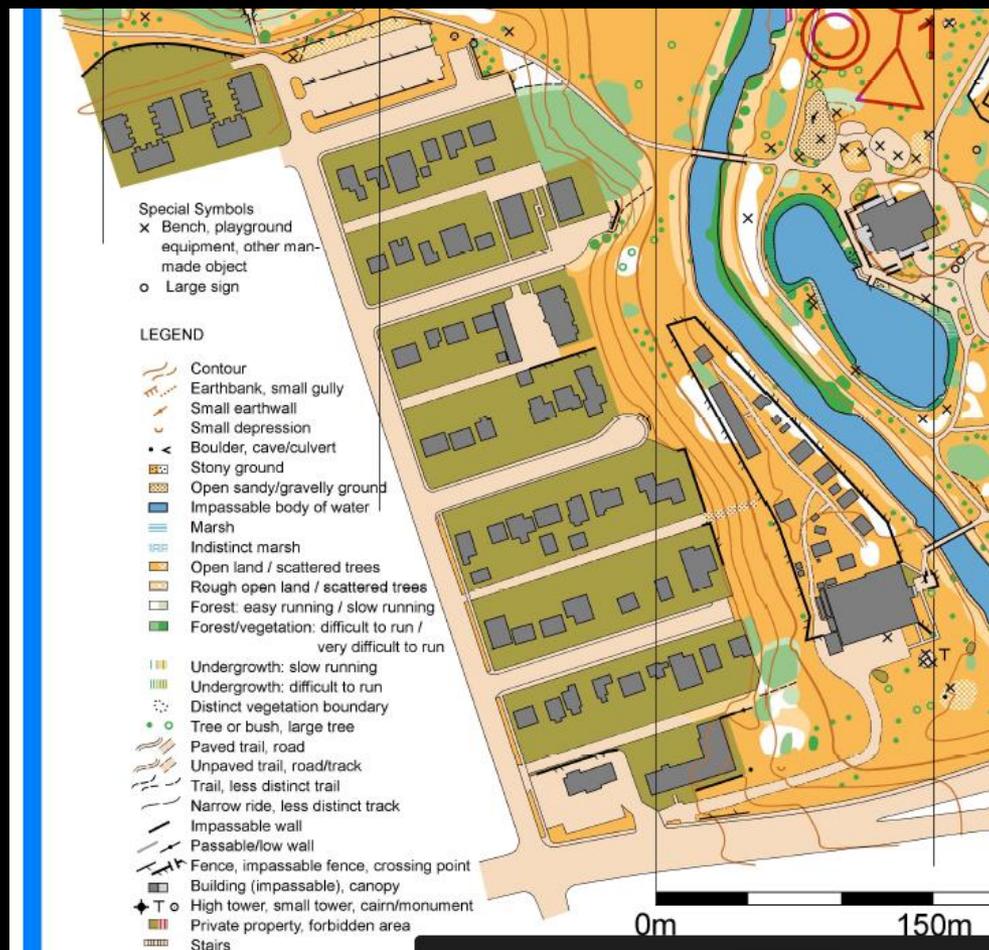
# The Map

The title "The Map" is rendered in a bold, sans-serif font. The letters are filled with a bright yellow-orange color. The interior of each letter is filled with a detailed topographic map pattern, featuring brown contour lines, green and blue shaded areas representing terrain and water, and black lines for roads and infrastructure. The background is a solid black.



