

## What Is Orienteering?

Orienteering is an international adventure sport. Often called “the thinking sport,” orienteering challenges your map reading ability, decision making skills, and endurance. Meets are held all over the world and even right here in Colorado.

The sport of orienteering is a timed event. You move in a specific order between control points using a map as your guide. The map has a legend showing the signs and symbols of the terrain, objects, and trails you may encounter. Your map also has a control point list with a clue sheet providing hints about the location of the points, like a treasure hunt.

### Step 1: Orient Your Map

Before you start, figure out where you are on the map. See if you can locate the Visitor’s Center and which direction you are facing. You need to be facing north. The triangle is the start.



### Step 2: Make a Plan

Look at the location of the first control point. **Control points** are at the center of the circles on the map and are numbered in the order you need to go to them. On the map, read the clue for the first point on the **clue sheet**. Look at the terrain and decide which way would be the best way to go. Going in a straight line to the control point isn’t always the fastest way. Orienteers call features like trails, edges of fields, and fence lines, **handrails**. Handrails help lead you to your next target.



### Step 3: Go For It

As you are moving, you will pass many **collecting features**. These are features on your map that help you know you are on track. It might be a stream on the left, a boulder on the right, or a trail that intersects the one you are on. Look for the **attack point**. That’s an unmistakable feature on your map near the control point. When you reach it, you know you are close.

LEGEND	
	Roads: Highway / Roads
	Dirt Road / Jeep Trail
	Parking area: Paved
	Trails: Large
	Power Lines: Large / Small
	Fences: Low / Broken
	Buildings / Ruin
	Man-Made Feature

### Step 4: Write It Down

At your first control point you’ll find a post. The post will have a two-digit number and a letter on it. In orienteering the post numbers are always double-digit numbers, so for example, control point #1 might be post #11, etc. Find the letter on the post and write it in the box corresponding to the control point number. Repeat the steps until you’ve reached all the control points. Have fun and enjoy your introduction to orienteering – the thinking sport.

1	X	2	P	3	S	4	T	5
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For more information about orienteering or to get involved in meets visit the Rocky Mountain Orienteering Club’s website at:

[www.RMOC.org](http://www.RMOC.org)

*This course was designed and installed as an Eagle Scout project by Clay Cozart in cooperation with the Rocky Mountain Orienteering Club and Bear Creek Lake Park.*



