

## 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 Pendle / Burnley / Blackburn / 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 our website [www.pfo.org.uk](http://www.pfo.org.uk) and other club events on

[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

PFO has a small number of permanent orienteering courses (POCs) in the region and maps and instructions can be downloaded from our website. There are numerous POCs round the country, details of which can be found at [www.goorienteering.org.uk](http://www.goorienteering.org.uk)

### Orienteering at Roddlesworth:

The POC is to the west of Tockholes village where there is a large car park adjacent to the Ramblers cafe 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. Below is a list of maps available to download. The first five maps have suggested courses of varying difficulty for you to try. The fifth map shows all the controls. You can either use it to make up your own course or you can try it as a "score" course where you visit as many controls as you can in a set amount of time, ie one hour.

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	4.3k 115m	11 Mix of all types of difficulty and terrain
Long difficult	5.7k 125m	15 Mix of all types of difficulty and terrain
All controls	As you make it	

## The Maps:

Before starting study and understand your course map:

1. Map scale is 1:10,000. Thus, 1 cm on the map is equivalent to 100m on the ground. The contour interval is 5cm.
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 features 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) and finish (purple double circle) are marked close together on the map near the main access points to the woods opposite the car park / pub.
7. Control positions on the map are marked by numbered purple circles centered on the feature
8. Control descriptions tell you what feature you are looking for e.g. Bridge, wall 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
9. The purple lines connecting the controls on the course maps guide your eye from one control to the next. You can sometimes follow them but more often you will need to find your own route round the obstacles on the ground. The skill is in finding the best route for you to go from one control to the next.

Take care ! Have fun !