# Don't worry you don't have to remember it all

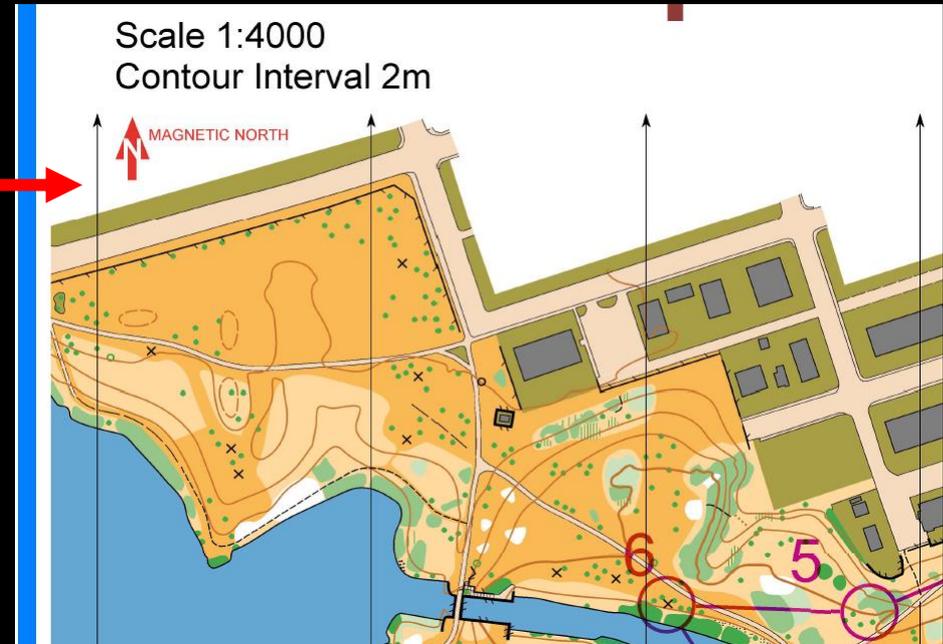
Orienteering maps for beginners usually have a legend on the map. But it helps to get a general ideas before you head out.





# Magnetic North

Orienteering maps have grid lines pointing to magnetic north. Or the red top of the map indicates North





# The Scale

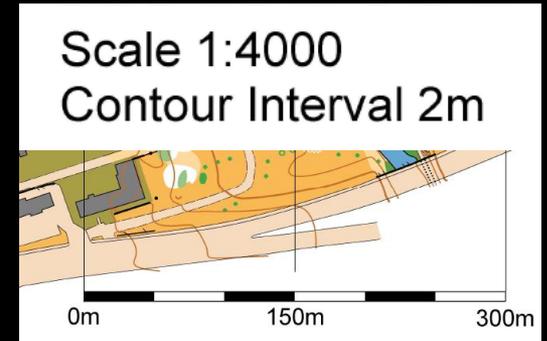
## Map Scale

The distance on the map relative to the distance in the terrain.  
Don't worry about it too much you will figure this as you go.

Look for this on the map, some of it shows the distance in m scale:

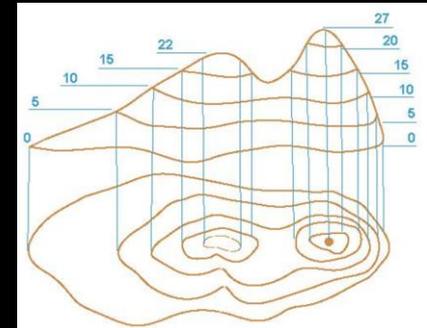
1 : 10,000 1 cm on the map = 100 m on the ground

1 : 5,000 1 cm on the map = 50 m on the ground



## Contour Intervals

The difference in elevation between two contour lines which describes the landforms. You will learn to use this as you build more experience. For now you can even ignore them.





# Color symbols

## White: Open Forest easy to walk through it



Forest: run  
Forêt: course





# Yellow: Open Land



Open land  
Zone ouverte



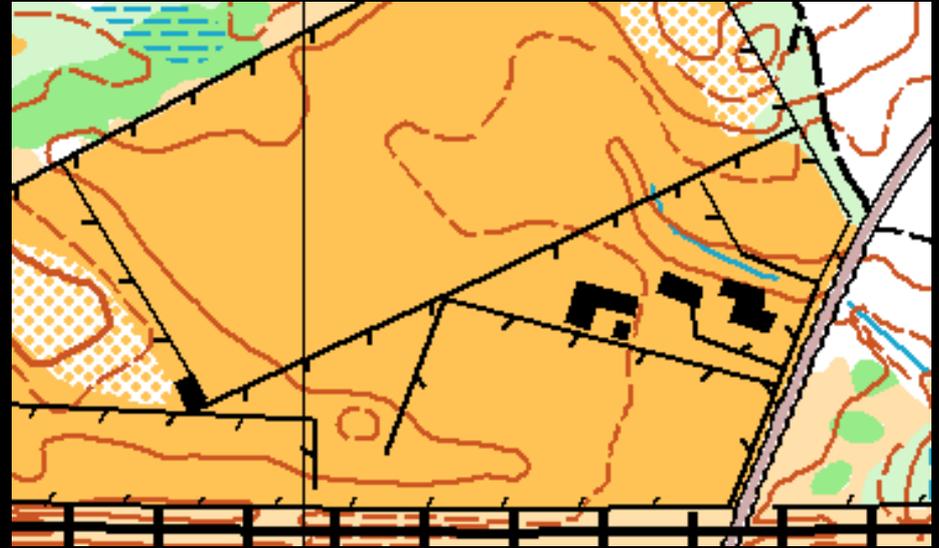
Open land with trees  
Zone ouverte avec arbres



