

Stormont Estate Permanent Orienteering Courses



Orienteering is an exciting form of outdoor recreation suitable for all ages and abilities. With the help of a specially produced map you find your way around a set course by visiting various locations, known as control sites, in sequence, following the route of your choice, and at your own pace, which could be walking, jogging or racing.

What Do I Do?

On the map you will see that control sites have been marked with purple circles and numbers. At each site on the ground there is a post with a marker with the distinctive RED and WHITE orienteering symbol and a series of letters and numbers. The same orienteering symbol is found on a concrete flagstone each of the starts, shown by a red triangle on the map. There are 3 starts and finishes, one for each course (A, B & C). For each course there is a set of control descriptions which describe the location of the markers. Each marker has a number on it in red (control code) which matches the one on the map and which you can use to confirm that you are in the right place.



There are enough controls to make several courses of varying complexity and distance so that you can use the map on more than one occasion. Controls should be visited in the sequence given on the control description sheet.

Before starting a course spend some time looking at the map, especially the map symbols. Note the scale of the map is 1: 5,000 so that 1 centimetre on the map represents 50 metres on the ground.

Course A

Easy (Yellow Standard). Distance 1.3km
Approximately 30 minutes walking

Course B

Easy (Yellow Standard). Distance 1.6km
Approximately 40 minutes walking

Course C

More Difficult (Orange Standard).
Distance 1.8km
Approximately 50 minutes walking

CONTROL POSTS. Each control post has its own specific number in red (control code) to confirm you are in the correct place. There is also a letter and number combination in the bottom right corner (e.g. N1) and a 2 letter combination in the bottom left (e.g. JK). On arrival at a control post copy the 2 letters into the appropriate box printed on the sheet with the control descriptions.

After completing your course you can check your answers by visiting:

www.niorienteering.org.uk/lvo/poc/



Course A			1.3 km			Course B			1.6 km			Course C			1.8 km		
Start	△ A	Building	Start	△ B	Path Junction	Start	△ C	Path Junction									
1	16	Path Junction	11	10	WW2 Bomb Crater	22	89	Path Junction									
2	99	Shallow Depression	12	77	Path Junction	23	51	Path Junction									
3	60	Path Bend	13	29	Path Junction	24	48	Path Junction									
4	69	Pond, West Side	14	12	Path Junction	25	70	Ditch End									
5	28	Walkway / Ditch Junction	15	88	Path Junction	26	85	Thicket									
6	59	Pond, East Side	16	76	Bridge, North Side	27	39	Signpost									
7	63	Hedge, North End	17	36	Path Junction	18	38	Earthbank Foot									
8	25	Path Junction	18	38	Earthbank Foot	19	83	Fence Corner									
9	23	Fence Corner	19	83	Fence Corner	20	82	Bridge, South Side									
10	65	Large Tree	20	82	Bridge, South Side	4	69	Pond, West Side									
Finish	△ A		21	95	Exercise Equipment	28	57	Barrage Balloon Site									
			Finish	△ B		29	79	Hedge End									
						30	45	Distinctive Tree									
						31	75	Copse, North Part									
						Finish	△ C										

1	2	3	4	5
6	7	8	9	10

11	12	13	14	15	16
17	18	19	20	21	

22	23	24	25	26	27	18
19	20	4	28	29	30	31