

## Orienteering

**Visitors who enjoy a more active way of exploring the Inclosure may like to have a go at orienteering. It involves map reading to locate control points throughout the park. There are six courses ranging from a very easy 1.7km on the main tracks to a very technical 6.1km that will test even the best orienteers, the range of courses will suit different levels of ability.**

It can be used as an individual exercise to take you around different parts of Hogmoor or as a group activity with a timed course to bring in a friendly element of competition with the opportunity to then discuss your route with others, perhaps in the cafe afterwards over a coffee or back at home! Maps on waterproof paper can be purchased from the Cafe for £1.00.

For further information about these permanent courses and other local events see the Hogmoor website (link needed here)

### Digital orienteering

There is also a handy digital alternative and you just need a smartphone or tablet to have a go on any of the 6 courses at Hogmoor. Simply [download the free MapRun app](#) and complete any course at your leisure. For the more advanced adventurer you can also run with a Garmin Watch running MapRunG, or any GPS Watch using the "Any Track" feature.

### MapRun6 or 7:

- Start the App
- Enter your **Name** - to be used with your results
- Tap **Select Event** and browse to the event you are looking for.  
The Hogmoor events can be found under "UK/Others/AOA/Hogmoor"

- . The map can either be viewed on your electronic device or you can purchase a paper copy if that is preferred. These will be available in the Hogmoor Café for a small donation.
- Alternatively, tap **Events Near Me** to display a list of events near your current location
- Tap **Goto Start** to see the map and course
  - For some events the organiser may have locked the event, you may need to enter the 4-digit PIN but not required for Hogmoor.
- **Run or walk through the Start** to trigger the course timer and you will see the clock start to run on your device. All the Hogmoor courses are line events where you have to visit the controls in numeric order. A score course is due to be added where you will have 45 mins to get as many of the controls as possible in that time, each control is worth 10 points, and you lose 10 pts for every minute/or part of a minute over the 45 mins time limit.



- Navigate to the various checkpoints ... with the rules depending upon the type of event eg a traditional "line course" or a "score" course.
- Remember that you need to pass through the **Finish** to stop the timer.
  - At the finish, MapRun6 or 7 will automatically **upload your results**, or you can

do it yourself. You can also send your results to Strava.

- Finally, you can compare your **results** with others on the same course, and view the route you took.
- See the Results page for more information on the results and tracking service.

Rank	Time	Split	Points
44	09:26:34	00:44	40
43	09:26:59	00:25	40
39	09:28:09	01:10	30
50	09:28:35	00:26	50
45	09:29:21	00:46	40
46	09:30:15	00:54	40
42	09:30:57	00:42	40
51	09:31:26	00:29	50
58	09:31:52	00:26	50
35	09:32:21	00:29	30
F1	09:32:34	00:13	--
Penalty			0
<b>Total</b>		<b>27:06</b>	<b>1530</b>

All the courses at Hogmoor have a small QR code label to denote the physical location of the checkpoints, (See example below), also note the plate shows the control code (123 in the photo), plus 4 other codes in each corner, these can be used when groups don't have smartphones and indivs are told to write down one of those codes, say bottom left for all controls. That gives proof of a visit.

The QR code when scanned takes the user to the GO orienteering page at <http://www.orienteering.org.uk>



The MapRun app will send you a notification (bleep on your device and a msg will also pop up with the control number) when you are within 20 meters of each correct location