Rough open land  
Zone ouverte difficile



Rough open land & trees  
Ouverte difficile & arbres

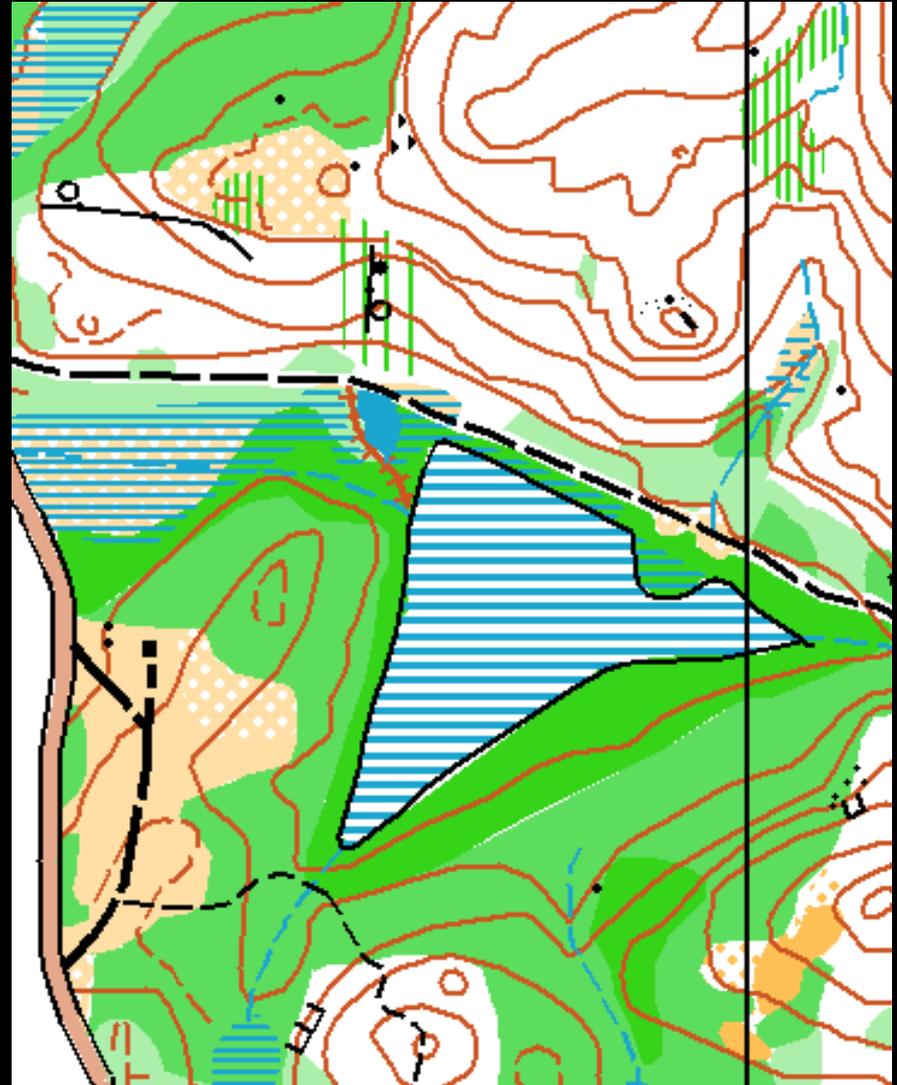




# Green: Thick Vegetation

Avoid going through green spots, they are not pleasant....

