

**What is Orienteering?**

Orienteering is an outdoor adventure activity which involves finding your way through cross country terrain using a specially made map and some common sense. You can see it as a treasure hunt, the treasure being the points (or controls) on the map at which you find a special orienteering flag and a punch which you use to prove that you have been to that point. Orienteering is suitable for all ages, from 3 year olds to 70 year olds.

Ever hear of Orienteering?  
Wondered what it's about?  
What it is, how it works and if you would enjoy it?

# adventure racing club



Presents a  
**Come and Try it**  
Introductory Event at  
**Delta Park Scout Camp site**

(26° 7'38.94"S, 28° 0'46.33"E)

**Saturday 18 February 2011**

**Information:**

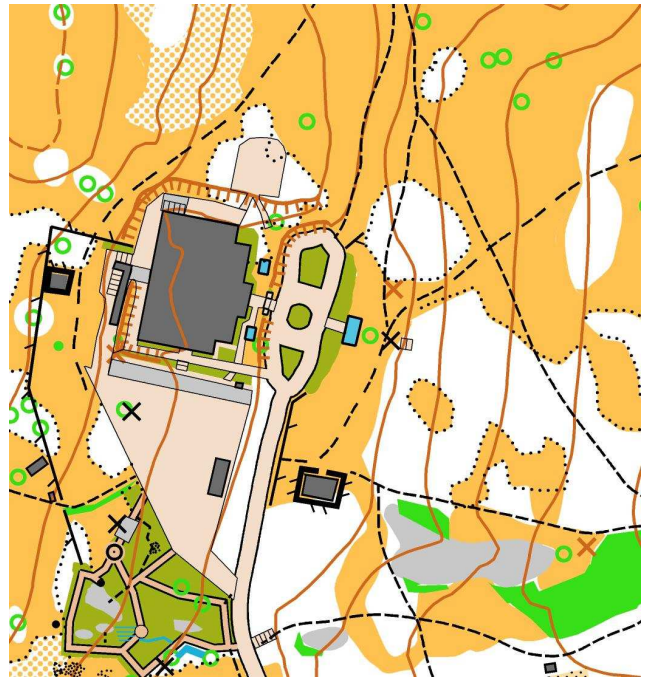
Instruction from experienced orienteer's will be available in Map reading, How orienteering works and orienteering techniques. And an experience orienteer will be on hand to guide you through the first section of your course.

**Directions:**

From Rustenburg Road at the traffic lights outside Pick n Pay – Turn East into Craighall Road. Enter Delta Park at the end of the road and keep right, following the signs to the Scout campsite.

**Times:**

Registration: 07h30 to 10h00  
Starts 08h15 to 10h30.  
Courses close, 11h30



**Courses:**

String course: suitable from 3 yrs up  
Short course: 1 km  
Long course: 2km

**What is Next?**

**Short Course Series (SC)**

The SC series runs from Feb to May. 2km to 3km in parks and amongst buildings.

**Cross Country Series (CC)**

Sends you out into the bushveld and forests. Several courses to choose from between 2 and 10km

**Entry Fees: R20 per map**

**Note:** Dogs are welcome, please keep them on a leash. Refreshments will be on sale.

**Information:**

Jeremy and Kirsty Green  
082 927 6418, 082 560 2743 – or  
[Jeremy@numaoptics.co.za](mailto:Jeremy@numaoptics.co.za)



**For More information and the annual event calendar h**  
[www.orienteering.co.za](http://www.orienteering.co.za)

**Fun for the Whole Family**