

RENDLESHAM FOREST

Scale 1 : 10,000
Contour Intervals 5 metres

Map & courses prepared by Suffolk Orienteering Club
in partnership with Forestry Commission England



Forestry Commission
England



Map printed by Forestry Commission

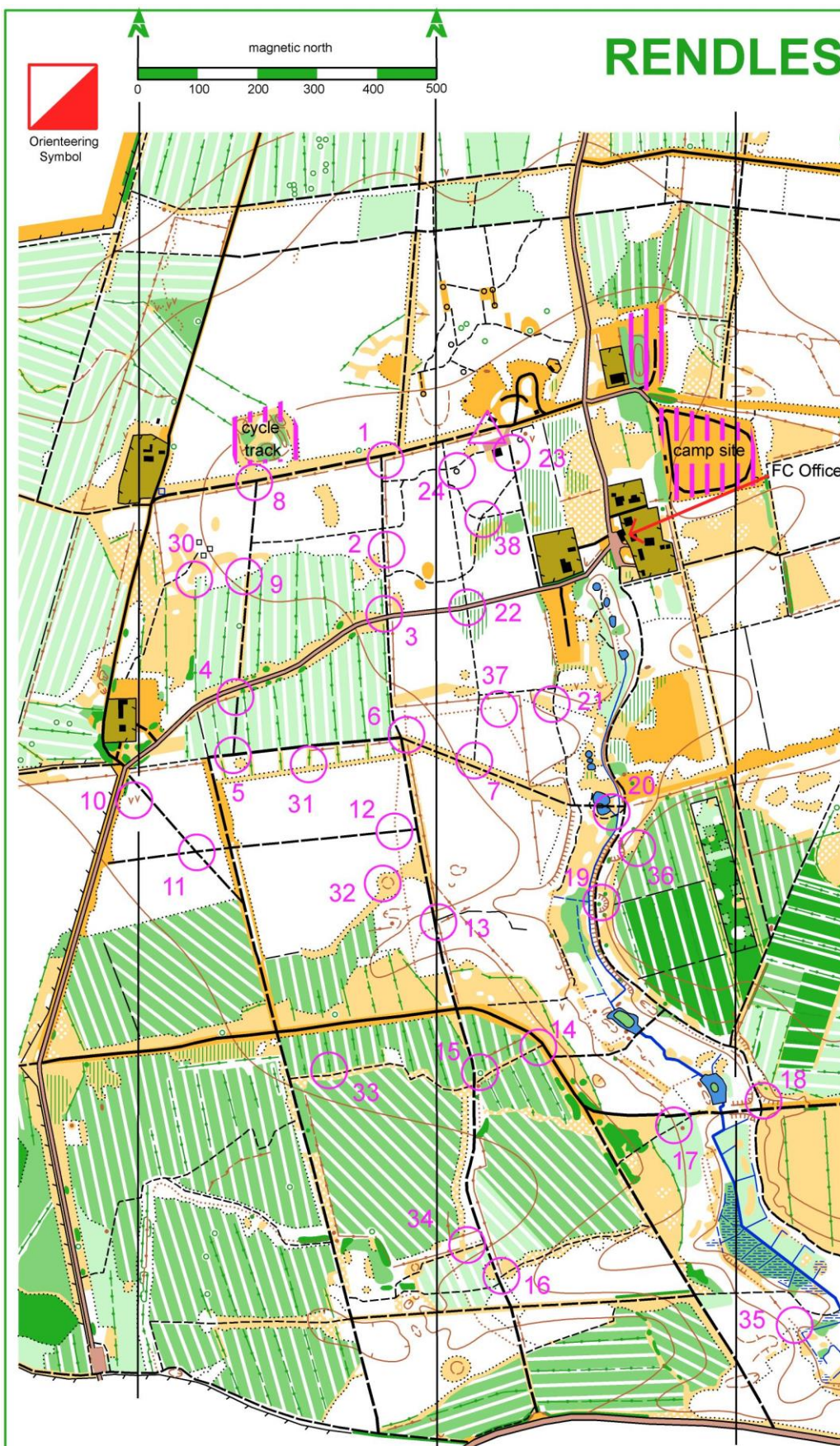
Grid Reference of Forest Centre car park
TM 353484

- Open land
- Rough open land
- Rough open with scattered trees
- Forest - easy running
- Forest - slow running
- Forest - difficult to run
- Forest - impassable
- Forest - runnable in one direction
- Undergrowth - difficult to run
- Distinct vegetation boundary
- Metalled road
- Parking area
- Forest road
- Vehicle track
- Footpath
- Small Footpath
- Rides - narrow, wide
- Fence, not to be crossed
- Distinctive trees
- Rootstock bank
- Settlement - out of bounds
- Buildings
- Ruins, Activity equipment
- Ponds
- Uncrossable stream
- Small stream
- Wet ditch
- Indistinct marsh
- Contour line
- Form line
- Earthbank, Cliff
- Earthwall
- Low earthwall
- Knolls - large, small
- Depressions - large, small
- Pits
- Dry Ditch
- Areas not to be entered

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COURSE A 1.7K (1.1 miles)	start	1	2	3	4	5	6	7	22	finish back at start									
	start	1	8	9	4	10	11	12	13	14	19	20	7	22	finish back at start				
	start	1	2	3	4	10	11	12	13	14	15	16	17	18	19	20	21	22	finish back at start

Welcome to the Permanent Orienteering Course at Rendlesham Forest

This is a specially produced orienteering map of the area surrounding the Tang Valley. The legend explains the symbols and colours used. The map has been overprinted with 33 numbered circles showing where control posts are located and a triangle just to the west of the car park, that indicates the start of the suggested courses. All suggested courses finish back at the start.