	Slow run Course lente
	Difficult to run Course difficile
	Impassable Impassable





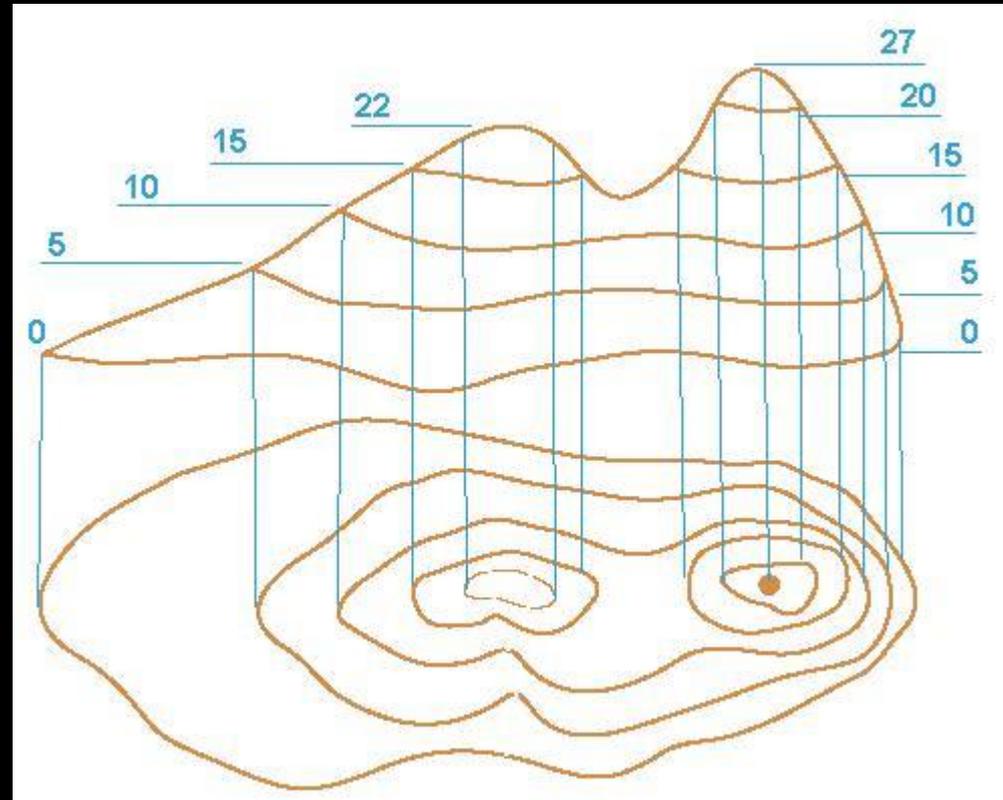
# Brown: Shape of the Land

Contour lines represent elevation in the landscape.

You will get used to reading them with more practice.

They are not as significant in park maps. If you don't get it right away don't worry you can still use the maps to find the checkpoints.

