

# Permanent Orienteering Course at E.P. "Tom" Sawyer State Park



# Orienteering

Orienteering is a fun outdoor activity that tests your ability not only to read a compass and a map, but also to relate features on the map to features on the ground to determine the fastest way to get from point A to point B.

## The Map

In orienteering, the map is more important than the compass. The map gives you information about the terrain that can help you find the trails, streams and vegetative edges, which can be easier to cross.

All orienteering maps that follow International Orienteering Federation standards use the same five colors.

- Brown lines represent elevation contours.
- Greens (including white) show vegetation density.
- Yellows represent clearings.
- Blue signifies water.
- Black marks the location of manmade objects as well as rocks and boulders.

#### The Course

The permanent course at E.P. "Tom" Sawyer State Park has a start and a finish with a series of "controls" in between – physical features in the landscape that you need to visit along the way in a certain order. Each control is marked with a post or a metal trail marker mounted to a tree with a two-digit number.

The start and finish for this course is located at the crushed limestone fitness trail head and the parking lot, just southeast of the activities building.

The course is a sequence of numbered purple circles. The feature that has the control will be at the center of the circle on the map.

The course should be done in order from the start (purple triangle) to control 1, all the way to control 10, and then to the finish (purple double circles) which is the same place as the start.

Taking a compass bearing and traveling in a straight line isn't always the best choice. Use the map to determine the easiest route to the next control by using trails and open clearings to guide you. Take note of the terrain's features as you pass them and verify that they correspond to your location on the map.

At the bottom of this map is a Clue Sheet that will list what the feature is that you a looking for. The double-digit number corresponds to the number on the post or metal marker.

Instruction videos are available at www.orienteeringlouisville.org/orienteering-101

# Safety Notes

Before you set out, in addition to the map and a compass, make sure you bring water, sunscreen and bug spray. It is a good idea to wear long pants and gym or hiking shoes.

- Know your physical limitations.
- Dress for current and changing weather conditions.
- Carry a whistle (emergency signal is 3 long blasts). Courses are NOT monitored.
- Do the course with a partner.
- Inform someone of where you will be and when you expect to return.

Orienteering on permanent courses is done at your own risk. Neither OLOU nor the property owners/managers assume any liability for any loss, damage, injury or death which may occur.

On the remote chance that you become hopelessly disoriented, don't panic. Use your compass and take a *Safety Bearing* due west until you arrive at Hurstbourne Parkway.

For additional information, please visit the Orienteering Louisville club at www.olou.org