

Orienteering Training at Thrunton Woods

Saturday 7 July 2018 10:30 – 15:00

All Welcome

This training event will be run by Newcastle and Tyneside Orienteers (NATO) coach John Crosby. The event is open to all, both children and adults, whether or not you are a member of an orienteering club. Thrunton Woods was home to the British Orienteering Championships in 2014 and is a great area to improve your orienteering skills. It will suit those already familiar with basic navigation skills and using a compass.

The training is aimed at people progressing from Orange to Light Green orienteering courses (moving from Technical Difficulty 3 to 4).

The training will focus on identifying attack points, and navigating accurately to features such as re-entrants, knolls, pits and boulders.



Travel: Parking is in the Forestry Commission car park, grid reference [NU085096](#)



What to bring: It can be cold and wet even on the summer, so it is advised to bring warm clothes and waterproofs. A compass will be required. Bring a packed lunch and water. Ticks are present in the woods so please check for these after the event and remove any as soon as possible.

Registration: Please email John at nsoa@hotmail.co.uk by Wednesday 4 July if you would like to come, so we have enough maps printed.