The control posts are about 1 metre high and can be recognised as they are marked with a red and white orienteering symbol similar to that shown on the top left hand corner of the map. Each post has, within the symbol, a control number (the same number as shown on the map) and a control code letter. The posts also have an arrow on the top which points to magnetic north.

The control descriptions (shown below) describe what you should be looking for within the forest. The control post is there to confirm that you are in the right place.

Control No.	Control Description	Control No.	Control Description	Control No.	Control Description
START	Ride: W side Car Park	12	Path : Dry Ditch Crossing	24	Sculpture of Crocodile
1	Path : Ride Junction	13	Earth Wall , W End		
2	Earth Wall, W side	14	Metalled Road : Ride Junction	30	Vegetation Boundary
3	Metalled Road : Path Crossing	15	Distinctive Tree, NW Side	31	Rootstock Bank, S End
4	Metalled Road : Ride Crossing	16	Path : Earth Wall Crossing	32	Large Knoll, W Side
5	Path Junction	17	Path, NW Side	33	Rootstock Bank, S End
6	Path, NE of Path Crossing	18	Path : N of Vehicle Track Crossing	34	Dry Ditch End
7	Path end	19	Earth Bank	35	Dry Ditch
8	Path : Ride Junction	20	Pond : SE side	36	Rootstock Bank, N End
9	Vegetation Boundary Corner	21	Path : W Side	37	Dry Ditch : NW End
10	Between Pits	22	Path, N of Metalled Road Crossing	38	Path Crossing
11	Path Crossing	23	Path, E side	FINISH	Back at Start

What do I do ? You may visit as many controls as you like in any order. If however you have not orienteered before we recommend you follow one of the 3 suggested courses shown on the bottom of the map. When you have identified the control feature and found the correct post write down the control code letter in the appropriate box. For these courses the control code letters found will spell out the names of trees you can see as you progress around your chosen course.

The map provides 'north lines' which indicate magnetic north. If on reaching a post, you turn your map so that the north lines point in the same direction as the arrow on the post it should help you to decide which direction to follow to the next control.

Course A is straightforward - it follows paths and would be suitable for family groups. Courses B and C are progressively longer and will need greater attention to map reading skills. Some of the control posts are situated on features adjacent to paths.

Courses D and E (see below) utilise some controls that may be more difficult to find, especially when summer seasonal vegetation is at its thickest. They are therefore more suitable for regular orienteers who are experienced with interpreting maps, determining route choice and are comfortable with off path : compass based navigation across the open areas.

Course D (3.9 k) would visit controls in the following sequence :-Start,30, 31, 32, 33, 34, 35, 36, 37, Finish back at Start.

Course E (4.5 k) would visit controls in the following sequence :- Start,38, 32, 14, 18, 35, 34, 33, 31, 9, 2, 24 Finish back at Start.

The letters on these posts can be re-arranged to make the names of birds, which may be heard here during the summer evenings.

Safety ? These courses have been planned in accordance with normal orienteering practice. Participants however must accept that neither the course planner, nor the Forestry Commission, can be held responsible for any accident, injuries or damage which may occur. You therefore participate at your own risk and should take appropriate steps to ensure your own safety. Youngsters in particular need to be supervised on even the simplest courses until their map reading skills are assured ~ this map only covers a small part of a much larger forest ! If help is required contact the Ranger at the Forest Office : 01394 450164.

More information ? Orienteering competitions are held regularly within the East Anglian region. They are organised by clubs which are affiliated to the British Orienteering Federation (BOF). They provide a range of courses to suit different ages, abilities and fitness levels. Similar courses to those suggested above would be available at such events along with a wider selection of the longer more demanding courses for the more experienced orienteer.

If you wish to find out about orienteering in Suffolk, please contact the Suffolk Orienteering Club Secretary, Pete Gay at info@suffoc.co.uk, or there is much information on the club web site ~ the web address is shown below. The BOF web site, which provides links to all Club sites and Regional Associations in the UK, can be found at www.britishorienteering.org.uk.

To find out more about other activities in this forest have a look at the notice boards near the Forest Centre car park. Alternatively try enquiring through the Forestry Commission web site ~ address shown below.

We hope you enjoy orienteering in the Sandlings Forest



Forestry Commission England
www.forestry.gov.uk

Suffolk Orienteering Club
www.suffoc.co.uk

