

# ORIENTEERING

## WITH VENTURE OUT AT ROCK BRIDGE MEMORIAL STATE PARK

### WHAT IS ORIENTEERING?

Orienteering involves using a topographic map, magnetic compass, and land navigation skills to find your way to a series of checkpoints. The orienteering course at Rock Bridge Memorial State Park consists of 30 markers (numbered 11 through 40) located throughout the western portion of the park. Some of the markers are located on trails or are visible from the trails. Other markers require hiking cross country across various terrain. Generally, the higher the number, the harder the marker is to find. Each marker (except markers 14 and 19, which are starting points) consists of two red and white striped Carsonite posts placed perpendicular to each other. They are four feet high with lettering on one side. They are located in the center of the circle shown on the orienteering map.

### WHAT TO BRING

The orienteering course itself is all outdoors. You will be hiking through the woods (not on trails). You must dress for the weather. You may encounter mud, thorns, and burrs during your hike through the woods.

- Sturdy, water-resistant shoes
- Hat and gloves
- Lots of warm layers
- Snacks
- Water bottle

### WHERE TO MEET

We will meet at the SPRINGBROOK TRAILHEAD PARKING LOT in Rock Bridge State Park (paved parking lot at the bottom of the hill).

### WHAT TO EXPECT

Your Venture Out orienteering course will begin with a 45-60 minute introduction to orienteering. This introduction can take place at Rock Bridge Memorial State Park, or at the indoor or outdoor location of your choice. During this introduction, a Venture Out Facilitator will teach your group how to read a topographical map and magnetic compass. All orienteering will take place in Rock Bridge State Park. Facilitators will help guide small groups as they create their own routes to find orienteering markers. Orienteering courses typically last 1.5 to 2 hours after the initial introduction.

