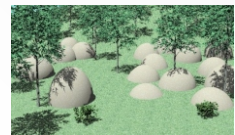




Orienteering Training Exercises: The Map



An orienteering map shows an area of forest in great detail, and enables orienteers to navigate precisely on the run.

Work through these exercises to become familiar with the symbols and conventions used on orienteering maps to depict features on the ground. When you have finished, you will understand the most important elements of orienteering maps and will be ready to try the real thing!

When you are ready to go further, there is much more to learn!