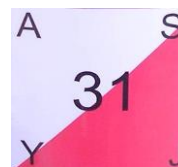


COMBE HILL PERMANENT ORIENTEERING COURSE INFORMATION

Within Combe Hill there are several orienteering courses. Simply use the map to guide you through different parts of the wood, to find the checkpoints (wooden posts with red/white triangle markers).



These courses are available for anyone to try and no previous experience is necessary. The areas off the stone tracks can be very slippery and muddy, so suitable footwear and clothing is recommended. If you have pushchairs or are not very mobile, we recommend that you follow the White course which stays on the top of the hill using the stone tracks.

Parents with children can enjoy doing this together and this activity also works well for organised groups, with the group leader timing the participants.

When you first start you can walk or run, using a map to find the most efficient route between the checkpoints. Understanding the map is the first priority and you should take time to get the hang of this. You are advised to take care on steeper slopes.

There are four courses set out at Combe Hill for you to choose from. These are colour coded and will progress you through a beginner to a more difficult level.

| Course | Course Length (point to point) | No. of Checkpoints | Difficulty |
|-------------|--|--------------------|------------|
| White | 0.9 km | 6 | Beginners |
| Hard Yellow | 1.5 km | 9 | Bit Harder |
| Orange | 2.2 km | 14 | Moderate |
| Score | As many checkpoints as you can in one hour | 25 Max. | Difficult |

You will need:

The Map (downloadable and printable) showing your chosen course. Study this closely before you start, particularly the key to colours and symbols (on the right-hand side of the map). A clear plastic sleeve, for the map, can be useful if it is wet. Note, also on the right-hand side of the map, there is a control description for each checkpoint and a column for you to write in the letter when you find it.

A pen or pencil to write down the letter of the checkpoint to prove you have visited the correct ones.

A Control letter check list (downloadable from the website) against which to check the letters when you have finished.

Compass (optional): If using a compass keep it on the map with the red needle of the compass pointing north along the north lines on the map to keep the map “set”

The **Start** is shown on your map by a **purple triangle**, and the **Finish** by a **purple double circle**. Controls are marked by a purple circle, are numbered in the order you must visit them and are joined by red lines. This number corresponds to the list on your Control Description. There are a choice of four letters on each post, chose at the start whether you are going to collect e.g. “top left” letters or “bottom right”. Choose your own route between Controls. You are advised to start with

White if you have never done this before. Distances and difficulty of route-finding increase and so if you enjoy one, you can come back and test yourself again on a more challenging course. Write down the time that you start on map and again when you finish to see how long you have taken.

Children, under 12 years old, are strongly advised to stay in pairs (at least). Parents supervising children should accompany them for the first few controls to make sure that they have grasped the idea. It's not a search activity but one that uses the map to guide you to the correct position. Remember that there are other courses out there and so you may well come across controls that are not on your course.

Tips:

- Fold the map to show only the section you are in. Turn the map around until the symbols on the map are in the same position and direction as you see them on the ground. The top of the map should now be pointing in the direction you are looking. You have now orientated or set the map.
- Mark your progress by holding your thumb near where you think you are. (This is called "thumbing the map" and will help you to see the bit of the map you need.)
- When you look at your map it will always help if the detail on the ground is in line with that shown on map. Line features such as paths, fences and tracks help you do this.
- Only move at a pace at which you can read the map. Go too fast and you will get lost.
- If you do become temporarily unaware of your exact location go back to where you were last confident and start again from there.
- Before you set off from one control to the next try to estimate how far it is (e.g. how many paces it will take you) and from the detail, you can see on the map, what would make you realise if you had gone too far.
- Follow the easiest route along line features until you get to an obvious point close to the control and then approach the last bit really carefully, pacing the distance if you know how to do this.

Note: The area shown on the map is bounded by a fence. If you cross a stile or go through a gate you have gone off the map.

When you arrive at a Control site, you should see a post with a red & white marker (see picture on the first page). The number in the centre should tally with the code on your Control Description. You mark your control letter box on your map with one of the letters in the four quadrants to prove that you have found the Control. You then move on to your next Control.

Score Course: For the runners who want to try and bag as many as possible in the 1 hour limit. The controls have either 10, 20 or 30 point values according to how far or hard they are to find and the values are shown on the control list on the Score map.

For further information on orienteering locally, including other permanent orienteering courses in Somerset, visit <http://www.quantockorienteers.co.uk/>. New members are always welcome.

More information on the sport of orienteering can be found at:-

British Orienteering Federation - <http://www.britishorienteering.org.uk/> .
British Schools Orienteering Association - <http://www.bsoa.org/>