

## Orienteering at Forest 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 4 x 4 posts set in the ground at the locations designated on the map. 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.

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 lines drawn vertically across the map indicate magnetic north.

Forest Park Permanent Courses						
Course 1		1.9 km		45 m		
						Start:
1	31					SW end of path
2	32					W edge of paved area
3	33					NW side of stone wall
4	34					NW side of path
5	35					Bend in path
6	36					N side of man made object
	260 m					Navigate 260 m to finish
Course 2		2.8 km		85 m		
						Start:
1	37					Bend in path
2	38					Bend in path
3	39					W edge of vegetation boundary
4	40					Between stump and path
5	41					W side of boulder
6	42					Bend in path
7	43					S side of path junction
8	44					SE edge of path
	500 m					Navigate 500 m to finish

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 14 controls located in the park. The course **Start (Triangle)**, and **Finish (Double Circle)** is at the path junction by the park office. There are two courses. You should go to the numbers in order.

Orienteering is a year round sport. Please check Sammamish Orienteering

Club's website for further information about upcoming orienteering events: [www.sammamishorienteering.org](http://www.sammamishorienteering.org).

These permanent orienteering courses were designed and installed as a Boy Scout Eagle Award Project for Ryan Cook, Boy Scout Troop 16.