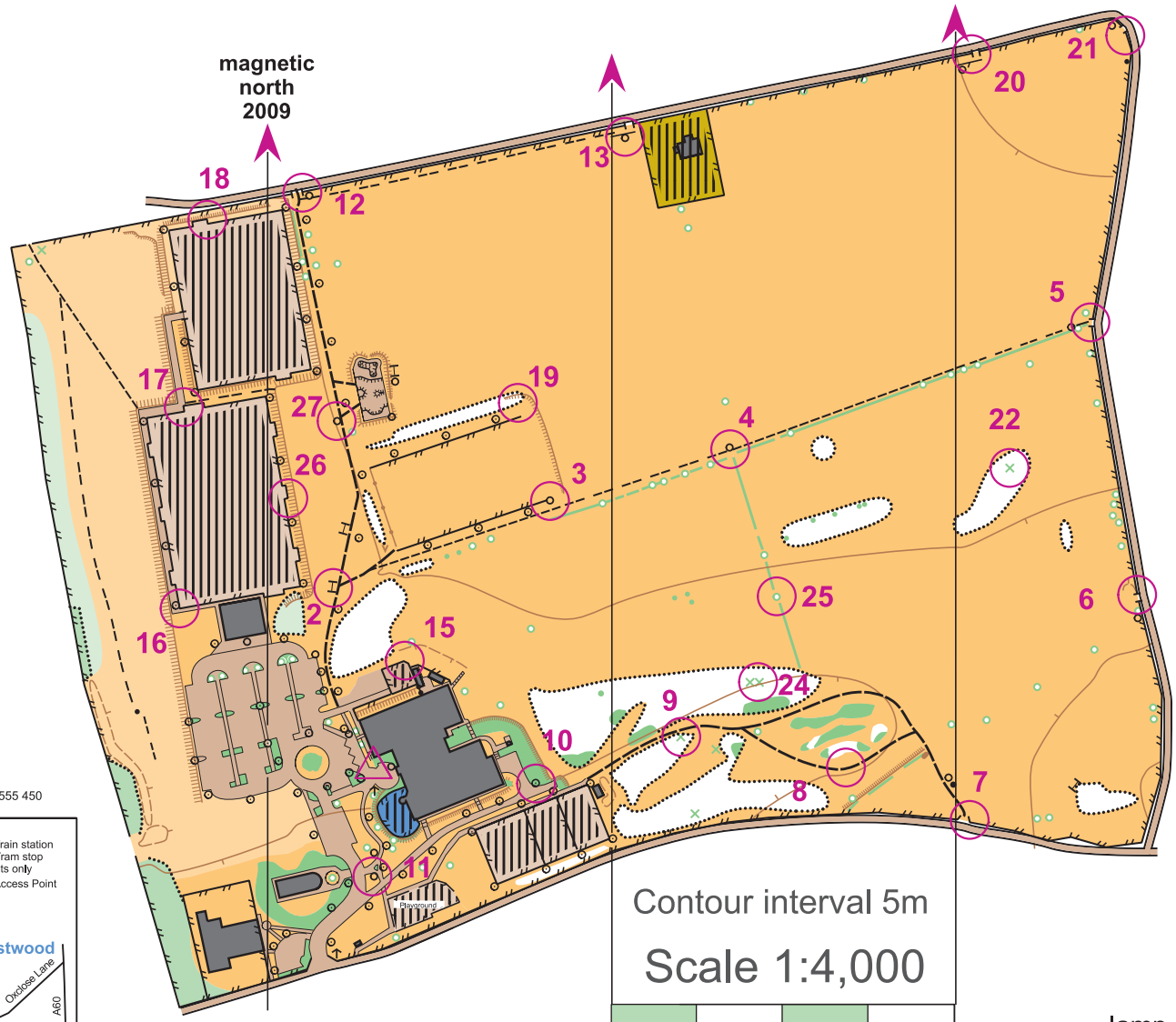
Southglade Park & Leisure Centre

Permanent Orienteering Courses



Legend

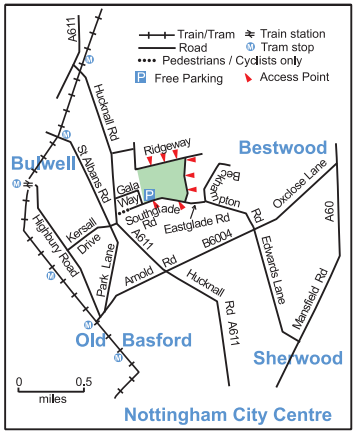
- open land
- rough open land
- wood, runnable
- wood, slow run
- wood, walk
- bushes
- hard surface
- sports surface
- private garden
- out of bounds
- distinct change
- building
- hedge
- path, large
- path, small
- high fence
- fence
- contour
- form line
- earthbank
- earthwall
- tarmac slope
- distinct tree
- seat
- gate
- sign
- bin
- pit
- knoll
- steps
- lamp post / telegraph pole
- boulder / stone pillar
- treestump / rootstock

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

NOC
Nottinghamshire Orienteering Club

Grid Reference of Leisure Centre SK 555 450



Survey and Cartography February 2009 by Alan Beardsley of Notts Orienteering Club, using the 2005 map by Pauline Olivant. Updated 2011.
Based on the Ordnance Survey mapping with the permission of the Controller of Her Majesty's Stationery Office. 10019317
BOF Registration No. EM-09-488

Nottingham City Council

ORIENTEERING AT SOUTHGLADE

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.mynottinghamcity.gov.uk/orienteering

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Suggested courses

Easy 0.8m (1.4km)
2 3 4 5 6 7 8 9 10 11

Easy 1.2m (1.8km)
2 12 13 20 21 5 4 25 24 9 10 11

Medium 1.3m (2.0km)
2 16 17 19 4 20 5 6 7 24 10 15

Hard 1.5m (2.3km)
2 16 18 4 20 22 6 8 25 15

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	Sign	
2	Bench	
3	Bin	
4	Bin	
5	Gate	
6	Gateway	
7	Gateway	
8	Post	
9	Treestump	
10	Lamp-post	
11	Bin	
12	Gate	
13	Gate	
15	Fence corner	
16	Fence corner	
17	Fence corner	
18	Fence corner	
19	Post	
20	Gate	
21	Gate	
22	Treestump	
24	Treestump	
25	Post	
26	Fence corner	
27	Bin	

Please note: Control points are not consecutive