

Prehen Wood



Permanent Orienteering Course (POC)

Do you love being outdoors and exploring the world around you? Orienteering is for you. Use the orienteering map to find your way to various locations, known as control sites, by the route of your choice and at your own pace by walking, jogging or running. Each POC consist of a number of control sites which should be visited in the order shown from the start, marked by a red triangle on this map.

On the map the location of the control sites are marked with a red circle and a number. On the ground you will find posts at these locations which are numbered and have a distinctive red and white orienteering symbol. Besides being numbered, each control post has its own specific letters. On arrival at a control post copy the letters into the appropriate box printed at the bottom of this page;

Control Site Descriptions

1. Junction of paths
2. Building southern corner
3. Junction of path & stream
4. Steep slope
5. End of earth wall
6. Pit
7. Junction of paths
8. Boulder



For reports of missing posts

Check www.niorienteering.org.uk/poc

Before starting a course spend some time looking at the map, especially the symbols in the legend on the right hand side of the map. **Note.** If the scale of the map is 1:5000 that means that 1 centimeter on the map represents 50 metres on the ground.

The start, and finish, of the trail is the entrance to Prehen Wood and this is indicated by a red triangle on the map. It can be found at the north east end of Summer Hill, Londonderry, BT47 2PL . From the starting point the controls, posts, should be located in the order 1 to 8.



Yellow Course 1.8 km in length



At the gate to the woods, turn to face north east so that you are looking along the path, with the road behind you. Turn the map so that the top right (north east) corner is pointing directly away from you. The map is now correctly orientated.

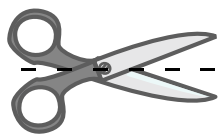
Make your way along the footpath for about 20 metres and take the path to your left just after the bend. Now turn the map so that the top left (north west) corner points away from you. The map is correctly orientated again

Follow this path for 100 metres, passing the quarry on your left. Shortly after a sweeping right hand bend, you will find the location of control post 1.

Try to keep your map correctly orientated as you make your way round the rest of the course. **HAVE FUN!**



Find us on **Facebook** to explore more @NI Orienteer @North West Orienteering Club



Prehen Wood Control Card

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22