Basic Navigation Routine

Keep the map lined up to north

Know the scale, tune in to it

Thumb on map where you are

Exiting control

Every leg has 3 parts

Route to Attack Point

Finding control

Break the leg into sections:
Red = tricky/ slow
Amber = easier/ steady
Green = simpler/ quicker

Go steady to No. 1 and get into the flow

Better Orienteering

Know the scale, tune in to it

Thumb on map where you are

Exiting control

Every leg has 3 parts

Route to Attack Point

Finding control

Break the leg into sections:
Red = tricky/ slow
Amber = easier/ steady
Green = simpler/ quicker

Go steady to No. 1 and get into the flow
Its about navigation more than running

Stay in contact with the map all the time
Look at it often

If unsure where you are, relocate straight away to a firm feature

Only run as fast as you can think

Walk when the map reading requires it

Orienteering navigation is not the same as using a road atlas or smartphone. You must simplify and zoom in or out on detail as needed

betterorienteering.org