

Orienteering

Orienteering is described as a combination of map reading and cross country running , but a good map reader will beat a good runner every time (they just get lost quicker), it is an exciting and challenging way to gain or improve your map skills .

It's a sport that suits all ages and skill levels. You can decide a pace that suits your style. Orienteering is an excellent discipline for decision making, which is why the activity is used as much for young people's education as Management Development Training.

We will instruct you in the basics of map orientation, identifying symbols on the map and matching them to features on the ground. Once you have got to grips with the scale of the map, it's up to you to complete the course at your own pace



We use various permanent courses, set courses in woods and moorland, we can even come to your site, produce a map and lay out a course in your grounds.

We also have a course laid out at Rudyard Lake for canoe orienteering.

Course Dates

Night Navigation	19th, 26th January, 16th, 23rd, Feb. 9th, 16th March	Cost £15.00 per night
1 day Navigation	17th, 24th January, 21st February, 7th, 14th March	Cost £44.00 per day
2 day navigation	20th, 21st Feb, 6th, 7th and 13th, 14th March	Cost £85.00 per course

A minimum of 4 participants is required for the course to run. If the numbers are not reached a full refund will be given.

Other courses will be available later in the season, check the website for updates.

