## The Groynes, Christchurch Permanent Course Information

**ORIENTEERING**: is the sport of finding your way around a course from one point (control) to another using a map. It can be done at speed, or at a gentle pace to allow you to enjoy the scenery!

**THE MAP**: Orienteering maps are drawn using internationally recognised symbols and colours to give a detailed representation of terrain and features. Open land is coloured yellow, open forest is white, and shades of green indicate density of vegetation. The scale of this map is 1:5,000 which means that 1cm on the map is 50 metres on the ground. The vertical lines with an arrow at the top point to magnetic north. Turn your map so that it is also pointing north and the features around you match what you can see on the map.

**THE CONTROLS:** Look for posts about 75cm high with a square, white and orange (divided diagonally), sign showing a 2-digit number in the white, upper triangle and a 2-letter code in the orange, lower triangle.

The locations of these control posts are shown on the map by circles. The centre of each circle indicates the exact position of a control post. The control descriptions describe the feature close to the control post. The START and FINISH place is shown on the map by a triangle for "start" inside a double circle for "finish".



**THE COURSE:** From the START, visit each control in the number order shown on the map, until you are back where you started – that is then the FINISH. The "white" course is easiest, "yellow" just a little bit harder. Check you have got to the right control each time by making sure the number on the post is the one shown against the map control number on the description, and write down the two-letter code to confirm you have been there.

You can check the control codes to be sure you have got it all right by visiting the website of Peninsula and Plains Orienteers (and find out more about orienteering at the same time)

papo.org.nz

## WRITE EACH LETTER CODE IN THE BOX WITH THE CONTROL POST NUMBER IN IT:

43	44
50	51
58	

