



The Regional Park, Ballincollig Permanent Orienteering Course



**A Joint Initiative between the Recreation & Amenities Section of Cork County Council and Cork Orienteering Club
Sponsored by Café Chico**



What is a Permanent Orienteering Course?

A Permanent Orienteering Course is a number of permanent control points each with a sturdy wooden or metal post topped with a red/white orienteering logo. Many different orienteering routes can be created using these permanent controls. These courses are an ideal way of introducing children and adults to orienteering. Go at your own pace and spend as much time as you like figuring out the map and navigating to the controls. Permanent orienteering courses can be used for a more adventurous family stroll, or for training to gain confidence away from the pressure of more organised competitions.

The Regional Park course comprises 16 Controls distributed throughout the 130 acre Park. The terrain is quite level therefore the site caters for the beginner right up to the more experienced participant.

What is Orienteering?

Orienteering is an international sport that can be enjoyed both as a recreational pastime and as a competitive adventure pursuit. It is a timed race that involves navigation to a series of checkpoints ('controls') using a detailed map and is a sport that people of all ages and abilities can enjoy. This sport can be undertaken by individuals, families and groups and is also a great activity for schools to take part in to help students develop map reading skills.

Where to start?

The map is available to download free of charge [here](#) and at www.corko.net . Printed maps are also available to purchase from Café Chico, The Regional Park (Western Entrance). For details of Café Chico opening hours please log onto www.cafechico.ie You may decide you want to do the entire course in one go or you may prefer to undertake a section of the course at a time. Do remember to check the weather forecast before you set off!

What to bring with you?

Wear comfortable clothes that you don't mind getting dirty and walking / running shoes, hiking boots or wellies – depending on how fast or slow you want to go and the time of year. Don't forget a waterproof jacket, particularly if the weather forecast is poor, and a bottle of water to sip if the going gets tough! You may also wish to bring a compass, a plastic/zip-lock bag to keep your map dry and a safety whistle. Please note that safety whistles are compulsory at competitive events.

Ready.....?

Try to identify some large features on the map – can you find the car park? The triangle symbol indicates the start of the course and the double circles indicate the end. The start and finish are often in the same place. Have a look at the legend and try to identify the various tracks and paths on the map. Notice how black coloured features on the map are made of rock or are man-made (Eg. Stone walls) Brown features are made of earth; blue features represent water and so on. Look at the contours on the map – where are the steep parts? Will you begin your course going north, south, east or west? Will you be starting uphill or downhill?

.....Steady.....GO!

Beginning at the triangle symbol (start of the course) rotate your map so that the features on the ground and on the map are aligned. This is called “setting” your map. You can use your compass to do this if you have one. Or, stand with your back to the main entrance and rotate your map until the path in front of you lines up with the path on the map and you can identify which direction you need to take to get to your first control. Now go to Control No. 1. At each control point you will find a metal stake topped with the red and white orienteering logo. For organised / competitive events there will also be a numerical code on the stake and you will need to write the code into the appropriate control box (either on the reverse of the map or alongside it). Try to locate as many of the controls as you can in numerical order as per the map. Good Luck!!