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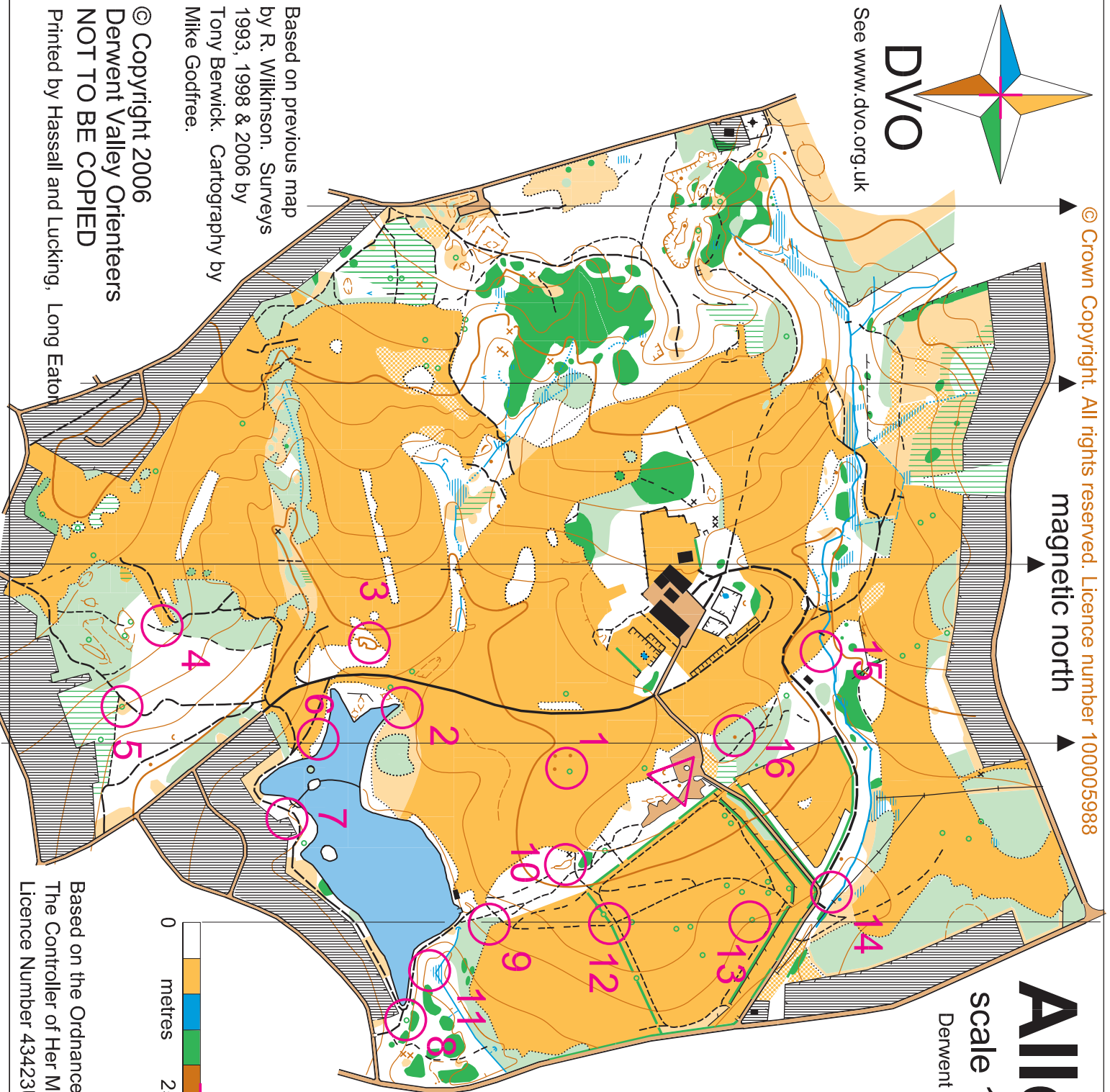
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magnetic north

# Allestree Park

scale 1:7,500 contours 5m  
Derwent Valley Orienteers, orienteering in Derbyshire



- housing
- open
- rough open
- open scattered trees
- woodland, run
- woodland, slow run
- woodland, fight
- undergrowth
- major road, car park
- minor road
- track
- large path
- small path
- indistinct path
- wall, high wall
- fence, high fence
- stile, hedge
- gate, gate post or trough
- building, ruin
- water tower, cave
- contour, index contour
- form line, earthwall
- earthbank, gully
- knoll: large, small
- depression: large, small
- lake, source
- stream, ditch
- pit, rootstock
- marsh: large, linear
- wet pit, distinct tree
- vegetation boundary
- power line

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Based on previous map by R. Wilkinson. Surveys 1993, 1998 & 2006 by Tony Berwick. Cartography by Mike Godfree.

