



**What is orienteering?**

Orienteering is a sport that challenges both the mind and the body. The aim is to navigate between control points marked on an orienteering map and decide the best route to complete the course in the quickest time. To start orienteering all you need is a sense of adventure, a pair of trainers and comfortable sports clothes. It's a great sport for runners, joggers and walkers who want to improve their navigation skills or for anyone who loves the outdoors. It does not matter how young, old or fit you are, as you can run, walk, or jog the course.



**CAR PARKING**  
is available at Athena Hall car park off Duke Street.  
For the latest bus timetables visit:  
[www.ipswichbuses.co.uk](http://www.ipswichbuses.co.uk) [www.firstgroup.com](http://www.firstgroup.com) or  
pick up a timetable from the stable block reception.

LOTTERY FUNDED

IPSWICH BOROUGH COUNCIL

Friends of Holywells Park

[www.ipswich.gov.uk](http://www.ipswich.gov.uk)

HOLYWELLS PARK ~ ORIENTEERING

**ORIENTEERING IN HOLYWELLS PARK**

This is a specially produced orienteering map of Holywells Park. The legend explains the symbols and colours used. The map has 16 numbered circles showing where controls are located and a triangle just to the north east of the Stable Block that indicates the start of the suggested courses. All suggested courses finish back at this location.

The controls are fitted to sides of posts and other items around the park and can be recognised as they are marked with a red and white orienteering symbol. Each post has, within the symbol, a control number (the same number as shown on the map) and control code letters.

The control descriptions (shown below) describe what you should be looking for within the park. The control is there to confirm that you are in the right place.

Control No.	Control Description	Control No.	Control Description	Control No.	Control Description
START	Path	6	Path Junction	12	Fence End
1	Pillar W side	7	Fence	13	Fence End
2	Fence End	8	Post	14	Path Bend
3	Fence End	9	Path	15	Thicket N side
4	Path Junction	10	Path Junction	16	Post
5	Path Junction	11	Path Junction		

**What do I do?**

You may visit as many controls as you like in any order. If, however, you have not orienteered before we recommend you follow one of the three suggested courses shown on the bottom of the map. The numbers refer to the control you have to find. When you have identified the control feature and found the correct control write down the control code letters in the appropriate box. You have a choice of which control letters to write down. You can write down the double letters at each control or the letter in the diamond, the letter in the square or the letter in the circle. This means that if four people try the course they can collect different letters on the course. The answers to the courses are available at the stable block

The map provides 'north lines' which indicate magnetic north.

Course A is straightforward - it follows paths and would be suitable for family groups. Courses B and C are progressively longer and will need greater attention to map reading skills. Some of the control posts are situated on features next to paths.



**Safety**

These courses have been planned in accordance with normal orienteering practice. Participants must accept that neither the course planner, nor Ipswich Borough Council, can be held responsible for any accident, injuries or damage that could occur. You therefore participate at your own risk and should take appropriate steps to ensure your own safety. Youngsters in particular need to be supervised on even the simplest courses until their map reading skills are assured.

**More information**

Orienteering competitions are held regularly in East Anglia. They are organised by clubs which are affiliated to the British Orienteering Federation (BO). They provide a range of courses to suit different ages, abilities and fitness levels. Similar courses to those suggested above would be available at such events along with a wider selection of the longer more demanding courses for the more experienced orienteer.

If you wish to find out about orienteering in Suffolk, please contact the Suffolk Orienteering Club Secretary at [info@suffoc.co.uk](mailto:info@suffoc.co.uk)

If you have web access try the club web site ~ [www.suffoc.co.uk](http://www.suffoc.co.uk). The BO web site, which provides links to all club sites and Regional Associations in the UK, can be found at [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk).

# HOLYWELLS PARK ~ ORIENTEERING

## WELCOME TO THE PERMANENT ORIENTEERING COURSE AT HOLYWELLS PARK



Scale 1:4,000  
Contour Interval 5 m



- ponds
- marsh
- canal
- water courses: large, small
- contour
- form line
- knolls: large, small
- dry ditch
- depression, pits
- open land
- rough open land
- woodland
- woodland - slow run
- woodland - difficult to run
- woodland - impassible
- brambles
- vegetation boundary
- thickets
- hedge
- individual trees
- dead tree or rootstock

- roads
- park road
- footpath
- minor footpath
- wall (with gate)
- high fence (not to be crossed)
- low fence
- buildings
- steps tower
- play and gym equipment
- housing
- hard standing

Location : TM 165 448  
 Survey to July 2009 : Simon Peck  
 Cartography [OCAD9] : Simon Peck  
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 the Controller of Her Majesty's Stationery Office.  
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Use of this map does not imply right of access for orienteering  
 for any other purposes. Permission must be obtained from the landowner.  
 Representation of a track or path does not indicate a right of way.

### Course A 0.7km long

Start	1	2	3	4	5	6	7

### Course B 1.1km long

Start	1	3	4	8	9	10	11

### Course C 1.3km long

Start	1	12	13	14	4	16	8

15	6