

Do It Yourself Orienteering

Suitable for school groups, families & individuals, several permanent orienteering courses have been set-up at Belair National Park, Mt Crawford and Kuitpo Forest. The “*Do It Yourself Orienteering*” courses, which have been designed by the Orienteering Association of South Australia, aim to introduce orienteering to the general public in a readily accessible format and to provide fun and enjoyment for a wide range of fitness levels and orienteering skills.



Although a compass is recommended, the emphasis is again on developing map reading skills. The Moderate course introduces the orienteer to route choice by offering cross country navigation through the bush as opposed to longer, track options.

Orienteering involves finding one's way through the countryside, typically bushland, with the aid of a map and compass. Orienteering can be enjoyed by both young and old, either as a recreational activity or a competitive sport.

The permanent courses consist of a number of permanently placed control markers to be visited in order. At each control point is a small orange & white control marker. On the marker is a number code and a letter code. The number code is checked off against the control description printed on an orienteering map, and the letter code is recorded (using a pencil or biro) as proof that an orienteer has visited the control.

A colour map with an orienteering course and control descriptions are provided on an A4 page together with “*Do It Yourself Orienteering*” instructions and information.

At Belair National Park there are two courses designed for new participants to orienteering and should take about 20 to 40 minutes to complete: a Very Easy navigation course of 2.1 km and an Easy navigation course of 2.6 km. These courses are particularly suitable for 10-12 year old students. The courses use tracks, paths, fences and other well defined linear features and only require basic map reading skills. A compass is not required for these courses with the emphasis on developing map reading skills and orientating the map to the ground by using large features such as buildings, roads and tracks.

“*Do It Yourself Orienteering*” course maps for Belair National Park are available from David Tilbrook (8431 3256), Schools Coordinator for the Orienteering Association of SA.

Easy, Moderate and Moderate/ Hard navigation courses are available on ForestrySA forest land at Mt Crawford and Kuitpo. The Moderate and Moderate / Hard navigation courses require a knowledge of map reading skills, ie able to read simple topographic maps.

The courses should take about 40 to 80 minutes to complete

The “*Do It Yourself Orienteering*” course maps for Mt Crawford and Kuitpo Forest are available from the Forest Ranger, ForestrySA Information Centres at:

Mt Crawford, Williamstown / Mt Pleasant Rd
Telephone 8524 6004

<i>Fromms Farm</i>	Moderate/Hard navigation	3.3km
<i>Cemetery</i>	Easy Navigation	2.6km
<i>Chalks</i>	Easy navigation	2.4km
	Moderate navigation	3.6km

Kuitpo Forest , Brookman Rd, 7km SW of Meadows
Telephone 8391 8801

<i>Christmas Hill</i>	Easy navigation	2.9km
	Moderate navigation	3.2km
<i>Kuitpo</i>	Easy navigation	2.4km
	Moderate navigation	3.2km

In addition to orienteering, an environmental interpretative walk using the orienteering control sites is available at Chalks, Mt Crawford, and is available from the Ranger.

At Kuitpo two activities other than the standard orienteering courses include a Scatter / Score course and a georeferenced map where the control sites can be found by using a hand held GPS unit. The Ranger at Kuitpo HQ can assist with these activities.

More information on orienteering and events can be found at the Orienteering Association of South Australia Inc web site at : www.oasa.asn.au

