

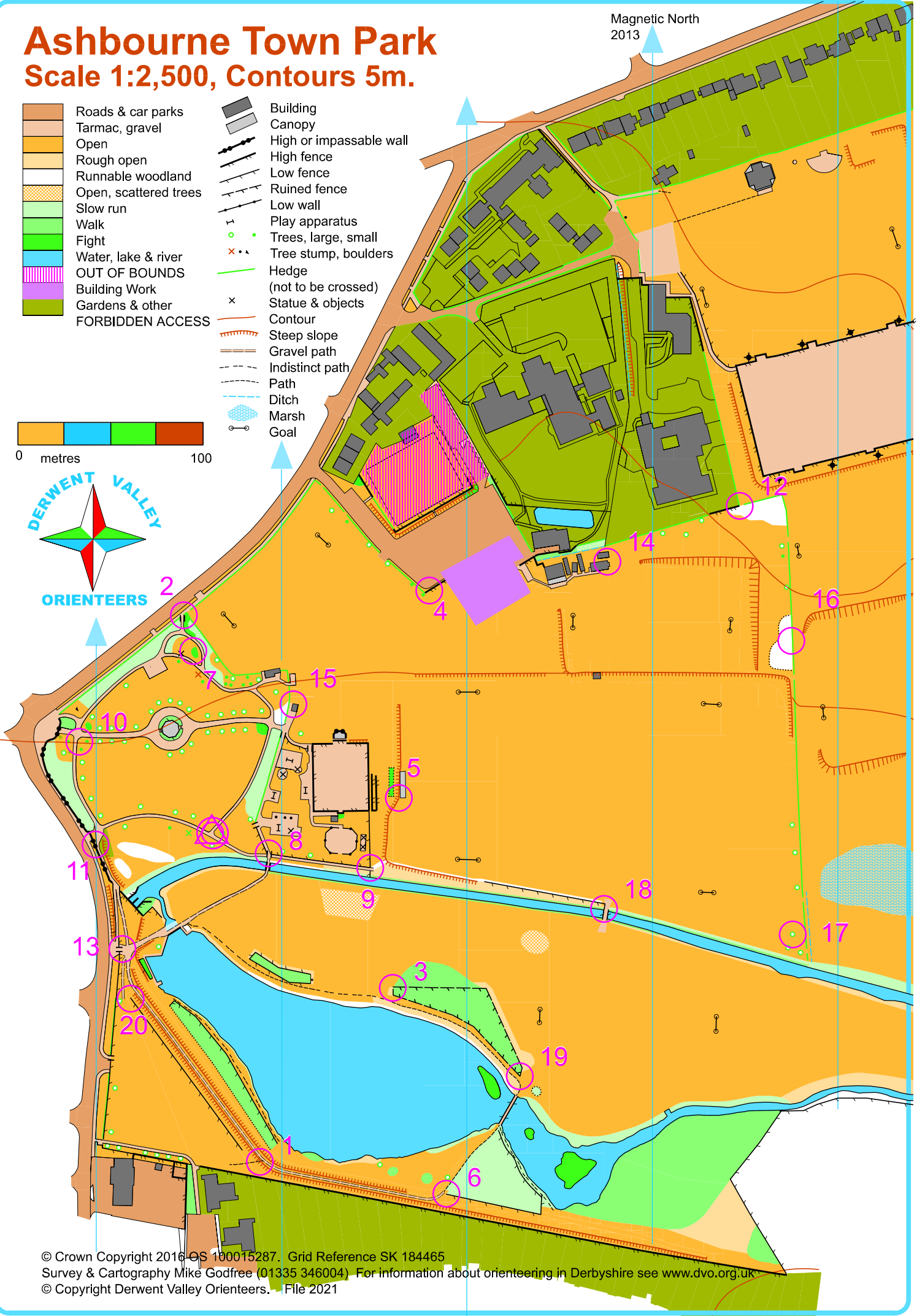
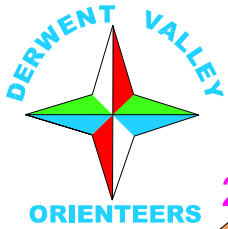
Ashbourne Town Park

Scale 1:2,500, Contours 5m.

