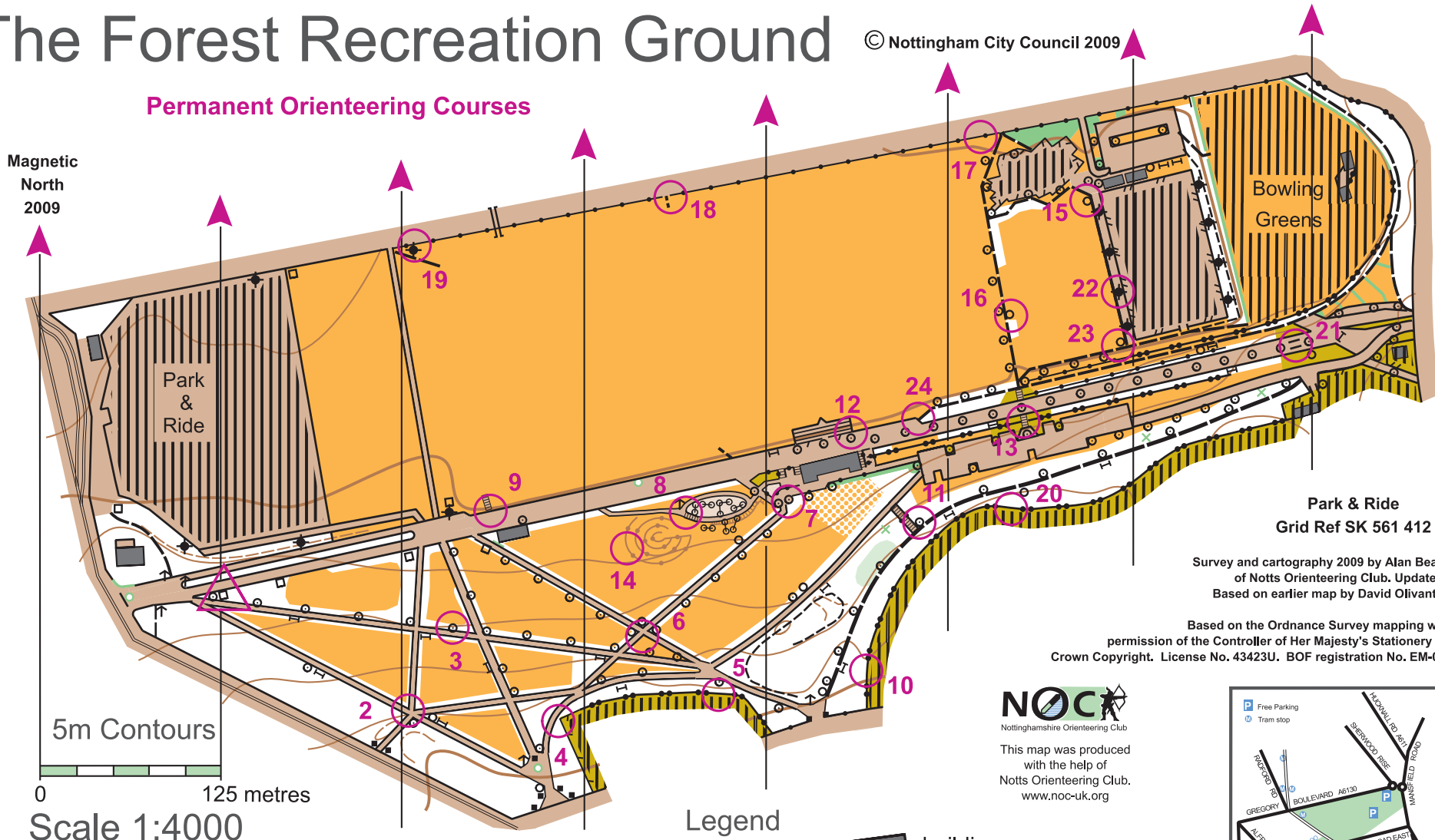
The Forest Recreation Ground

© Nottingham City Council 2009

Permanent Orienteering Courses



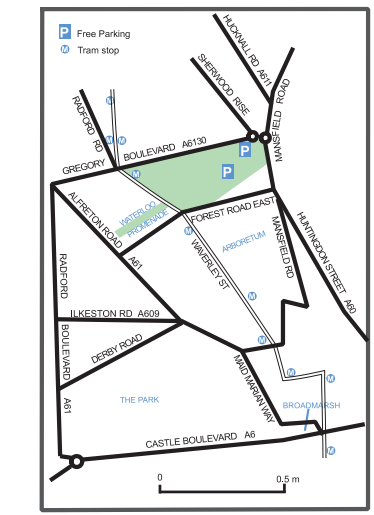
Park & Ride
Grid Ref SK 561 412

Survey and cartography 2009 by Alan Beardsley of Notts Orienteering Club. Updated 2011
Based on earlier map by David Olivant 2005

Based on the Ordnance Survey mapping with the permission of the Controller of Her Majesty's Stationery Office. Crown Copyright. License No. 43423U. BOF registration No. EM-09-487

NOC
Nottinghamshire Orienteering Club

This map was produced with the help of Notts Orienteering Club.
www.noc-uk.org



- out of bounds
- open land
- open land with scattered trees
- trees: run
- trees: slow run
- thicket
- garden
- indistinct vegetation change
- hard surface
- soft surface

- road
- tarmac path
- vehicle track
- large footpath
- small footpath
- tramlines
- stone wall: high, low
- fence: high, low
- hedge
- crossing point

- building
- contour
- form line
- earthwall
- play equipment
- electricity box
- seat; litter bin
- lamp-post; floodlight
- signpost; stone pillar
- footbridge
- large single tree
- treestump

Nottingham City Council

ORIENTEERING AT THE FOREST

What You Need:

- Pen or Pencil to fill in answer sheet.
- A compass is not essential but can be useful
- Suitable footwear & clothing for a country walk.

What to Do

The aim is to navigate around the course and find the control markers which are located at the centre of the numbered circles on your map.
The map symbol **Δ** shows the start/finish point for all courses.
At each control marker you are looking for a red and white sign with a number and letter.



The number corresponds with the number on your map, write the letter in the box on answer sheet on the right.
A description for each control marker is given for additional information about the control location.

