

# Orienteering Trail Beginners

## What to do

The aim of orienteering is to use the map to find your way to a series of locations, in the correct order. Each location is shown on the map as a numbered circle, from 1 to 10.

To help you find them a description of each one is displayed on the answer sheet.

At each location there is a control marker. When you find the marker make a note on the answer sheet of the number and letter that appear on it.

You can attempt the course on your own or as a team – try timing each person or team and see who completes the course the fastest!



Control marker

## Setting the map

A key skill in orienteering is setting the map. This means turning the map until the symbols on the map line up with the corresponding features on the ground.

This helps to ensure you set off in the right direction. Use tracks and paths to navigate to the controls.

## Map symbols

Use the key and map symbols to help you understand and read the map.

## Do you have a smartphone?

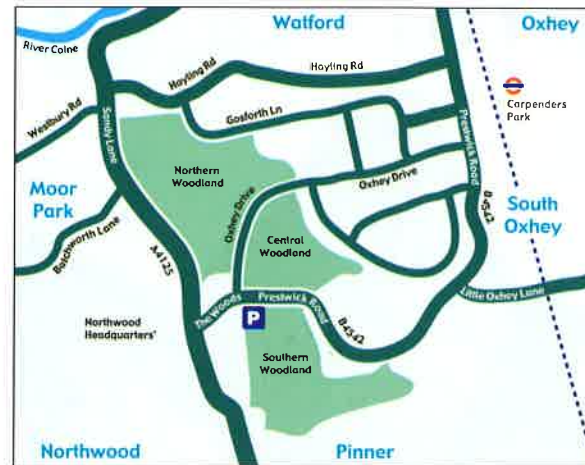
You can use the free 'SnapNav' Orienteering APP to record your course time. Your time will be recorded online and you can compare it with other people's. Use the APP to scan the start triangle at the start and finish, and scan each control marker as you find them.

Simply download the APP from:  
[www.joshjenner.co.uk](http://www.joshjenner.co.uk)

You can also use the APP to find out about other orienteering opportunities in your area.



## How to get to Oxhey Woods LNR



### By Road:

There is a car park in the southern part of the woods at the junction of Prestwick Road and Oxhey Drive.

### By Bus:

There are regular buses along Prestwick Road, Sandy Lane and Oxhey Drive. Contact Intalink on 0300 1234050 or [www.intalink.org.uk](http://www.intalink.org.uk)

### By Rail:

Oxhey Woods are a 15 minute walk from Carpenders Park Station. Turn left out of the station car park and take the next right onto Oxhey Drive. Continue up Oxhey Drive until you reach the woods.

Oxhey Woods LNR is owned and managed by Three Rivers District Council  
Tel: 01923 776611 or [www.threerivers.gov.uk](http://www.threerivers.gov.uk)

The Countryside Management Service works with communities across Hertfordshire to help them care for and enjoy the environment.  
Tel: 01992 588433 or [www.hertslink.org/cms](http://www.hertslink.org/cms)

To find out more about volunteer opportunities at Oxhey Woods visit  
[www.owcv.btck.co.uk](http://www.owcv.btck.co.uk)



**A 2.5km orienteering trail designed for families and beginners**



**Oxhey Woods Local Nature Reserve**





### Legend

- Open land
- Rough open land
- Scattered trees
- Thick trees/bushes
- Woodland slow walk
- Woodland walk
- Undergrowth
- Runnable trees
- Out of bounds
- Hard standing
- Marsh
- Building, covered area
- Road
- Fence
- Wall
- Track
- Large path
- Small path
- Tower
- Steep bank
- Contour
- Depression Large/Small
- Ditch
- Earthwall
- Pit, knoll
- Well



### Answer sheet

Number	Description	Code
1	Path crossing	
2	Bridge	
3	Path junction	
4	Gate	
5a*	Path crossing	
6a*	Path junction	
5	Bridge	
6	Path junction	
7	Path junction	
8	Path ditch crossing	
9	Fence corner	
10	Path junction	

\* **Controls 5a and 6a:** Use these two controls to follow the shorter easy course (suitable for wheelchair users). Miss these two controls for a slightly longer easy course.



www.joshjenner.co.uk