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# ORIENTEERING

## Allestree Park - Permanent Orienteering Course

This pack consists of a map and this explanatory leaflet incorporating the control description list. The courses start at the car park on the top of the hill on the approach from Duffield Road (the A6).

### The Map

Study the map carefully before you start, particularly the colour scheme and the scale. On orienteering maps open land is shown in yellow, wooded areas as white where you can still run. Denser areas of woodland are shown as progressively darker shades of green.

### The Controls

Also shown on the map as numbered red circles are the positions of a number of controls. At each of these points you will find a wooden post with a letter carved in the top. The control description list gives a written description of the location of each one. Also shown on the map as a red triangle is the start notice board in the car park, and the adjacent post with a carved triangle.

### The Courses

Although you can make up any course you like, visiting the controls in any order, two possible courses are suggested:

#### Short, easy course:

Start - 1 - 2 - 6 - 7 - 8 - 9 - 10 and back to the car park.

This is approximately 1.5Km (or just over 1 mile) in length.

As you visit each control write the letter on to the control description list.

#### Long course: (this is also more difficult)

Start - 1 - 2 - 3 - 4 - 5 - 6 - 11 - 12 - 13 - 14 - 15 - 16 and back to the car park.

This is approximately 3Km (just over 2 miles) in length.

Again as you visit each control write the code letter on the control description list.

Give way to golfers, particularly between controls 3 and 4.

### Hints for beginners

If you are new to orienteering then try the short course first.

- 1 Find the red triangle on the map. This marks the start where you should be standing in the car park. Notice that there is a path heading south on the map leading into the open area.
- 2 Turn the map so that the path is in the same direction as the path on the ground. (i.e. orientate the map)
- 3 Look for the red circle numbered one on the map, check its description on the description list.
- 4 Follow the path to the open area. You should be able to spot the tree and the control post.
- 5 Write the code letter on the post on to the control description list.  
Then look for the description of the next control on your course and where it is on the map.

### **Special note**

These courses have been planned by Derwent Valley Orienteers in conjunction with Derby City Leisure Services, with assistance from the Sports Council.

Neither D.V.O. nor Derby City Council can accept any responsibility for any accident, injury, loss or damage incurred by any person undertaking these courses.

### **Orienteering**

Orienteering is a sport which gives the careful map reader a chance to compete with the fast runner. It is often called "cunning running". The aim is to complete the course accurately, visiting all the controls on your course in the correct order in less time than your competitors. Competitors would be started at one minute intervals and their finish times carefully recorded.

A permanent course like this one is often termed wayfaring to distinguish it from competitive orienteering, but of course you can use it to make a competition with a group of friends, as training in map reading or to improve your fitness.

### **Further Information**

There are other permanent orienteering courses at Black Rocks, between Wirksworth and Cromford (map packs obtainable from Middleton Top Visitor Centre & Matlock Bath Tourist Information) at Shipley Country Park, Heanor (maps obtainable from the Visitor Centre), at Elvaston Castle Country Park (maps from the Visitor Centre), at Foremark Reservoir (maps from Mike Godfree), Rosliston Forestry Centre south of Burton-on-Trent (maps from shop on site), at Holmebrook Valley and Poolsbrook Country Parks in Chesterfield, at Poulter Country Park near Bolsover, at Hardwick Hall (contact the National Trust) and at Darley Park (maps from the Rangers Office at Chester Green). There are also simpler courses suitable for use by schools and youth groups at Chaddesden Park and Sinfin Moor Park (details from Derby City Leisure Services

Derwent Valley Orienteers and other local clubs hold regular orienteering events throughout the year. For details see the club web site [www.dvo.org.uk](http://www.dvo.org.uk) ore-mail Mike.Godfree@btinternet.com

Bulk copies of maps for all the above courses are also available for groups.

If you believe any of the controls are missing or damaged please contact the same person.

For more general information about orienteering and for details of permanent courses in the rest of the country see the British Orienteering Federation web site [www.BritishOrienteering.org.uk](http://www.BritishOrienteering.org.uk)

## CONTROL DESCRIPTION LIST

Suggested Short Course - about 1.5 Km in length

	Code Letter
1. Large Tree	_____
2. Lake Tip	_____
6. Lake Edge	_____
7. Fence Corner	_____
8. Large Tree	_____
9. Fence Corner	_____
10. Knoll (small mound)	_____

Navigate back to the car park.

Suggested Long Course - about 3 Km in length.

1. Large Tree	_____
2. Lake Tip	_____
3. Knoll	_____
4. Woodland Corner	_____
5. Large Tree	_____
6. Lake Edge	_____
11. Above Stream Bend	_____
12. Gateway	_____
13. Large Tree	_____
14. Vegetation Edge	_____
15. Vegetation Edge	_____
16. Knoll	_____

Navigate back to the car park.