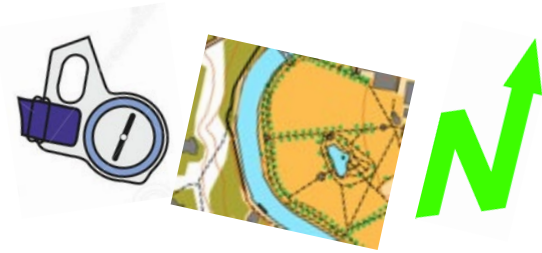


# Better Orienteering

## Basic Navigation Routine

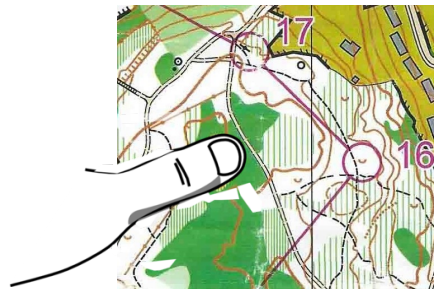


Keep the map lined up to north

Know the scale, tune in to it

scale 1:10000, contours 10m  
500m

Thumb on map where you are

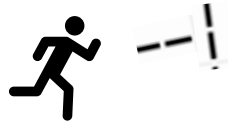


Exiting control

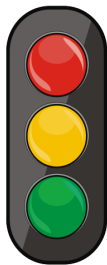


Every leg has 3 parts

Route to Attack Point



Finding control

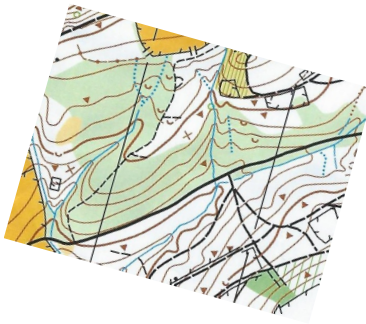


Break the leg into sections:  
Red = tricky/ slow  
Amber = easier/ steady  
Green = simpler/ quicker

Go steady to No. 1 and get into the flow



# Better Orienteering



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