



# Orienteering New Brunswick

## **Your sport for life**

For all ages and all levels of ability, orienteering can be approached as pure recreation or as a challenging and competitive adventure.

## **What is it?**



Orienteering is a sport that involves finding your way in and around woodland terrain with the aid of a map and a compass. Participants navigate to different checkpoints marked on a map.

## **How do I begin?**

Contact the local club for clinic and event details using one of the telephone numbers on this leaflet or visit [www.orienteering.nb.ca](http://www.orienteering.nb.ca). Basic skills can be learned at an event in less than half an hour, and there is usually some form of instruction with help from the experienced members.

## **What do I need?**

Running shoes or light hiking boots, a whistle - available at events for \$2, and a simple compass.

## **Your first event**

Most events offer several courses, structured for increasing length and difficulty. It's best to start off on the shortest and easiest one, which is usually 2km to 3km in length. You will be given a map with a course marked on it.

## **The orienteering course**

There is a start point (marked by a triangle on your map), a number of controls to be visited in sequence (marked by a circle) and a finish (marked by a double circle).

## **What and where are controls?**



Controls are orange and white flags located at physical features such as the junction of two paths. A *control description* sheet, carried with the map, helps describe the physical feature. To verify that a control has been found, the orienteer punches a *control* card with a punch that is attached to the control.

## **The map**

Orient the map to the terrain at the start of the course by turning yourself and the map until it is lined up with the route to the first control.

## **Which route?**



Beginner courses are designed to teach map reading skills and there may be several possible routes between two points. Choose the fastest and or the one best suited to your skills.

## **Course hints**

Aim for a large feature such as a field or ridge that is near the control and this can become your 'attack point'. Follow linear features such as trails, fences and streams wherever possible and these features can become your 'hand rails'.

**Orienteering is easy to learn but it takes a little time to develop good map reading skills. In the meantime, each event is a new challenge with plenty of opportunity to learn new techniques, apply strategy and have an adventure.**

Paul & Ariane Looker, Saint John area  
**(506) 738-8109**

Robert Hughes, Fredericton area  
**(506) 363-5980**

Harold McQuade, Moncton area  
**(506) 852-3903**

Funding from Sport  
Recreation & Active Living

New Brunswick

[www.orienteering.nb.ca](http://www.orienteering.nb.ca)