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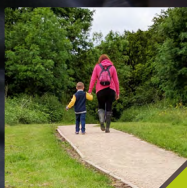
OUTDOOR

Adventure

ON YOUR DOORSTEP

PERMANENT AND VIRTUAL ORIENTEERING COURSES ARE GREAT FOR...

- ▶ Enjoying the fresh air and getting outdoors and active.
- ▶ Learning new life skills like navigation, map reading, and decision making.
- ▶ Available at a time or day that suits you best.



What is a Permanent Orienteering Course?

These are courses located at local parks, woodland or urban areas which have the familiar orange and white control markers installed which, using a map, you need to find. Courses offer a huge range of variety from distance to terrain, and can be on your doorstep or further afield. All to enjoy in your own time. To find your nearest course and download your map visit: www.britishorienteering.org.uk/pocs

Here are a list of the TOP local Permanent Orienteering Courses near you!

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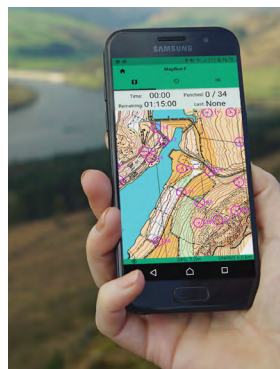


What is a Virtual Orienteering Course?

A Virtual Orienteering Course is created for you to go out and physically visit the points to complete the challenge yourself in your own time. Using the beautiful landscapes and features we have around us, this is a more flexible form of Orienteering that generally uses either your smart phone or data from a GPS watch to avoid the need to put anything out on the course. For links and to find out more, visit www.britishorienteering.org.uk/vocs

Here are a list of the TOP local Virtual Orienteering Courses near you!

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FOR MORE INFORMATION VISIT
www.britishorienteering.org.uk/pocs or
www.britishorienteering.org.uk/vocs