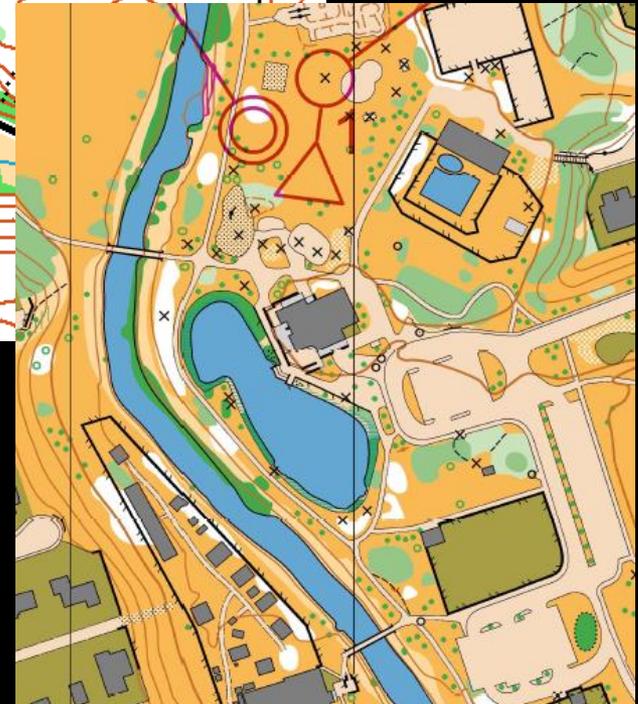
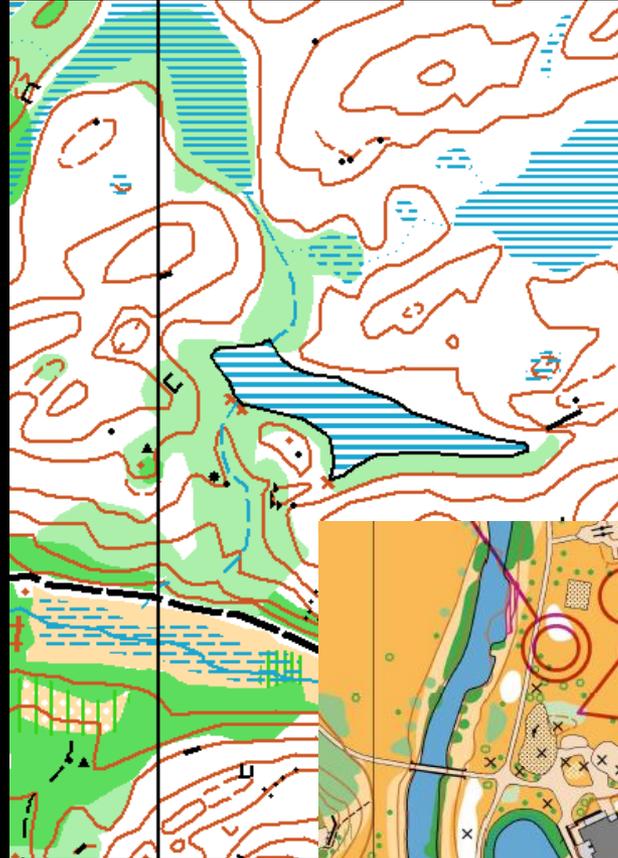
	Contour, Form line Courbe; de niveau
	Earthbank, Beaverdam Talus, Barrage de castor
	Knoll, Small knoll Monticule
	Depression, Small Dépression, Petite





# Blue: Water Features

	Lake, Pond Lac, Mare
	Uncrossable river Rivière infranchissable
	Stream, Small stream Ruisseau, Petit Ruiss.
	Seasonal stream Ruisseau saisonnier
	Uncrossable marsh Marais infranchissable
	Marsh, Indistinct marsh Marais, Marais indistinct





## Black:

Man-Made features

Rocks

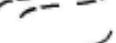
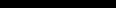
Trails

## Brown/beige:

Pavement

Paved or

gravel road

-  Paved trail, road
-  Unpaved trail, road/track
-  Trail, less distinct trail
-  Narrow ride, less distinct track
-  Impassable wall
-  Passable/low wall
-  Fence, impassable fence, crossing point
-  Building (impassable), canopy
-  High tower, small tower, cairn/monument
-  Private property, forbidden area
-  Stairs

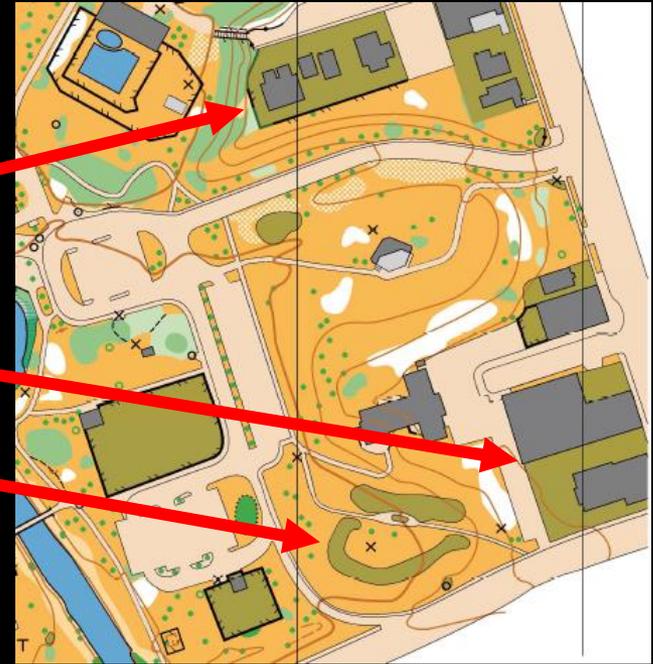




IMPORTANT ! OFF LIMIT !