Top Tip

A key skill is setting the map. This means turning the map until the symbols on the map line up with the corresponding features on the ground. This helps to ensure the correct direction is followed. Use tracks and paths to help navigate to the control markers

The Legend

The legend provides the key to the map symbols. For example **black** shows tracks, paths and man-made objects; **yellow/orange** is open land, usually grass.

Missing Control markers

If you arrive at a control marker with no marker sign there are two possibilities:

1. You are in the wrong place.
2. The post is missing or overgrown.

Please check your navigation/map reading in the first instance. If you are still convinced the post is missing then inform Nottingham City Council Parks and Open Spaces Team on 0115 9152733

Out-of-bounds Areas

Out-of-bounds areas are marked with black hatching. These may be private, environmentally sensitive or potentially dangerous and should be avoided.

Useful Contacts

- Nottinghamshire Orienteering Club (NOC) www.noc-uk.org
- Nottingham City Council Children's Services for more information about courses for school use.
- Nottingham City Council Sport, Leisure and Parks www.nottinghamcity.gov.uk/orientereing

© Copyright NOC and Nottingham City Council

Suggested courses

Easy 0.8m (1.2km)
2 3 4 5 6 7 8 9
Medium 1.1m (1.7km)
9 19 18 17 16 12 7 6 5 4 3 2
Hard 1.4m (2.2km)
3 14 7 10 11 12 16 21 20 13 24 18 8 2

Safety notes

- Please respect other users of the site
- Beware of vehicles on site at all times

Control Marker No	Location Description	Answer Box eg B
Start	Telegraph pole	
2	Post	
3	Post	
4	Wall corner	
5	Wall	
6	Post	
7	Lamp-post	
8	Steps (bottom)	
9	Steps (top)	
10	High wall	
11	Wall end	
12	Fence end	
13	Steps	
14	Post	
15	Bin	
16	Bin	
17	Wall S. Side	
18	Gateway	
19	Wall	
20	Wall	
21	Gate	
22	Foot of high fence	
23	Bin	
24	Track (bollard)	