Ribble Valley Borough Council
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Ribble Valley Sports • @RVsportsdev
Orienteering at Clitheroe Castle
Welcome to Clitheroe Castle Ground & Ribble Valley Borough Council's Permanent Orienteering Courses

**What is Orienteering?**
In orienteering you navigate your way between control points marked on a specially drawn map. While there are plenty of people who enjoy the sport competitively, racing between posts in the fastest possible time, it’s perfectly OK to enjoy orienteering at your own pace and whatever your age or level of fitness - and you’ll see more of the park that way. But you could also get together with members of your club, school or even neighbourhood to organise a competition.

**How do you do it? How it all works**
Below there is a list of 7 different orienteering courses you can follow - starting with a short and fairly easy course (Pink) and getting progressively longer and more difficult (Green). There is also an Easy Access course which is suitable with those with walking difficulties or in a wheelchair. All courses are depicted on one map and defined by differing coloured circles. The map is a detailed orienteering map of the Clitheroe castle grounds. It is a larger scale and shows more detail than most other maps.

- You should first of all study the it carefully so that you understand what the symbols mean, often controls are located on these symbols so it’s important you recognize them
- Each course is represented by a series of numbers and coloured circles - these show the control points. Once you’ve chosen your course the challenge is to use the map - and a compass if you want, to find your way to the control point with that number and colour in the correct order
- The start point is shown with a triangle (△) and finish is shown with two concentric circles (⊙), these are next to each other on the map
- When you spot the control point - and some of them are quite well-hidden! - you simply write down the letter/s engraved on the point in a grid on the side of the map or tick off proof that you really did find the post.
- The control markers look like this: 
- If you’re doing the course competitively you should time how long it takes you to navigate your way

**PLEASE BE CAREFUL WHEN ORIENTEERING IN THE PARK. SOME CONTROLS ARE ON UNEVEN AND UNLEVEL GROUND. PLEASE USE CAUTION, ESPECIALLY WHEN CONDITIONS ARE WET**

Now get Orienteering!
If you have enjoyed the experience of orienteering at Castle Park and would like to do more within the area, contact Ribble Valley Borough Council Sports Development Officer on 01200 414435.

There are two local clubs who run orienteering competitions, for both beginners & experienced orienteers, throughout the year, and always welcome newcomers.

**Pendle Forest Orienteers**
Covering the Blackburn/Burnley area
Contact: Kath Wallis kath.wallis@btinternet.com

**South Ribble Orienteering Club**
Covering the Chorley/Preston/Blackpool/Lancaster
Contact: Karen Nash on 01772 721573

Notes