





TWEED RIVERSIDE, CASTLE VALE & CORONATION PARKS

A permanent orienteering course organised by Newcastle and Tyneside Orienteers and Northumberland County Council

This Permanent Orienteering Course has been developed to give you a chance to try a noncompetitive or leisure form of the sport of Orienteering, using your map reading skills to navigate round a course of markers or controls.

Your challenge is to use the map to visit the markers ("controls") of your chosen course in the correct order, noting the code letters in the squares of your control card in the order of visiting each marker. The aim is to choose and follow the best route out of those that are possible.

THE MAP

Study the map carefully to find out the meaning of the symbols. Yellow shows open ground. White indicates passable plantation, Green shows thick planting. Main tracks and paths are shown. Brown shows hard stand. Black dots show boulders. Brown contour lines show land shapes.

The river as a major feature will help to orientate the map - hold it to match the lie of the land..

The large arrow marks the direction of Magnetic North on the map.

Red Circles with an accompanying number are marked on the map. These circles represent the permanent marker "control" and the number is shown on each control. Each control has its own description. Controls look something like this:



The **Red Triangle / Double Circle** on the map marks the start and finish for all the courses. It is recommended that you start and finish beside the shelter in the middle of Coronation Park. This can be accessed from bus/railway station & car park via the steps onto the road bridge across the railway and bearing left at the junction. Look out for the park entrance gate on the left.

We hope you enjoy your taste of Orienteering. Its great attraction is that it can be as leisurely or as strenuous as you like.

Because of the nature of this terrain, there is little choice of route to be taken, so this course would be graded White. Orienteering courses are graded from White through colours to Black increasing in route choice available, distance and technical difficulty.

Light traffic might be encountered between control points 9 and 10. For traffic free route go direct from control point 5 to control 11 so omitting 6 to 10.

Your local club Newcastle & Tyneside Orienteers (NATO) organise events to suit all ages and levels of ability. All are welcome to come along and take part. Members of the club range from children aged 3 up to adults aged over 80, so whether young or old, orienteering is a great way to see the countryside, improve your fitness and make new friends.

Details of other permanent courses, as well as orienteering events and club membership, can be found at http://www.newcastleorienteering.org.uk

Many permanent courses have downloadable maps from

<http://www.britishorienteering.org.uk/pocs>

(filter "North East" and scroll through the list)

CONTROL DESCRIPTIONS						
1 Sign	5 Signpost	9 Signpost	13 Wall corner			
2 Gate	6 Seat	10 Signpost	14 Step			
3 Seat	7 N.W.Seat	11 Signpost	15 Signpost			
4 Signpost	8 Signpost	12 Shelter	16 Seat Recess			

This course has been planned by Newcastle and Tyneside Orienteers in accordance with normal orienteering practice. However, it is not possible for the planner or the site managers to keep a constant eye on the area. Users must, therefore, accept that neither the planner nor the site managers can be held responsible for any accidents, injuries, losses or damage which may occur whilst orienteering.

LONG COURSE - Controls 1 to 16 - about 2.0 km. with total climb 60 metres

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<u>ที่</u> 1¶ ¶	2¶	3¶	4¶	5¶	6¶	7¶	8¶	9¶	

SHORT COURSE (Traffic Free) - Controls 1 to 5, then 11 to 16 :about 1.5 km. with total climb 60 metres.

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