



# Permanent Orienteering Courses in Dorset

Wimborne Orienteers and Wessex Orienteers have, in conjunction with the relevant authorities, established several permanent orienteering courses across Dorset. There are two types of courses available, Forest and Park Land.

## What is Orienteering

Orienteering is a physical and mental challenge with the ultimate aim being to navigate between fixed control points marked on a unique orienteering map in the quickest time by deciding the best route for you.

Remember, the quickest route may not always be the shortest!

You can walk, jog or run - its your choice.

As you visit each control point you record your progress on a score card noting down the unique reference numbers on the control posts.

**The main thing about orienteering is it is an outdoor fun activity suitable for all ages.**

## Forest Courses:

- Moors Valley Country Park, Horton Road, Ashley Heath near Ringwood, BH24 2ET  
An information pack and map can be purchased from the visitor centre.
- Studland National Trust, Studland near Swanage BH19 3AQ  
Maps can be purchased from the visitor centre.
- Brownsea Island National Trust, Poole Harbour BH13 7EE  
Maps can be purchased from the visitor centre.
- Stonebarrow National Trust, Stonebarrow Lane, Charmouth DT6 4RA  
Maps and information for this course can be downloaded at  
[www.wimborne-orienteers.org.uk](http://www.wimborne-orienteers.org.uk)

Follow the QR code for a direct link.



## Park Land Courses:

- Upton Country Park, Upton, Poole
- Poole Park, Poole
- Littledown Centre, Bournemouth
- Kings Park, Bournemouth
- Slades Farm, Winton, Bournemouth
- Broadstone Recreation Ground, Poole
- Holton Lee, Holton Heath
- Boscombe Sea Front and Chine, Boscombe

The maps and information for all of these park land courses can be downloaded from Wessex Orienteering Clubs website -

[www.wessex-oc.org](http://www.wessex-oc.org)

Follow the QR code for a direct link.

