



DALE PARK

C. CHANGING TERRAIN TYPES
ALL 3.4KM
4-10 2.6KM
4-10 11-16 2.0KM

B. LINE
0.9KM

A. COMPASS
0.6KM

high dale park

middle dale park

C. CHOPPING AND CHANGING - run this last. purpose: to combine the fine-orienteering skills of accurate compass and continuous map-contact practised in the first two exercises. Run straight on the compass. Try to follow the map features. The course goes in and out of contrasting terrain types. Visibility in the green plantation is very low and the same techniques of straight compass and continuous map contact apply but even more so - you have to look at map and compass more often.