

What can I do now I have completed the course?

Firstly well done for completing the course!

Come back on another day and try one of the other courses on the map or even design a new course yourself.

There are two more permanent orienteering courses on parkland in the local area to enjoy at;

- Poole Park
- Upton Country Park

Also you can try orienteering in some real forest on the permanent course in **Moors Valley Country Park**

All details and maps for these courses can be found on the Wessex Orienteering Club (WSX) website:

www.wessex-oc.org

If you want to join the WSX club or find out more about orienteering, read through the enclosed leaflet on the sport of orienteering or get in touch with the WSX Club through their website. You can be sure of a friendly and supportive welcome.

Enjoy the outdoors and the wonderful environment
around us... get orienteering!



Leisure Orienteering

Leisure orienteering at the Littledown Centre is an outdoor activity that everyone can enjoy.

The courses on the orienteering map have been put together by the Wessex Orienteering Club to ensure that you make the most out of exploring the 47 acres of parkland in the grounds of the Littledown Centre.

Orienteering is a great activity because you can;

- Take on a new challenge
- Set your own pace
- Get outside into the fresh air
- Improve your map reading skills
- Enjoy orienteering on your own or as part of a group
- Compete against others to improve your skills

If you are new to orienteering, please read the information in this booklet to learn how to get started.



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