

Gedling Country Park

Permanent Orienteering Course

Legend

- road
- vehicle track
- large footpath
- small footpath
- indistinct path
- narrow ride
- fence
- gate; stile
- ruined fence
- buildings
- open land
- rough open land
- rough-open, scattered trees
- wood: run
- wood: slow run
- wood: walk
- thicket
- undergrowth: slow run
- undergrowth: fight
- distinct vegetation boundary
- indistinct vegetation change
- parking
- contour
- index contour
- form line
- earthwall; small earthwall
- gully: large, small
- pit; small knoll
- depression: large, small
- platform; broken ground
- thicket; hedge
- seat; memorial stone
- beacon; other man-made object
- pond
- stream
- drainage channel
- uncrossable marsh
- marsh; seasonal marsh



What you need...

- Clothing and footwear suitable for a walk or jog in parkland.
- A pen or a pencil to record the letters on the posts.
- Optionally, a compass to help you keep the map facing the right way.

What to do...

The aim is to navigate around a route finding each of the control markers that are located on posts at the centre of the numbered circles on your map.

Control markers are red and white signs with a number and letter. The number matches the number on your map.



The letter can be recorded in the table on this page.

A description of each post location is provided in the table.

The map legend...

The legend provides a description of each of the map symbols. Look at these carefully. On an orienteering map white represents trees that you can run beneath, and orange represents open grassland. The paths are shown as dashed black lines. The thicker lines are wider paths.

First steps...

An important skill is setting the map. This means turning the map until the symbols on the map line up with the corresponding features on the ground. This will help you to proceed in the right direction. Use the paths to navigate to the control markers

Routes...

Suggested routes of varying difficulty are provided on this sheet. Do not try to remember the routes as orienteering is a test of navigation. Instead try a route in reverse or design your own.

The Very Easy route is suitable for wheelchairs, and for buggies in good weather.

SUGGESTED ROUTES starting from the Cafe

Very Easy	: Start - 1 - 2 - 3 - 5 - Start	Length: 1.8 km
Easy	: Start - 1 - 2 - 3 - 4 - 13 - 15 - Start	Length: 2.3 km
Medium	: Start - 1 - 2 - 3 - 6 - 7 - 9 - 10 - 15 - Start	Length: 3.2 km
Long	: Start - 1 - 2 - 3 - 6 - 7 - 8 - 9 - 10 - 11 - 12 - 13 - 4 - 5 - Start	Length: 4.0 km

SUGGESTED ROUTES starting from the Lambley Lane car park

Medium	6 - 7 - 4 - 5 - 1 - 2 - 3	Length: 3.1 km
Long	6 - 7 - 4 - 9 - 10 - 15 - 1 - 2 - 3	Length: 4.5 km

You can make up your own route or try to find all the controls in any order in the shortest time.

Marker Numbers and Description of Locations

Control Number	Location Description	Control Letter
Start	Path junction	
1	Garden west corner	
2	Seat	
3	Bench	
4	Memorial garden corner	
5	Seat	
6	Seat	
7	Notice board	

Control Number	Location Description	Control Letter
8	Seat	
9	East seat	
10	Fence corner	
11	Ditch end	
12	Gate	
13	Seat	
14	Gate	
15	Seat	

If a marker post is missing, damaged, or overgrown, please contact a Park Ranger by calling 07989 682110 or by sending an email to alastair.glenn@gedling.gov.uk

For further information about orienteering in Nottinghamshire visit www.noc-uk.org

For further information about the sport of orienteering visit www.britishorienteering.org.uk

You can check your control letters answers in Café 1899.