Magnetic North
2013

- | | | | |
|--|-----------------------|---|-------------------------|
|  | Roads & car parks |  | Building |
|  | Tarmac, gravel |  | Canopy |
|  | Open |  | High or impassable wall |
|  | Rough open |  | High fence |
|  | Runnable woodland |  | Low fence |
|  | Open, scattered trees |  | Ruined fence |
|  | Slow run |  | Low wall |
|  | Walk |  | Play apparatus |
|  | Fight |  | Trees, large, small |
|  | Water, lake & river |  | Tree stump, boulders |
|  | OUT OF BOUNDS |  | Hedge |
|  | Building Work |  | Statue & objects |
|  | Gardens & other |  | Contour |
|  | FORBIDDEN ACCESS |  | Steep slope |
| | |  | Gravel path |
| | |  | Indistinct path |
| | |  | Path |
| | |  | Ditch |
| | |  | Marsh |
| | |  | Goal |

0 metres 100





Ashbourne Recreation Ground Permanent Orienteering Course


What you need:

- Map
- Pen or pencil to fill in answer sheets
- Suitable footwear and clothing for walking or running in the park.

What to do:

 The aim is to navigate around the course finding the control points which are shown on the map by red circles. Visit the control points in the order listed for the course you choose.

 The red triangle shows the start/finish point.

 At each control point you are looking for a red and white control marker with a number and a letter. The number corresponds with the number on your map. Write the letter in the box on the answer sheet. The control point description tells you what feature on the map you will find in the centre of the circle.

Missing Control Markers:

If you arrive at a control point with no control marker there are two possibilities:

- You are in the wrong place.
- The post is missing or overgrown.

First check your navigation/map reading. If you still believe the marker is missing then please email feedback@derwentvalleyorienteers.org.uk

Let us know how you got on:

... by email to feedback@derwentvalleyorienteers.org.uk

Suggested Courses

Short	0.8km 11, 13, 8, 9, 5, 15, 7, 10
Medium	1.1km 2, 4, 12, 16, 17, 18, 19, 8
Long	1.3k 8, 20, 1, 6, 3, 9, 17, 16, 14, 5, 4, 2, 10
Zig-Zag	2.6km 15, 14, 18, 6, 1, 13, 8, 12, 17, 4, 5, 19, 3, 2, 11

Safety notes

Be aware of the river,
Respect other users of the park.

Top Tips

Study the map before you start ~ note the scale and the colour scheme.

Find the red triangle on the map ~ this is the starting point at the control marker with letter 'S' on a path junction.

Orientate your map ~ hold it so that the features which are in front of you on the ground are in front of you on the map.

Fold and Thumb your map ~ fold your map so that you can use your thumb to mark where you are on the map, move your thumb at every check point.

Ashbourne Short Course Length 0.6k		
Control Marker No	Control Point Description	Answer Box
Start	Path junction	
11	Stone wall	
13	Crossing point	
8	Bridge East side	
9	Fence corner	
5	SW Corner of building	
15	NW Corner of building	
7	North side of thicket	
10	Path bend	
Finish	Path junction	

Ashbourne Long Course Length 1.7km		
Control Marker No	Control Point Description	Answer Box
Start	Path junction	
8	Bridge East side	
20	NW end of fence	
1	Upper part of earth bank	
6	Fence corner	
3	NW Fence Corner	
9	Fence corner	
17	East side of lone tree	
16	Vegetation boundary	
14	N Corner of S building	
5	SW Corner of building	
4	Fence end	
2	Path junction	
10	Path bend	
Finish	Path junction	

Ashbourne Medium Course Length 1.1km		
Control Marker No	Control Point Description	Answer Box
Start	Path junction	
2	Path junction	
4	Fence end	
12	East end of fence	
16	Vegetation boundary	
17	East side of lone tree	
18	N End of West fence	
19	N Fence corner	
8	Bridge East side	
Finish	Path junction	

Ashbourne Zig-zag Course Length 2.6km		
Control Marker No	Control Point Description	Answer Box
Start	Path junction	
15	NW Corner of building	
14	N Corner of S building	
18	N End of West fence	
6	Fence corner	
1	Upper part of earth bank	
13	Crossing point	
8	Bridge East side	
12	East end of fence	
17	East side of lone tree	
4	Fence end	
5	SW Corner of building	
19	N Fence corner	
3	NW Fence Corner	
2	Path junction	
11	Stone wall	
Finish	Path junction	