



LAKELAND ORIENTEERING CLUB

Family Challenge



Millerground Family Adventures

OVERVIEW

- Come and have an adventure with us on Saturday 3rd February (10am-12) in the beautiful lakeshore surroundings at Millerground. Our special maps will take you off exploring mixture of fields, woodland and shoreline - all with amazing views over lake Windermere.
- This event is suitable for complete beginners with a choice of three map-reading courses to follow through Rayrigg Meadow, over Queen Adelaide's Hill and along the lakeshore. You can choose to do one, two or all three courses on the day.
- Progress around the courses will be recorded with an electronic timing device (dibber) which will be loaned to children from the registration area.
- There will be lots of helpers available to help you get started and answer any questions that you may have.

MAP/TERRAIN

- The area is compact but varied with wonderful views across Windermere to distant fells.
- The courses will visit parkland, hillside and lakeshore paths.
- We have been granted access to the football field but, to avoid damage, please avoid crossing the pitch.
- The Millerground map has been recently updated (2023) and the scale will be 1:2500.

PARKING

- Parking will be available at Rayrigg Meadow Car Park, LA23 1BP (1 hour £2, 1-2 hours £3.60, 2-3 hours £4.70).
- There are also roadside spaces at the lower end of Birthwaite Road, near its junction with the A592.
- Millerground is a short downhill walk from Windermere town centre where there is plenty of additional parking including Broad Street Car Park, LA23 2AB. You could also park at Windermere Jetty Museum, LA23 1BN, for a fee. Please allow extra time to walk to Rayrigg Meadow.
- Please do NOT use the Millerground layby for parking.

Family TO Challenge
LAKELAND ORIENTEERING CLUB
Adventures on your doorstep!
Fun map-reading activities for all.
Sign up online
Free activities
RUN! WALK!
WITH YOUR FRIENDS!
RACE THE KIDS!
Find your way around the adventure courses exploring this beautiful area!
SATURDAY 3RD FEBRUARY
10AM - 12 NOON
MILLERGROUND
SEE OUR WEBSITE AND SOCIAL MEDIA PAGES FOR MORE INFORMATION
lakeland-orienteeing.org.uk

ENTRY DETAILS

The event is completely FREE to attend. To help our organisation, we request that you sign up by completing an entry form for each participant.

[Millerground Family Adventures Sign-Up Form](#)

COURSE INFORMATION

The courses will start and finish in the park near to the Rayrigg Meadow play area.

WHITE - Shortest and easiest to navigate - follows paths, with checkpoints at each path junction to help with decision making.

1.0km 15 controls

YELLOW - Longer and fairly easy navigation - follows paths and line features (fences, walls,...), some decisions to be made at paths junctions without a checkpoint, checkpoints may be just off the line features.

1.5km 17 controls

ORANGE - Longer with a little more navigational challenge.

1.9km 17 controls

Explorer Points can be earned at this event for all LOC Juniors signed up to the awards scheme.

REGISTRATION AND START TIMES

- The event will run from 10am - 12 noon.
- There will be lots of volunteers available to help you get started.
- You can choose to do one, two or all three courses on the day.
- Progress around the courses will be recorded with an electronic timing device (dibber) which will be loaned to children from the registration area.
- You should return to the registration/download area to download your results after each course and **MUST** download and return dibbers before you leave.

SAFETY NOTES

- Children must be supervised by a responsible adult.
- Please be aware that there is a long section of open lakeshore. There are some sections of fairly steep hillside, which may become slippery, some craggy areas and some thicker vegetation - please take care. Also, please make space for other park users. The courses visit open hillside - ticks are unlikely, but please check after the event.
- Courses aim to avoid the main parking areas, but please take care around traffic.
- Do not exit the area onto the roadside footpath.

FACILITIES

- Windermere Town Council have provided us with free access to the toilets at Rayrigg Meadow for the duration of the event.
- Lay-by Lattes will be selling hot drinks throughout the morning.
- There is also a fabulous children's playground and numerous picnic tables.

DOG RESTRICTIONS

Dogs on leads are welcome.
Please clean up after your dog.

CONTACTS / OFFICIALS

Planner/Organiser: Kath Savage
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Controller: Dick Towler

