

## Orienteering

Orienteering is a fun, healthy activity that exercises both the mind and body.

The aim is to navigate in what you consider to be the best sequence between control points marked on a unique orienteering map and shown on the ground by posts with letters or symbols on. When you find the posts on the map inside this leaflet you will find the letters to fill in the boxes to make two words.

It does not matter how young, old or fit you are, as you can progress around the course at your own pace. Orienteering can take place anywhere from remote forests to school grounds and rural or urban parks

If you enjoyed this orienteering course in Ford Park then why not make contact with the local club for the South Lakes at [www.lakelandorienteering.org.uk/navnight](http://www.lakelandorienteering.org.uk/navnight) to find out about more local activities, or try out the courses in Grizedale Forest, Tarn Hows or Sizergh.

## Orienteering Control Points

Control	Description
A	Junction of zig-zag path & drive
B	Stone arch
C	West end of orchard
D	Car park corner
E	Willow tunnel
F	End of wooden walkway
G	Willow arbour
H	Story telling circle



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[www.ford-park.org.uk](http://www.ford-park.org.uk)  
Registered Charity No. 1088106



## Ford Park Ulverston

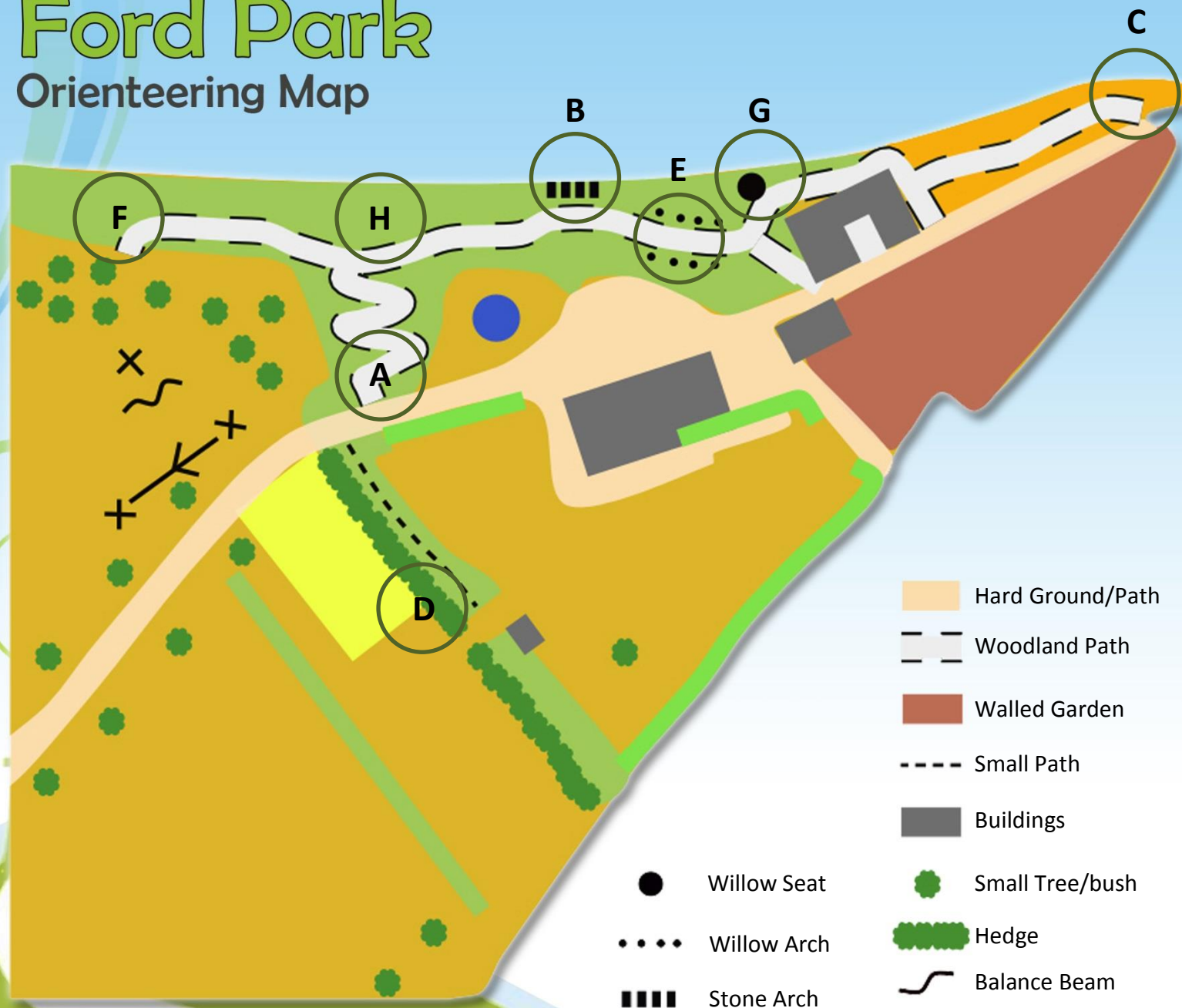
So much more than a park

# Orienteering Course



# Ford Park

## Orienteering Map



A
B
C
D
E
F
G
H

- Hard Ground/Path
- Woodland Path
- Walled Garden
- Small Path
- Buildings
- Willow Seat
- Willow Arch
- Stone Arch
- Grass
- Trees
- Orchard
- Borders
- Parking
- Pond
- Swing
- Zip Wire
- Small Tree/bush
- Hedge
- Balance Beam