Rocky Mountain  
Orienteering Club

## Bear Creek Lake Park Orienteering Course



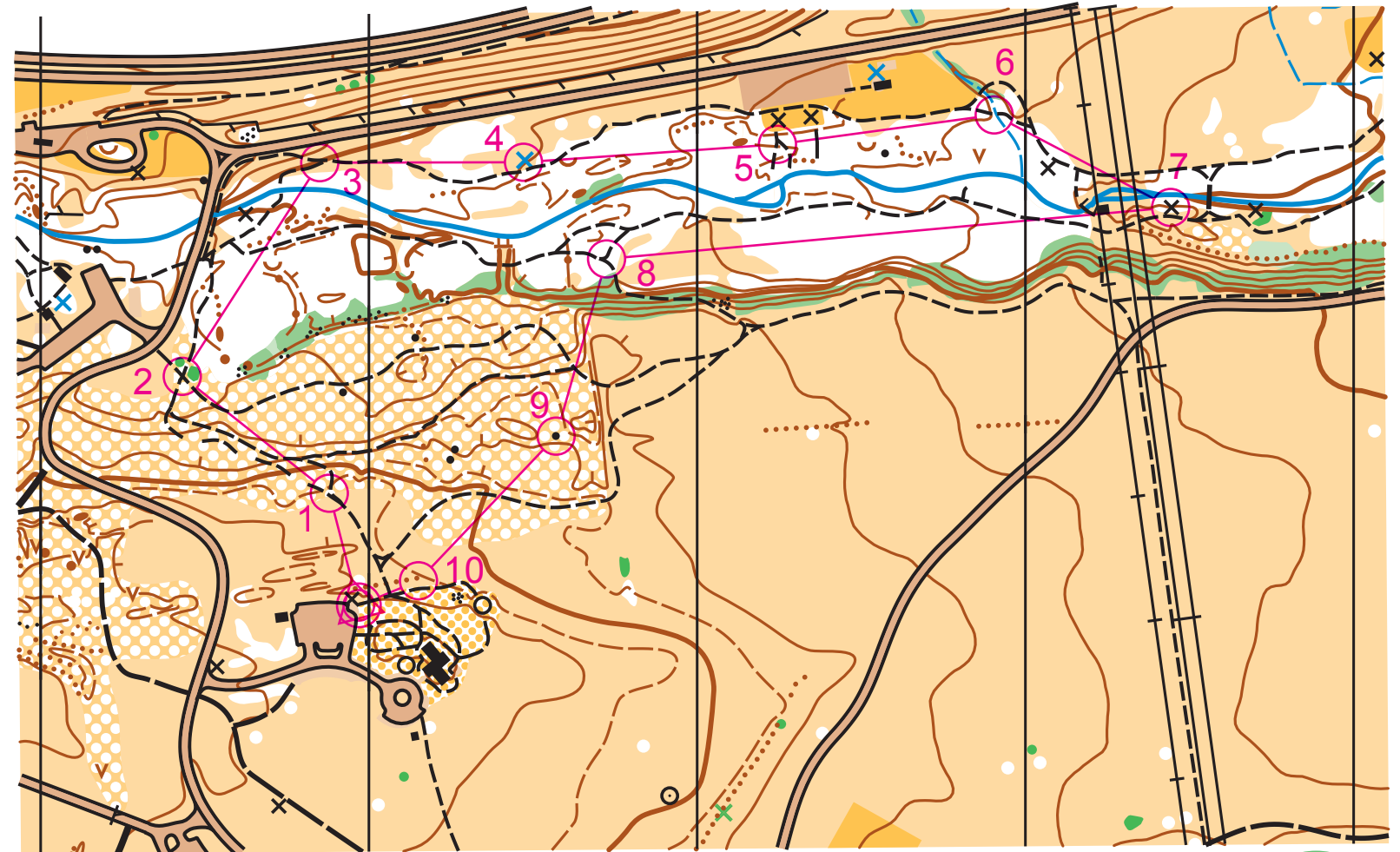
*Find.  
Think.  
Run.*

*Discover the adventure sport of orienteering on Bear Creek Lake Park’s two-mile beginner course.*

# Bear Creek Lake Park

- Contour
- Index Contour
- Form line
- Slope line
- Earth bank
- Small earth wall
- Small erosion gully
- Small knoll
- Elongated knoll
- Small depression
- Pit
- Broken ground
- Passable rock face
- Boulder
- Stony ground
- Lake
- Crossable watercourse
- Crossable small watercourse
- Minor water channel
- Narrow marsh
- Marsh
- Special water feature
- Building
- Small building
- Paved area
- Cairn
- Special man-made feature
- Magnetic north line
- Footbridge
- Power line
- Major power line
- Fence
- Open land
- Open land with scattered trees
- Rough open land
- Rough open land with sc. trees
- Forest: slow running
- Undergrowth: slow running
- Forest: difficult to run
- Undergrowth: difficult to run
- Vegetation: very diffic. to run
- Special vegetation feature
- Special vegetation feature
- Major road
- Minor road
- Road
- Vehicle track
- Footpath
- Small footpath
- Less distinct small path

BCLP Permanent Course		
Perm		1.9 km
		Start: path
1	11	Path junction
2	12	Path crossing
3	13	Path junction
4	14	Special item
5	15	Path junction
6	16	Ditch and path crossing
7	17	NW side of special item
8	18	Path junction
9	19	Boulder, 0.5m high
10	20	E end of ditch
Navigate 50 m to finish		



scale 1:5000 contour interval 3 meters



1	2	3	4	5	6	7	8	9	10
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