



For more information about orienteering visit www.nwoc.info

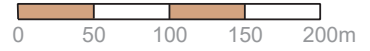
Downhill Forest

Scale: 1:5000

5m Contours

Light Green

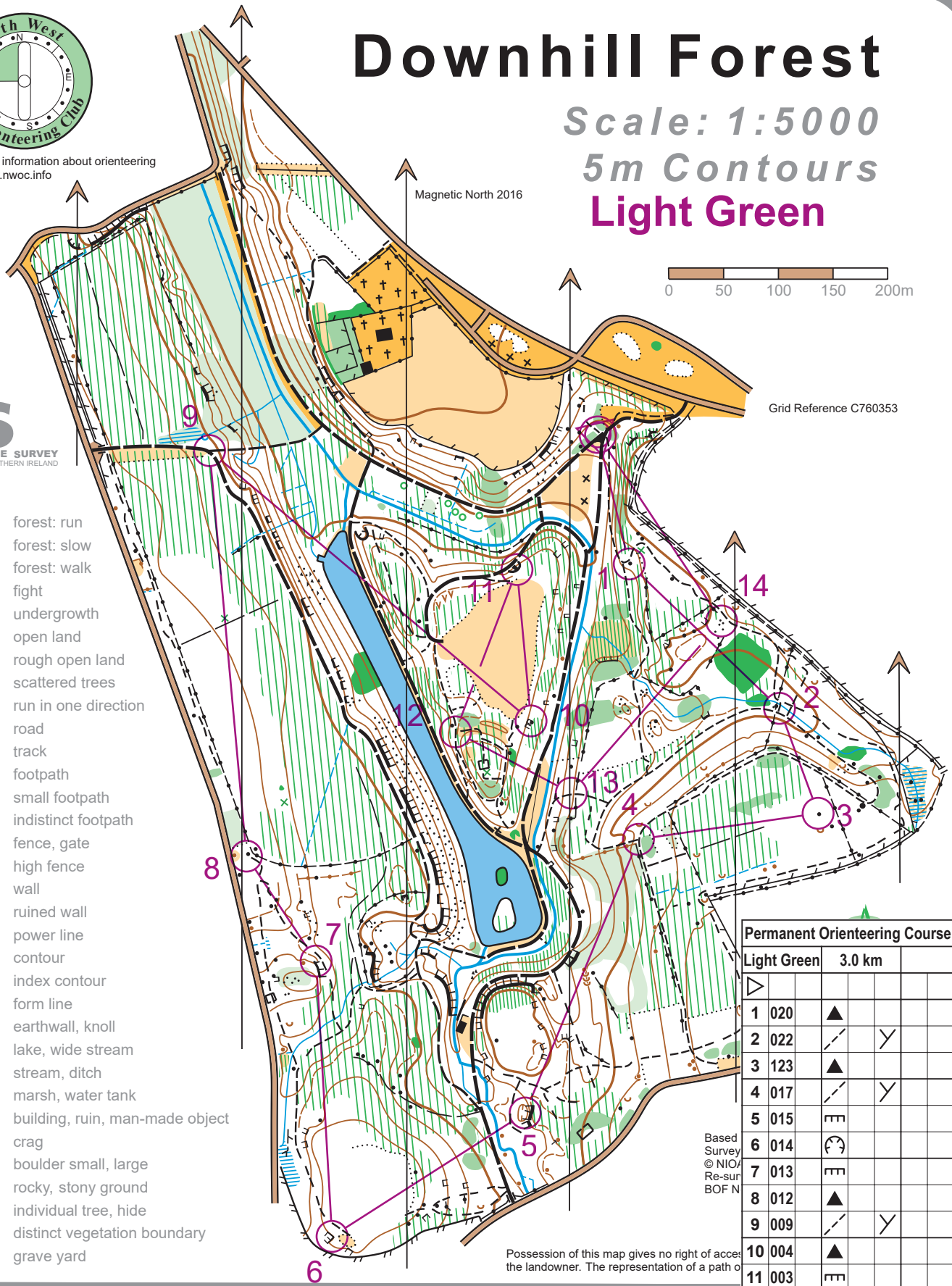
Magnetic North 2016



Grid Reference C760353



- forest: run
- forest: slow
- forest: walk
- fight
- undergrowth
- open land
- rough open land
- scattered trees
- run in one direction
- road
- track
- footpath
- small footpath
- indistinct footpath
- fence, gate
- high fence
- wall
- ruined wall
- power line
- contour
- index contour
- form line
- earthwall, knoll
- lake, wide stream
- stream, ditch
- marsh, water tank
- building, ruin, man-made object
- crag
- boulder small, large
- rocky, stony ground
- individual tree, hide
- distinct vegetation boundary
- grave yard



Permanent Orienteering Course			
Light Green	3.0 km		
1 020			
2 022		Y	
3 123			
4 017		Y	
5 015			
6 014			
7 013			
8 012			
9 009		Y	
10 004			
11 003			
12 006			L
13 018			<
14 021			

Based Survey © NIO/ Re-sur BOF N

Possession of this map gives no right of access to the landowner. The representation of a path o

NAME:	1	2	3	4	5	6	7	8				
COURSE:												
CLASS:												
FINISH TIME:	12	13	14	15	16	17	18	19	20	21	22	
START TIME:												
TIME TAKEN:												

