

## Orienteering at Beaver Lake Park

Orienteering involves the mind and the body. With the aid of a map and compass, you find your way on foot across the countryside from control to control. Your imagination and skills choose the best route. The course has painted red and white controls on 4x4 wooden posts set in the ground. You visit each control in sequence and copy the letter from the marker on a piece of paper. This verifies your completion of the course.

Beaver Lake Permanent Course					
Course 1		1.0 km		20 m	
					Start:
1	41				N side of path
2	36				S side of path
3	34				N side of path
4	38				N side of path
5	47				N side of path
6	45				W edge of vegetation boundary
7	46				Bend in path
	220 m				Navigate 220 m to finish

Beaver Lake Permanent Course					
Course 2		1.3 km		20 m	
					Start:
1	43				S side of path
2	42				E side of path
3	40				N side of path
4	33				Copse
5	39				SE edge of clearing
6	44				W side of path
7	35				N side of path
8	46				Bend in path
9	37				SE side of path
	70 m				Navigate 70 m to finish

An orienteering map is a very detailed map. A compass is necessary to orient the map to magnetic north before starting a course and at any time during the course necessary to insure your location. The blue lines drawn vertically across the map indicate magnetic north.

Orienteering courses are usually set in a pleasant forest environment and you set your own pace. You can treat orienteering as a highly competitive race of navigational skill and physical speed or as a hike through the woods with the added fun of finding the red and white controls. Orienteering is usually an individual effort, but it is common to see groups or families hiking around an orienteering course together. Fitness and experiencing the outdoors come naturally with this sport.

Use the map and the chart to the left to find the 15 controls located in the park. You **Start** and **Finish** at the **Triangle /Double Circle**. There are three courses of different lengths. You should go to the numbers in order. Or you can design your own course.

Orienteering is a year round sport. Please check Cascade Orienteering Club's website for further information about upcoming orienteering events: [www/CascadeOC.org](http://www/CascadeOC.org).

The Beaver Lake Orienteering map was drawn and the permanent orienteering courses were designed and installed as a Boy Scout Eagle Award Service Project by Jeffrey McNerney, Boy Scout Troop 571, Sammamish, WA.