



Pendle Forest Orienteers

The permanent orienteering course (POC) at Roddlesworth has been set up with the support and assistance of United Utilities who own the woods surrounding the reservoirs.

PFO are keen to welcome new members of any age or experience. We serve the Blackburn / Burnley / Pendle / Rossendale area of Lancashire and meet regularly for events, training and social events.

Most members take part in competitive orienteering events both locally (organised by PFO) and in other areas. Details of local events can be found on www.pfo.org.uk and other club events on www.britishorienteering.org.uk

There are other POCs in the region: Gawthorpe Hall in Padiham, Gisburn Forest, Peel Park in Accrington, Wycoller Country Park near Trawden, Marl Pits Sports Centre in Rawtenstall and Witton Park in Blackburn. For information, e-mail: poc@pfo.org.uk

Orienteering at Roddlesworth:

The POC is to the west of Tockholes village where there is a large carpark adjacent to the visitor centre and pub. The area is mainly mature woodland surrounding the reservoir and feeder river with some small areas of new planting and rough heathland. There is a good path network throughout the area. The POC will give you a chance to try a non-competitive or leisure form of orienteering using your map reading skills to navigate round a course of permanent markers or "controls". After rain parts of the area will be boggy or have slippery stones. Suitable footwear should be worn. Take care.

There are 26 controls throughout the woods. The courses below visit some, but not all, of them. The following maps available to download.

Difficulty:	Length & Climb:	Controls - number and difficulty
Very Easy	1.85k 60m	5. Easily visible from paths & line features.
Easy	2.1k 70m	8. Off paths and not directly visible.
Medium	3.4k 70m	8. More difficult controls and terrain.
Difficult	4k 90m	10. Mix of all types of difficulty and terrain.

The Maps:

Before starting, study and understand your course map:

1. Map scale is 1:10,000. Thus, 1cm on the map is equivalent to 100m on the ground. The contour interval is 5m.
2. Interpretation: Using the key to "map symbols", determine the meaning of each symbol.
3. Orientation: Align paths or other line features on the map to the feature on the ground. Or, if you have a compass, align magnetic north (blue vertical lines) to the north needle of your compass.
4. Position: Follow your progress on the map. Know where you are at all times!
5. Out of bounds: Do not trespass into surrounding areas or those marked with purple cross-hatching.
6. The Start (purple triangle) & Finish (double circle) are marked close together on the map near the main access points to the woods opposite the pub / car-park.
7. Control positions on the map are marked by numbered purple circles centred on the feature.
8. The control list is shown to the bottom left of the map.
Control descriptions tell you what feature you are looking for e.g. Path junction, Marsh, etc Control letters are on the top left of the red/white marker on each control post. This confirms that you have successfully navigated to the correct location.
The three letters at the bottom of the marker are for use in competitive orienteering.

Take care! Have fun!