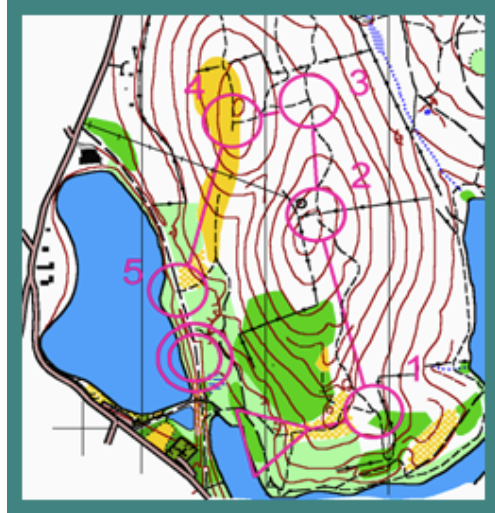


All About Orienteering

Let's get started!

Remember: In orienteering, a checkpoint is called a control.

A triangle marks the start of the course.
A circle marks each control. Find the controls in order, unless specified.
A double circle marks the finish.



What are all those colours on the map?

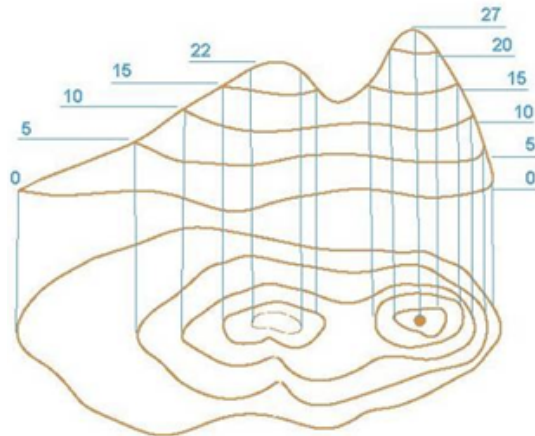
- White—forest
- Green—dense forest (the thicker the forest, the greener the colour on the map)
- Yellow—open spaces and clearings
- Blue—water features like rivers, lakes, marshes and streams
- Black—man-made features like trails and buildings, AND rock features like cliffs and boulders
- Brown—contour lines

Tell me more about those contours please.

Check the contour interval printed on the map (typically, 5 metres apart). The contour interval dictates how many metres of elevation change there is between each contour line. If, for example, you cross two contour lines on the map, you will have gained (or descended) 10m in elevation on the ground. The closer together the contour lines are, the steeper the hill.

Where am I?

Use your thumb to keep track of where you are on the map, and move your thumb along the map as you move in the terrain. This makes it easier to keep track of where you are on the course.



Why north is a big deal!

The top of the map represents north (magnetic north, to be precise), and all the “blue north lines” on the map help keep track of the direction of north, so...

THE MOST IMPORTANT TIP FOR ORIENTEERING IS TO ORIENT YOUR MAP.

Always orient (hold) your map so that north on the map matches north in the field. How? Use the terrain, a compass (you likely have one on your phone), or even the sun to help establish where north is so that you always hold your map in that direction.

What is the map's scale?

Map scale is the ratio between distance on a map and the corresponding distance on the ground. For example, a scale of 1:5000 means 1cm on the map equals 5000cm (or 50m) on the ground. Check the scale printed on the map to understand the distance that the map represents.

Equipment needed?

Sturdy footwear (running shoes or day-hiking shoes), appropriate clothing for the weather (dress in layers), bear spray (if in bear country), a cell phone for safety. Compasses are optional but useful.

Using the Control descriptions

Read the terrain descriptions for each control (listed in a chart on the map). Each description provides a clue of exactly where the control is located. For example, the description for the first control may read “Hill/hill, between,” which suggests the control is between two hills. “Eastern path path crossing” suggests the eastern-most junction of two paths within the control circle. Also, check the number on the control description and on the control itself—make sure they match! For example, the first control may be number 169 (see description chart on the map); this number will correspond with the actual control in the field (look for 169 on the post).

1	169	Building, North Corner
2	165	Boulder
3	149	Hill, West side
4	137	Eastern Path Path Crossing
5	152	Path Path Crossing

“Punching” the control

When you find a control on the course, “punch” the red hole-punch in the corresponding box on your map. For example, at the first control, punch box #1 on the map.



Interested in more orienteering?

Learn more about the Foothills Wanderers Orienteering Club at orienteeringcalgary.ca. The club organizes events in Calgary and southern Alberta including Canmore.

Visit www.orienteering.ca to find clubs across Canada and visit www.orienteering.sport to learn about orienteering worldwide.

The sport of orienteering

In competitive orienteering, the goal is to efficiently navigate to all the controls in the fastest time possible. Orienteering is a fun and challenging balancing act between mental and physical effort.