FOREST PARK CONTROL DESCRIPTIONS

Forest Park Permanent Courses

Course 1	1.0 km	45 m						
▷								Start
1	31							SW end of path
2	32							S end of hedge
3	33							E side of stone wall
4	34							NW side of path
5	35							E edge of vegetation boundary
6	36							E side of path
⟨⟩		130 m						Navigate 130 m to finish

Course 2	1.5 km	85 m						
▷								Start
1	37							Bend in path
2	38							Bend in path
3	39							E side of broad-leaved lone tree
4	40							E side of path
5	41							E side of boulder
6	42							Between knoll and path
7	43							S side of path junction
8	44							SE edge of path
⟨⟩		280 m						Navigate 280 m to finish

Control descriptions may look like hieroglyphics, but they are designed that way because orienteering is an international sport. By learning the symbols found on control descriptions, you'll be able to orienteer anywhere in the world!

There are eight available columns of information. But don't worry about understanding them all, because the first three columns have the most essential information, and are also the easiest to learn. For Beginner level courses we provide the meaning of the symbols in each column.

The FIRST COLUMN denotes what order you must find the controls. The SECOND COLUMN denotes the number that you will find on the physical control. So if you see "2, 33," that is the second control you must find and you will see the number 33 on the control when you find it.

The THIRD COLUMN describes the physical feature where the control will be located. You should see this feature on your map in the center of the control circle.

The SEVENTH COLUMN tells you what side of a feature the control is on. So if the control is on a boulder, this column will tell you which side of the boulder the control is located. These symbols are the most intuitive to learn, as well as are very helpful to know.

The OTHER COLUMNS take more time to learn, but don't show you much information that the map doesn't show you already. Fortunately, the columns that are the most challenging to learn are the least essential ones.

Learning control description symbols may feel intimidating, but don't let that stop you from orienteering. You can have fun and complete an orienteering course by reading just the first three columns. You can learn the symbols in the other columns over time. A control description legend can be found at cascadeoc.org, or through a quick Google search.

More information about orienteering at: **cascadeoc.org**