

CLARE CASTLE COUNTRY PARK

Welcome to Clare Castle Country Park permanent

Orienteering Course



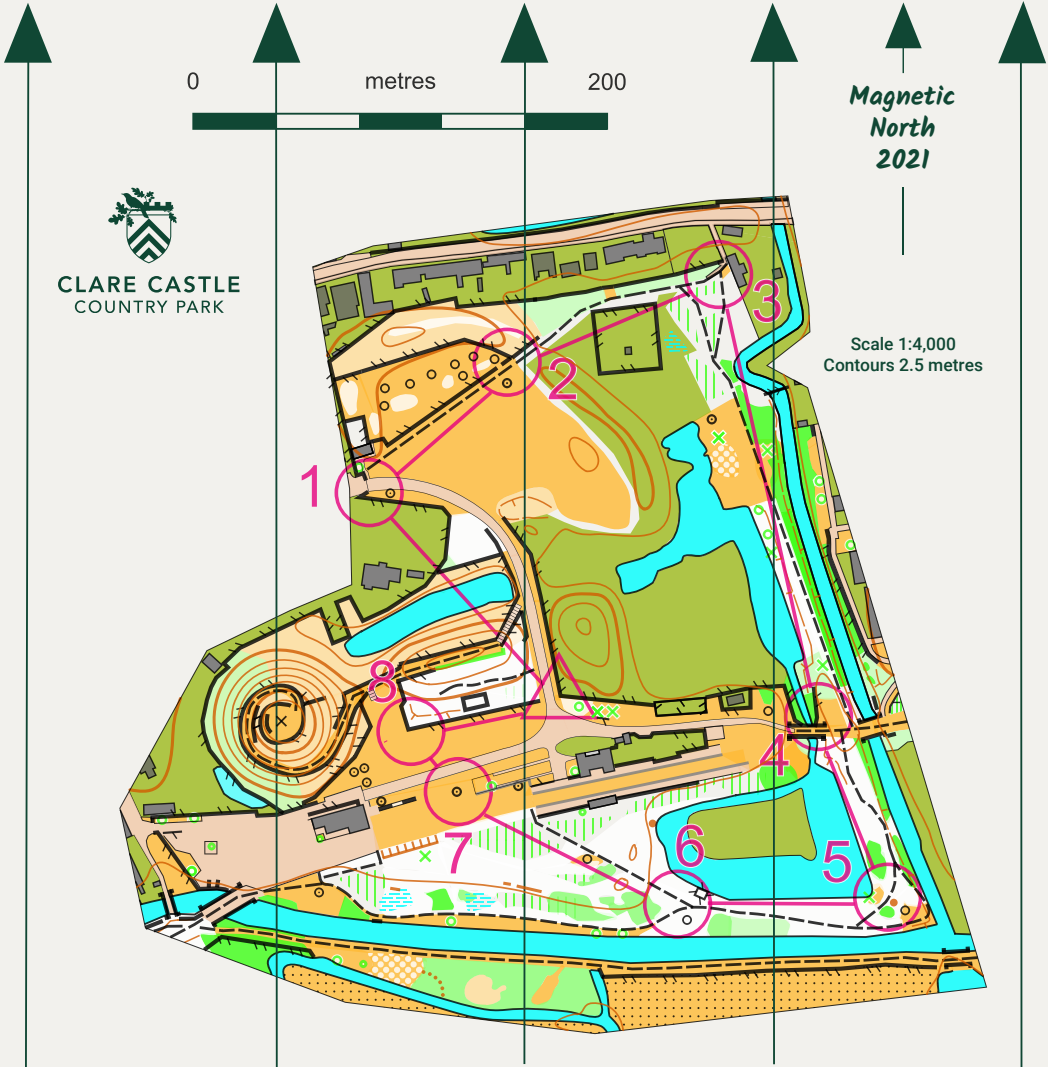
What is orienteering?

Orienteering is an adventurous outdoor sport that exercises both your body and mind. Using a special orienteering map, the aim is to navigate between the marked controls. There is no set route, so the skill comes from finding the best way to complete the course. If you're feeling competitive, the challenge is to complete the route in the quickest time.



CLARE CASTLE
COUNTRY PARK

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Control & Control Description

Start/Finish	Fence Corner	3	Path Junction	6	Path Junction
1	Path	4	Fence	7	Beacon
2	Path	5	Path	8	Fence Corner

Possession of this map does not imply right of access for orienteering or for any other purposes. Permission must be obtained from the landowner.
Representation of a track or path does not indicate a right of way.

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Location : TM 176 434
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Survey to June 2021: John Clarke
Cartography John Clarke

Our orienteering course is a basic starter course, for which you do not need a compass, but you are welcome to time your route should you wish to. We recommend this course for family groups.

On the overleaf you will see a specifically produced map of the park. The map has a key which explains the symbols and colours used. There are 8 numbered circles and a triangle. The triangle marks the start and finish of the course. This is on the fence corner of the north of Platform One Café.

Each numbered circle marks the position of an orienteering control. Each control has a red and white marker plate showing the number of the control and a secret letter code. To complete the course,

navigate as quickly as possible by visiting all control points and write the secret code in the boxes provided in this leaflet. You start and finish at the marked point but you do not have to visit the control points in any order; it is up to you to decide the quickest route

The answers to the course are available on the reverse of this leaflet.

What do I need to go orienteering?
If you're new to orienteering, dressing for an outdoor activity and being prepared to run or walk as you choose. We recommend shoes with good grip and trousers with full leg cover. If you were taking part in an event you may be able to borrow a timing device to record your race and a compass.

START	1	2	3	4	5	6	7	8	FINISH
									

Road

Paved path

Paved area

Minor footpath

Intermittent footpath

Bridge, steps

Wall: uncrossable

Low wall

Fence: uncrossable

Passable fence or railing

Ruined fence

Hedge

Building

Canopy

Lake or pond: uncrossable

Marsh


Stream


Contour

Form line


Earthwall, ditch




















































Depression, knolls, broken ground

Open land

Rough open, play surface

Open land with scattered trees

Rough open with scattered trees

Woodland: easy to run

Woodland: slow run

Woodland: difficult to run

Woodland: impassable

Undergrowth: slow run

Undergrowth: impassable

Individual trees in open area

Out of Bounds, gardens

Vegetation boundary

Tree stump or rootstock


Distinctive trees, bushes

Boulder, hide


Exercise apparatus


Other man-made object












































If you would like to know more about orienteering

Orienteering competitions are held regularly in East Anglia. They are organised by clubs which are affiliated with the British Orienteering Federation (BO). They provide a range of courses to suit different ages, abilities and fitness levels.

If you wish to find out about orienteering in Suffolk please contact the Suffolk Orienteering Club Secretary at info@suffoc.co.uk or visit the club website at www.suffoc.co.uk. Regional Associations in the UK can be found at www.britishorienteering.org.uk.

Safety

These courses have been planned in accordance with normal orienteering practice. Participants must accept that neither the course planner nor the Trustees of the Country Park can be held responsible for any accident injury or damage. You are participating at your own risk and should take appropriate steps to ensure your own safety. There are lakes and rivers in the Park and youngsters must be supervised.

Take a picture and post it to our Facebook or Instagram using
[#discoveringclarecastlecountrypark](https://www.facebook.com/discoveringclarecastlecountrypark)



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COUNTRY PARK**

www.clarecastlecountrypark.co.uk