



LAKELAND ORIENTEERING CLUB

Family Challenge



Sizergh Family Adventures

OVERVIEW

- Come and have an adventure with us on Saturday 13th July (10am-12) in the beautiful surroundings of Sizergh Castle. Our special maps will take you off exploring to find checkpoints across a mixture of fields and woodland.
- The aim is to find the correct orange and white kites identified on your map and your progress around the courses will be recorded with the free Maprun app.
- This event is suitable for complete beginners with a choice of different map-reading courses to follow with different lengths and difficulty levels. You can choose to do as many courses as you wish during the session.
- 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 scenery and views.
- The courses will visit meadows and woodland.
- We have also been granted access to the adjoining farmland for our courses. Please take care around any livestock.
- The Sizergh map has been recently updated (2023/4) and the scale will be 1:5000

GETTING THERE

- National Trust parking will be available in the Sizergh Castle car park, LA8 8DZ (free to NT members or 1 hour £3, 2 hours £6, 2-4 hours £7.50, 4+ hours £9).
- There is a network of footpaths linking Sizergh Castle with Levens, Brigsteer and Kendal.
- From Kendal, there is an hourly bus service to the nearby Heaves/Brettagh stop.
- More details for travel options can be found on the Sizergh website:
<https://www.nationaltrust.org.uk/visit/lake-district/sizergh>



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.

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

COURSE INFORMATION

The courses will start and finish in the area just to the north of the car park beyond the cafe.

WHITE 1.8km 11 controls Shortest and easiest to navigate - follows paths, with checkpoints at each path junction to help with decision making. This course follows the accessible footpath making it ideal for those with prams or wheelchairs.

YELLOW 2.5km 11 controls 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.

ORANGE 3.5km 12 controls Longer with a little more navigational challenge.

SCORE 25 controls For a more challenging option, the score course allows you to choose your own route to visit as many controls as you can in the time limit.

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 as many courses as you wish during the session.
- Progress around the courses will be recorded with the free Maprun app which we advise you to download prior to the session

SAFETY NOTES

- Children must be supervised by a responsible adult.
- There are some sections which may become muddy and slippery, some steeper areas, some low hanging branches and some longer vegetation - please take care.
- All courses visit open farmland and there may be livestock present - if you come across any animals in the fields, please give them plenty of space and remember to check for ticks after the event.
- Courses avoid the parking areas, but please take care around traffic when walking between the car park and our registration, start and finish area. All courses also use access tracks in places - these may occasionally be used by vehicles.
- Please make space for other park users.

FACILITIES

- Toilets are available on site.
- There are a number of lovely picnic spots around the grounds and a cafe on site serving hot meals, drinks, cakes etc.
- There are lots of other activities to enjoy including a range of trails and a visit to the castle and gardens.



DOG RESTRICTIONS

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

CONTACTS / OFFICIALS

Planner/Organiser: Kath Savage
lakelandorienteer@gmail.com
Controller: Dick Towler