



Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds.



Orienteering

Summer Evening Coaching in Prudhoe

For eight Wednesday evenings in May and June (18:30 onwards) we will be running a series of activities to teach/bolster the skills needs when out orienteering. As well as the coaching activity there will (also or additionally) be a short course of "orange" standard. After the run (c19:30), participants are invited to gather at a nearby hostelry to socialise and unwind.

Location: Normally within the Tyne Riverside Park at Prudhoe. Parking and reception in the car park by the café. (On one night there will possibly be a different location).

Dress/Equipment: Come dressed for physical activity especially suitable footwear and bring compass etc..

Activities: The programme for the evenings is as follows:

Wednesday 6 th May	Pacing/Map Run
Wednesday 13 th May	Map Matching/Symbols
Wednesday 20 th May	Fine & Rough Bearings
Wednesday 27 th May	Traffic Lights (possibly Go4O runs in afternoon for ½ term)
Wednesday 3 rd June	Control Descriptions/Visualization
Wednesday 10 th June	Understanding Contours
Wednesday 17 th June	Relocation Exercises (At Low Prudhoe)
	Meet <u>opposite the Aldi roundabout</u> on Prudhoe bypass A695
Wednesday 24 th June	Adventure Run

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