White Course Orienteering Instructions

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- 1. **Your Course:** The White course is a beginner course and stays on the trails. It is 2.6 km long, and has typically 60 meters of climb.
- 2. **Start/finish:** The start/finish is marked by a triangle on the map. It is the wooden post near the picnic area gate marked start/finish.
- 3. **Plan your route:** The course is shown on the map. The concept is to find, as efficiently as possible, all of the "control" markers on your course. The markers are wooden posts with a number and code on top (see illustration here →). The number on the "control" corresponds with the number on the map clues, shown on the map and symbolically on the left. This allows you to know if you are at the correct control. The location of each control is circled on the map.
- 4. **Go do it:** Go to each control, in order, using a compass or other method of navigation, and map. If you wish to prove that you were at a control, record the two-letter code on it. Time yourself if you wish to compete or race.
- 5. **Afterwards:** Review how well you did, and what navigation or route choice improvements you could make. You can see others' times at www.baoc.org. Perhaps you'd like to try another course someday.
- 6. **Aargh**: If you get lost, go back the way you came, or head toward the parking lot, which is located in the northern section of the park. There is little cell phone service inside the park. Climb high if you need to use a cell phone.



