

Belfast Castle Permanent Orienteering Courses



Course A (Star Exercise)

Introduction to navigation. Use Start/Finish A. Distance 1.8km. Approximately 30 minutes walking. Controls can be visited in any order, but the runner must return to the start point between every control

Course B

Easy (Yellow Standard). Use Start and Finish B. Distance 2km. Approximately 50 minutes walking. If you would like a shorter route just cut from 4 to 13. This will reduce the course to 1.4km.

Course C

Easy (White Standard). Distance 1.4km. Use Start and Finish C. Approximately 40 minutes walking. If you would like a shorter route just cut from 5 to 11. This will reduce the course to 800m.

Star Exercise Instructions

A Star Exercise is used to introduce orienteering with the group only being away from the leader for a short period of time. Most of the controls are in sight of the Start/Finish point. The controls can be visited in any order but should only be visited one at a time. Everyone can start at the same time but going to different controls. When the runner gets to the control they check that they are in the right place by comparing the code in Column 2 of the control descriptions to the two digit number on the marker. You can choose to use either the two letter confirmation code or the letter and number code to prove that the control has been visited. The idea is to visit all the controls but you can cut the exercise down depending on time available.

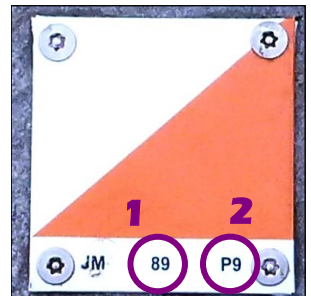
Orienteering is an exciting form of outdoor recreation suitable for all ages and abilities. With the help of a specially produced map you find your way around a set course by visiting various locations, known as control sites, in sequence, following the route of your choice, and at your own pace, which could be walking, jogging or racing.

What Do I Do?

On the map you will see that control sites have been marked with purple circles and numbers. At each site on the ground there is a marker with the distinctive orange and white orienteering symbol and a series of letters and numbers. This marker may be on a post, a concrete flagstone or a feature like a bench. The Start triangles are located on a concrete flagstone marked by a triangle on the map. Finish points are marked by a double circle on the map and with the same symbol on a concrete flagstone.

For each course there is a set of control descriptions which describe the location of the markers and the sequence in to visit them.

1 This two digit number (control code) matches the one in the second column on the descriptions and is used to confirm that you are in the right place.



2 This letter and number combination should be entered into the answers table (known as a control card) when you arrive at the control post.

There are enough controls to make several courses of varying complexity and distance so that you can use the map on more than one occasion. The two letter combination in the bottom left of the control can also be used to add variety.

Controls should be visited in the sequence given on the control description sheet. Note the scale of the map is 1: 3,000 so that 1 centimeter on the map represents 30 meters on the ground.



Course A		1.8 km
Star Exercise		Control Descriptions
Start	△ A	Hill Top
1	91	Gate
2	78	Distinctive Tree
3	67	Thicket
4	29	Fence
5	89	Boulder
6	80	Valley/big dip
7	53	Distinctive Tree
8	15	Middle Tree
9	30	Path junction
10	62	Big post
11	23	Edge of wood

Course B		2.0 km
Start	△ B	Steps
17	18	Distinctive Tree
18	19	Small Tree
19	68	Edge of Open Land
20	15	Re-entrant
21	29	Middle Tree
1	30	Boulder
3	77	Tree Stump
4	32	Corner of Fence
5	48	Picnic Table
6	92	Post
7	64	Wall NW End
8	75	Gate
9	20	Distinctive Tree
23	12	Bin
24	21	Boulder
13	43	Fallen Tree
14	49	Bench
15	56	Path Junction
16	57	Path Junction
Finish	⊙ B	

Course C		1.4 km
Start	△ C	Path Junction
1	30	Boulder
2	91	Gate
3	77	Tree Stump
4	32	Corner of Fence
5	48	Picnic Table
6	92	Post
7	64	Wall NW End
8	75	Gate
9	20	Distinctive Tree
10	37	Signpost
11	75	Path Junction
12	10	Path Junction
13	43	Fallen Tree
14	49	Bench
15	56	Path Junction
16	57	Path Junction
Finish	⊙ C	

If you are doing any of these courses with a group the leader should print off a set of answers to check as the runners return to base. With the star exercise runners will return to base between every control point.

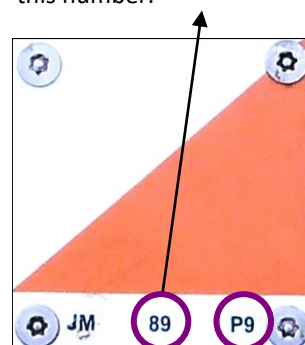
Answers can be downloaded from www.belfasthills.org

Check you are in the right location by matching the number on the table with this number.

1	2	3	4	5	6
7	8	9	10	11	

17	18	19	20	21	1	3
4	5	6	7	8	9	23
24	13	14	15	16		

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16



Fill this letter and number combination into the control card (answers sheet given on the left)



Belfast Castle

Scale 1:3,000

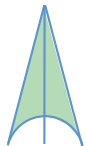
Contours 5 m

Course A - Star Exercise



1 centimetre on the map represents 30 metres on the ground.

Belfast Hills Partnership



Magnetic North

Surveyed 2013 by Bill Simpson
Cartography by Bill Simpson
Printing: by LVO, using
a printer provided by BSS
Based on Land and Property Services
material with the sanction
of the Controller, Her Majesty's
Stationery Office.
Crown Copyright Reserved.
Grid ref.: IJ 329 791.
BOF Map no. NI-13-xxx



"The European Agricultural Fund
for Rural Development: Europe
Investing in rural areas".



Copyright: Belfast Hills Partnership 2013

Possession of this map does not imply right of access
for orienteering or any other purpose. Permission
must be obtained from the landowner. Representation
of a track or path does not indicate a right of way.

Belfast Castle

Scale 1:3,000

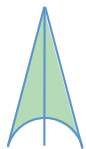
Contours 5 m

Courses B & C

0 50 100 150
metres

1 centimetre on the map represents 30 metres on the ground.

Belfast Hills
Partnership



Magnetic North

Surveyed 2013 by Bill Simpson
Cartography by Bill Simpson
Printing by LVO, using
a printer provided by BSS
Based on Land and Property Services
material with the sanction
of the Controller, Her Majesty's
Stationary Office.
Crown Copyright Reserved.
Grid ref.: IJ 329 791.
BOF Map no. NI-13-xxx

Occasional



Mapping

- contour
- formline
- boulder: small, large
- paved or gravel area
- paved path
- unpaved path
- small path
- less distinct small path
- steps, stairs
- impassable wall
- impassable fence, gate
- passable fence
- building
- ruin
- statue
- electricity junction box
- lamp post or pole
- seat
- picnic table
- fountain
- small stream
- ditch
- linear marsh
- crag: large, small
- distinct tree: small, large
- hedge
- open land
- open land with scattered trees
- rough open land
- forest: fast running
- forest: slow running
- thicket
- undergrowth: difficult to run
- flower bed or playground
- distinct vegetation change