

Name:

Address:



Permanent Course Orienteering: The Start/Finish post is in the open area immediately South West of the Car Park. Its position is marked by a red triangle on the map. The centre of each red circle on the map marks the position of one of the 20 control posts, each of these is painted red and white and has a code number corresponding to that on the map and on the Control Descriptions. There are also secret code letters which you copy onto the appropriate box as proof of your visit.

You are free to find the controls in any order you wish, but if this is the first time you have tried Permanent Course Orienteering, we suggest that you start with Course A and use the notes below. These are to help you get the feel of the map and should not be used instead of it! Once you understand how to map-read your way you will not need them and will prefer to choose your own route between controls.

Course A Controls 20, 1, 7

As you stand by the Start/Finish post with your back to the hedge, notice the shape of the edge of the wood in front and to the left. Check that the map shows the same shape. Number 20 (Path junction in an open area) is about 100m away. From the map you will see that the best way will be to take the middle one of 3 paths which lead into the wood. Locate this path and follow it. *20 Path Junction*. Leave the path you were on and turn right, down the large path to the South-West for 100m. As you go, note the head of the valley on your left. At the first major path junction bear left. From your map you will see that the path should be straight, has a parallel bank on the left, and goes downhill. In about 70m, take the right fork (South) to find *1 Path Junction*. Take the level path (South-West) to the major path junction at the corner of the out-of-bounds area. Now select the level path that bends to the right. Keep a look-out for the small path on the left that will lead you to *7 Re-entrant* (a sloping valley). Now go uphill (North) to find the Start/Finish post again.

Suggested Courses. Times shown are for leisurely walking (not counting the stops)

A Introductory (see notes above)	(15min)	20, 1, 7	
B Longer but easy	(30min)	20, 2, 18, 21, 3, 1	
C Brasenose Wood	(1 hr)	7, 3, 11, 10, 12, 9, 8) Three visits
D Central Area	(45min)	1, 19, 18, 13, 20) to
E Horsepath Common	(1hr)	2, 5, 14, 15, 16, 17, 21, 6) find them all
F More of a challenge	(1hr)	1, 13, 14, 15, 17, 6, 7) especially near controls 6 and 13

Certificate: Even if you found only one control you may apply for an attractive certificate. Cut off the Code section; put your name and address on the back; send to Roger Baker, 'Ludwell', Faringdon Road, Abingdon, Oxon OX14 1BQ together with two 2nd class stamps.

Those taking part in orienteering at Shotover do so entirely at their own risk. Neither the landowners nor the organisers can be held responsible for any damage, accident or injury however caused unless due to the negligence of the landowners and/or the organisers.

Shotover Permanent Course Map

Bulk supplies: Call T.V.O.C. (01235-520447)

Single copies can be downloaded from <http://www.tvoc.org.uk/permanent.html> or by emailing poc@tvoc.org.uk

Permanent Orienteering Course on the Chilterns at Wendover Woods

Maps from Forest Office, Upper Icknield Way, Halton, Wendover (01296-625825)

or Wendover Book Shop, High Street. 01296-696204

or Tourist Information Centre, Clock Tower, Wendover. (01296-696759)

Permanent Orienteering Course at Cutteslowe Park

An ideal area for introducing youngsters safely (NE of the junction of A40 and A423, North Oxford)

Maps available from TVOC (see above)

For information about other local permanent courses and orienteering events send s.a.e. to T.V.O.C. 'Ludwell', Faringdon Road, Abingdon, Oxon. OX14 1BQ Tel: 01235-520447

For more information about orienteering events and **Thames Valley Orienteering Club** call Carol Edwards 01869-331368 or visit the Club's Website at <http://www.tvoc.org.uk>

For national information; **British Orienteering Federation** at 8a Stancliffe House, Whitworth Road, Darley Dale, Matlock, Derbyshire DE4 2HJ Tel: 01629-734042 Website www.britishorienteering.org.uk