

HOLYWELLS PARK



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 www.firstgroup.com or
pick up a timetable from the stable block reception.



LOTTERY FUNDED



HERITAGE LOTTERY FUND



IPSWICH BOROUGH COUNCIL

Friends of Holywells Park



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

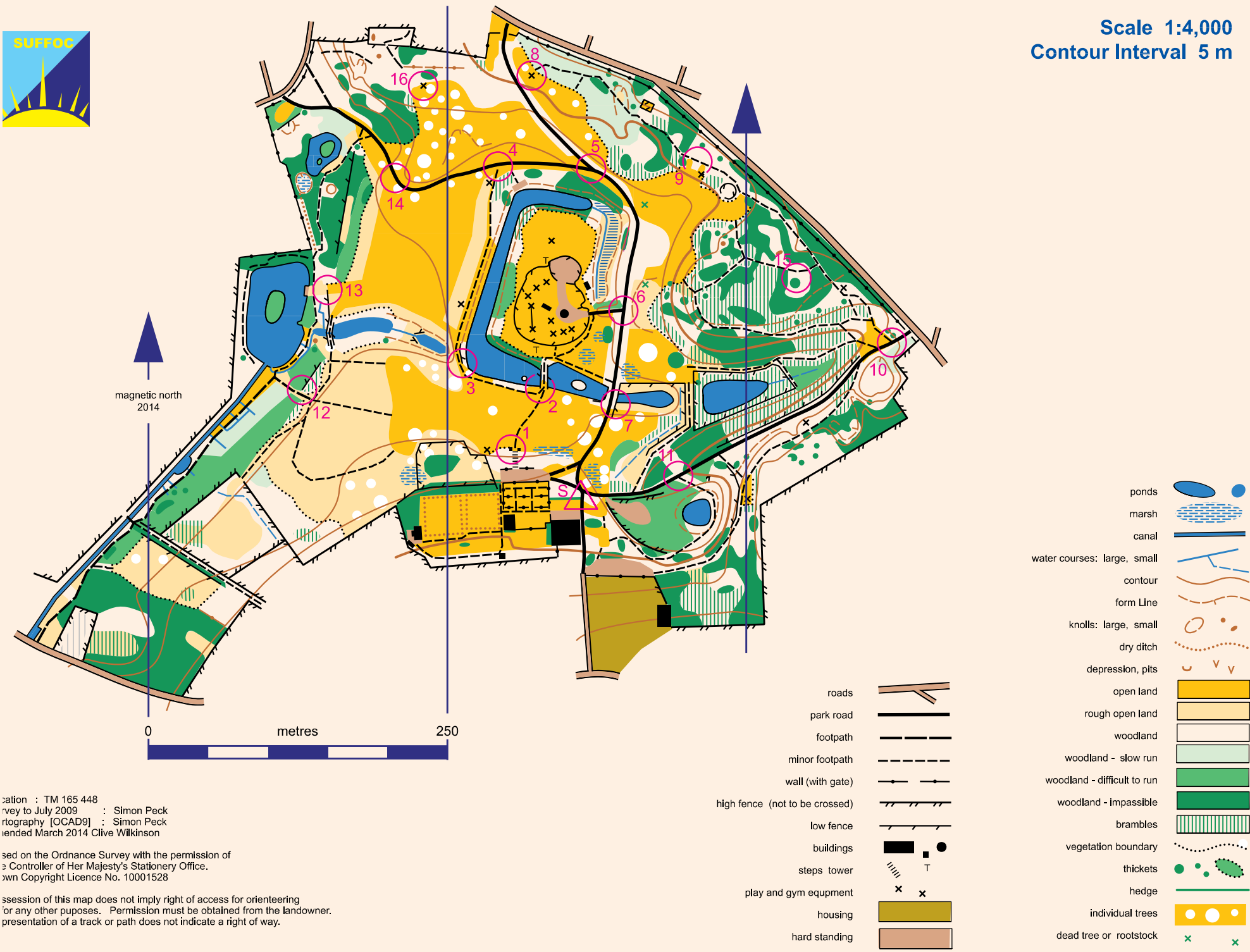
Orienteering competitions are held regularly in East Anglia. They are organised by clubs which are affiliated to the British Orienteering Federation (BO). They provide a range of courses to suit different ages, abilities and fitness levels. Similar courses to those suggested above would be available 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

If you have web access try the club web site ~ 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.

HOLYWELLS PARK ~ ORIENTEERING

WELCOME TO THE PERMANENT ORIENTEERING COURSE AT HOLYWELLS PARK



ation : TM 165 448
urvey to July 2009 : Simon Peck
rtography [OCAD9] : Simon Peck
ended March 2014 Clive Wilkinson

sed on the Ordnance Survey with the permission of
e Controller of Her Majesty's Stationery Office.
own Copyright Licence No. 10001528

session of this map does not imply right of access for orienteering
or any other puposes. Permission must be obtained from the landowner.
presentation 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 |
| | |