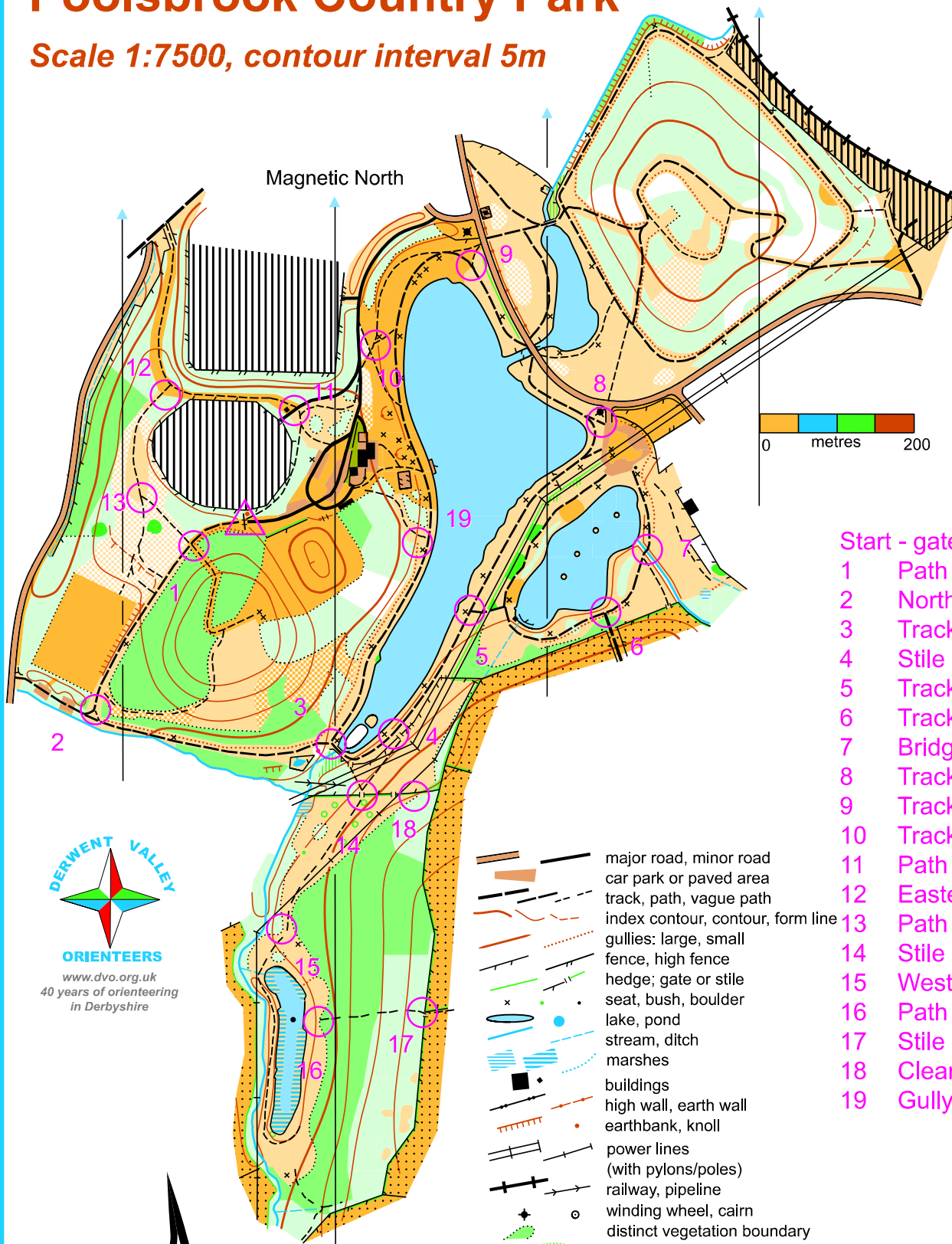


Poolsbrook Country Park

Scale 1:7500, contour interval 5m



Start - gateway

- 1 Path Junction, E. Side
- 2 Northern Path Junction
- 3 Track Junction
- 4 Stile
- 5 Track Junction
- 6 Track Junction
- 7 Bridge
- 8 Track Junction
- 9 Track Junction
- 10 Track Junction
- 11 Path Junction
- 12 Eastern Fence Corner
- 13 Path Junction
- 14 Stile
- 15 Western Vegetation Edge
- 16 Path End
- 17 Stile
- 18 Clearing Tip
- 19 Gully End

- major road, minor road
- car park or paved area
- track, path, vague path
- index contour, contour, form line
- gullies: large, small
- fence, high fence
- hedge; gate or stile
- seat, bush, boulder
- lake, pond
- stream, ditch
- marshes
- buildings
- high wall, earth wall
- earthbank, knoll
- power lines (with pylons/poles)
- railway, pipeline
- winding wheel, cairn
- distinct vegetation boundary
- undergrowth

- woodland, run
- woodland, slow run
- woodland, walk
- woodland, fight
- open
- rough open
- rough open with scattered trees
- cultivated fields (KEEP OUT!)
- OUT OF BOUNDS



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Pools Brook Country Park Orienteering Course

The Map

Study the map carefully before you start, particularly the colour scheme and the scale. On orienteering maps open land is shown in yellow, wooded areas as white where you can still run. Denser areas of woodland are shown as progressively darker shades of green. You will find it easier if you orientate the map so that the map is the same way round as the features on the ground. Keep doing this each time you change direction and identify the features as you go. If you have a compass you can orientate the map very simply by ensuring the red (north) end of the compass needle lines up with the Magnetic North on the map.

The Controls

Also shown on the map as numbered purple circles are the positions of a number of controls. At each of these points you will find a post with a red and white orienteering symbol on a plate attached. You can record the letter at the bottom of this sheet to show that you have been there. The triangle on the map marks the start at the gate beyond the car park.

1	Path Junction, E. Side	11	Path Junction
2	Northern Path Junction	12	Eastern Fence Corner
3	Track Junction	13	Path Junction
4	Stile	14	Stile
5	Track Junction	15	Western Vegetation Edge
6	Track Junction	16	Path End
7	Bridge	17	Stile
8	Track Junction	18	Clearing Tip
9	Track Junction	19	Gully End
10	Track Junction		

Orienteering is a competitive sport which combines navigation with running. Careful navigation and route choice can be more important than speed. The map symbols are internationally agreed so that it is possible to compete worldwide on an equal basis.

For more information about the sport of orienteering see www.britishorienteering.org.uk. This map has been produced by Derwent Valley Orienteers (DVO). DVO hold frequent events with most being suitable for beginners. For more information about local events and other permanent courses like this see www.dvo.org.uk

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	

You can time yourself and view the map on your Smartphone using the free MapRun app. The link to download the app is at <http://maprunners.weebly.com/>. Within the app go to Event List, choose (MR) UK, then Derwent Valley, and choose Poolsbrook and select the only course in that folder. When you press "go to start" the PIN code you need is 3403. Once you approach the start the timing starts. As you approach within a few metres of each control site the phone will record a "punch". Timing stops when you approach the finish which is at the same location as the start. Whether you use the map on the phone or the printed map is your choice. You may upload your time to the MapRun server if you wish and compare your time with others. More MapRun courses and events coming soon on the Derwent Valley Orienteers web site www.dvo.org.uk. Comments are welcome to permanentcourses@derwentvalleyorienteers.org.uk