

on the DAYLESFORD **Permanent Orienteering Course** at Cornish Hill Reserve





www.eurekaorienteers.asn.au/POC POC@eurekaorienteers.asn.au

Teachers & groups, for further advice check the website, email as above or call/text 0491 739 329 biz hours



Small cliff

Earthbank foot. View windfarm **Tracks**

junction

Between large

pit and hill

E side

Earth bank N foot

& stream

To learn more before you go, view 7 minutes of youngsters navigating a permanent orienteering course. tinyurl.com/KidsonaPoc

Select your preferred course from these. For variety, they may be done in reverse:

Short & easy

A great introduction to orienteering. All controls are alongside tracks. 1.3km via tracks, about 30 minutes walk, 15 run.

Controls to visit: 31, 32, 33, 34, 35, 36, Finish. or 43, 48, 44, 49, 45, 35, 36, 31, Finish

Medium & moderate

Learning more orienteering. Mainly along tracks and grass. Some controls up to 40m off tracks. 2.9km via tracks, about 70 minutes walk, 35 run.

Controls to visit: 32, 37, 38, 39, 41, 42, 36, Finish

Long & harder

More route choice and more track complexity. Some controls are a little off track. 4.7km, about 90 minutes walk, 45 run. Take time to read the information at control 39

Controls to visit: 43, 44, 46, 47, 41, 40, 39, 38, 42, 35, Finish

DIY

Visit any, or all, of the map controls in a sequence you choose.

Great views

Check out the great views from controls 32, 35, 41, 42.

Mark your selected course on the map by drawing lines to connect in sequence the controls you need to visit. Then walk, jog or run your course.

Rusty relic

NE side

Fence NW corner

Prominent tree

Tracks iunction W edge

Here's some tips

Before You Start

- Take a pencil
- Drink water before you go and or carry a water bottle
- Wear suitable clothing, joggers, suntan cream, hat, etc
- A compass is not necessary but useful

At the Start

- The Start is shown on the map as a purple triangle (P1)
- Know the direction of north
- Know which direction you are facing so that you can orientate the map (top of the map to north)

The First Leg

- Orientate the map so that everything on the map is in the same relative position on the ground seen around you
- Go'slowly' until you have worked out which way to go to the first control
- The control description for that number tells you what to look for

At the First Control

- Check that the number code on the control marker post is the same as that for your first control on the map
- Write the Letter code in the space beside the relevant Number at foot of this sheet

During the Course

- Keep the map orientated to north
- Plan how you are going to find each control
- Know what the control feature is (read the description)

The Finish

- The Finish is at the Start location (P1)
- Wind down with this video of juniors enjoying orienteering tinyurl.com/KidsLoveO



lower part

SW side

NW edge

Check letter codes at tinyurl.com/eupoc-codes