! Don't go here !  
Olive green- private  
property or planted  
ground you must stay  
out

or Red shadowed area  
Closed area



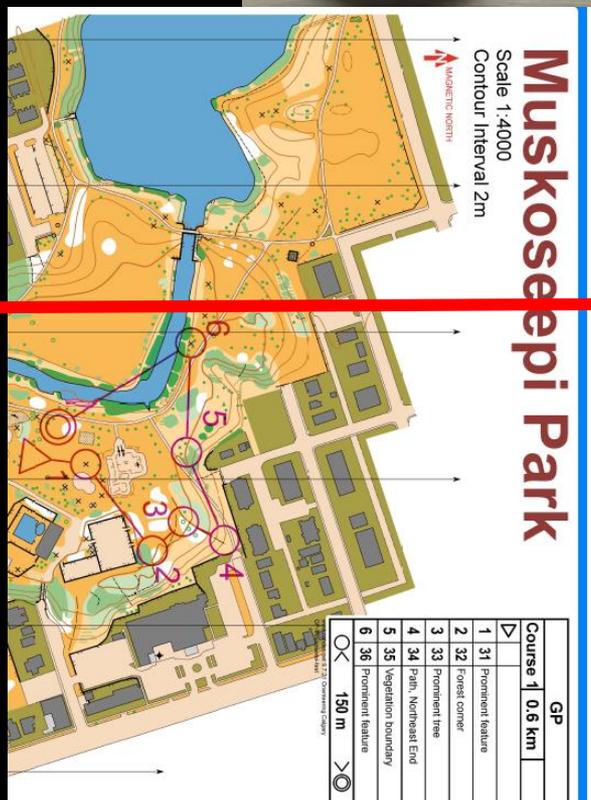
# Basic Orienteering Skills



# Orienting the Map to the NORTH

Most important to align the map to show what you see. You can do this two ways:

1. If you have a compass or your phone compass identify which way is North. Then turn your top of your map to align with the north.



Always keep top of the map to the North !!!!

N



# Orienting the Map to the North

- 2. You can Line up the map to match the features you see.
- The lakes are front of you in reality and on the map, there is a good chance the map is aligned. (oriented to N)





# Quick easy tip to hold your map

## Folding/Thumbing the Map

- ❑ Fold the map  
(parallel to the direction  
of travel.)
- ❑ Keep your Thumb  
where you are and  
move it as your  
position changes





# Basic Map Reading

- ❑ Always keep the map oriented.
- ❑ Always stay in contact with the map - know where you are on it.
- ❑ Constantly take note of features on the map, and make sure you can identify them in the landscape around you, and vice-versa.
- ❑ Navigate along linear features such as trails, streams, fences, buildings, vegetation lines/boundaries.

