What Is Orienteering?
Orienteering is an international adventure sport. Often called “the thinking sport,” orienteering challenges your map reading ability, decision making skills, and endurance. Meets are held all over the world and even right here in Colorado.

The sport of orienteering is a timed event. You move in a specific order between control points using a map as your guide. The map has a legend showing the signs and symbols of the terrain, objects, and trails you may encounter. Your map also has a control point list with a clue sheet providing hints about the location of the points, like a treasure hunt.

Step 1: Orient Your Map
Before you start, figure out where you are on the map. See if you can locate the Visitor’s Center and which direction you are facing. You need to be facing north. The triangle is the start.

Step 2: Make a Plan
Look at the location of the first control point. Control points are at the center of the circles on the map and are numbered in the order you need to go to them. On the map, read the clue for the first point on the clue sheet. Look at the terrain and decide which way would be the best way to go. Going in a straight line to the control point isn’t always the fastest way. Orienteers call features like trails, edges of fields, and fence lines, handrails. Handrails help lead you to your next target.

Step 3: Go For It
As you are moving, you will pass many collecting features. These are features on your map that help you know you are on track. It might be a stream on the left, a boulder on the right, or a trail that intersects the one you are on. Look for the attack point. That’s an unmistakable feature on your map near the control point. When you reach it, you know you are close.

Step 4: Write It Down
At your first control point you’ll find a post. The post will have a two-digit number and a letter on it. In orienteering the post numbers are always double-digit numbers, so for example, control point #1 might be post #11, etc. Find the letter on the post and write it in the box corresponding to the control point number. Repeat the steps until you’ve reached all the control points. Have fun and enjoy your introduction to orienteering — the thinking sport.

For more information about orienteering or to get involved in meets visit the Rocky Mountain Orienteering Club’s website at: www.RMOC.org

This course was designed and installed as an Eagle Scout project by Clay Cozart in cooperation with the Rocky Mountain Orienteering Club and Bear Creek Lake Park.
Bear Creek Lake Park

Contour
Index Contour
Form line
Slope line
Earth bank
Small earth wall
Small erosion gully
Small knoll
Elongated knoll
Small depression
Pit
Broken ground
Passable rock face
Boulder
Stony ground
Lake
Crossable watercourse
Crossable small watercourse
Minor water channel
Narrow marsh
Marsh
Special water feature
Building
Small building
Paved area
Cairn
Special man-made feature
Magnetic north line
Footbridge
Power line
Major power line
Fence

Open land
Open land with scattered trees
Rough open land
Rough open land with sc. trees
Forest: slow running
Undergrowth: slow running
Forest: difficult to run
Undergrowth: difficult to run
Vegetation: very diffic. to run
Special vegetation feature
Special vegetation feature
Major road
Minor road
Road
Vehicle track
Footpath
Small footpath
Less distinct small path

BCLP Permanent Course

Perm 1.9 km

Start: path
1 11 Path junction
2 12 Path crossing
3 13 Path junction
4 14 Special item
5 15 Path junction
6 16 Ditch and path crossing
7 17 NW side of special item
8 18 Path junction
9 19 Boulder, 0.5m high
10 20 End of ditch
Navigate 50 m to finish

scale 1:5000  contour interval 3 meters

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