Course

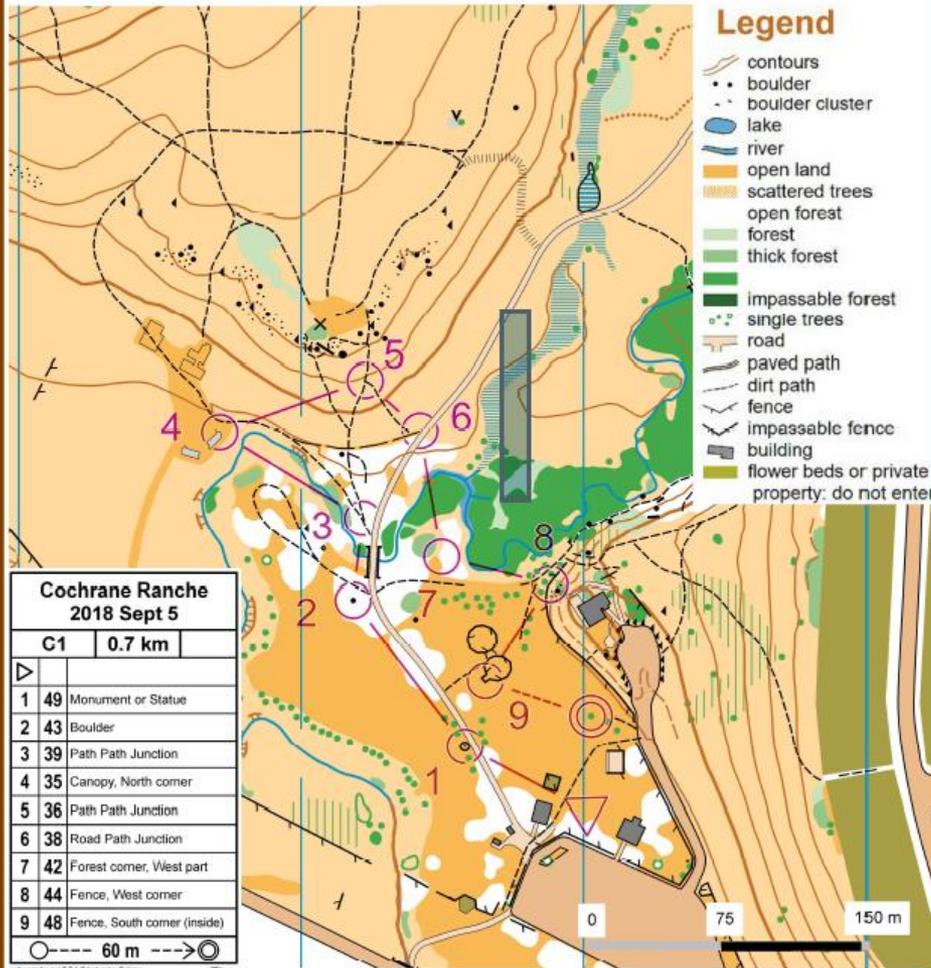
Walk Through

Red is North

# Cochrane Ranche

Scale 1:2500 Contours 5m

© Foothills Wanderers Orienteering Club  
Fieldwork & Cartography: Don Bayly, 2018



The Goal is to start at the triangle and find each control in order before returning to the finish.

- ❑ The course shows the controls connected with a red line .
- ❑ The red line just shows the direction you headed.
- ❑ You don't need to follow the exact red line you will need to make a plan how to get there following trails or features like fence, building etc. There are several way to get there which is the fun part.

Must sign out before 8 pm.



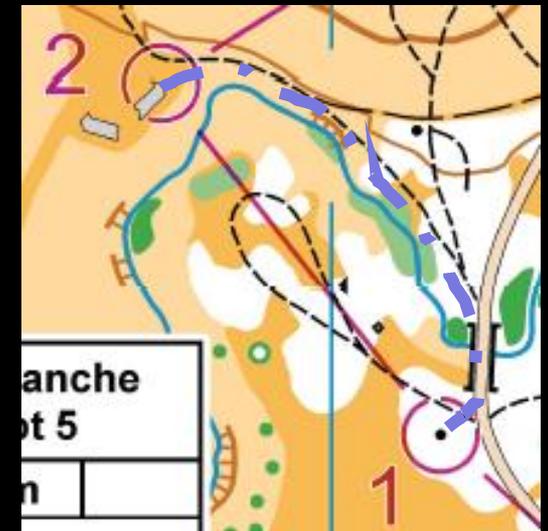


# On the course

- Find the triangle - the start!
- Turn the top of the map to the North.
- Find the #1 circle on the map
- Make a plan how to get there

EG:

- Follow the gravel path until you see a man made feature. (purple dashes)
- Find the control flag.
- Orient your map again to the North and find #2 circle on the map.
- Make a plan how to get there then find the control flag. (See the water you need to use the bridge to get across so don't follow the straight red line.)
- Repeat the process every time you find a control until you get back where you started.



The control markers may be missing if it is removed by someone!

If you don't find one after searching for it, just return to the pervious one you have found. From there start with the next control skipping the one which is missing.

Let us know if you come across missing controls:

[info@orienteeringalberta.ca](mailto:info@orienteeringalberta.ca)





# Relocating -not sure where you are?

- ❑ Stop.
- ❑ Orient the map to the North.
- ❑ Try to match the features on the map to the terrain around you.
- ❑ Try to determine where you could have gone since your last known location.
- ❑ Return to the last place of known location try again or return to start.

# Why Orienteer?



# Enjoy the Outdoors





# Challenge Yourself Physically





# Challenge Yourself Mentally





# Gain Navigational Skills





# Suitable for all Ages





# As Competitive as You Want





# Alone or in a Group





# What to Bring...

- ❑ Comfortable walking or running clothes.
- ❑ Hiking boots or running shoes.
- ❑ Compass if you have one. Or use your phone.

