

During the months of February, March, April and May the woodland slopes will be covered in our Native Bluebells either pushing their way up, in flower or receding its growth back into the bulb. They are very susceptible to permanent damage from trampling. Please help us to protect this beautiful native woodland plant by bearing this in mind and keeping to the main paths if you are using the course during these months.

Orienteering means maps, wooded areas and adventure. You can run, jog or walk your chosen route to the control or wooden posts that you are looking for. If you like excitement, fresh air and exploring the countryside then orienteering could be the sport for you. There is no better way to find out about orienteering than to have a go at this fairly easy permanent course at Rivacre Valley Country Park and Local Nature Reserve. You don't need anything special to start with but you should wear sensible outdoor clothes and a good pair of walking or training shoes. You'll also need a pencil for noting down the symbol at each post and then it's off to the next control at your own pace. A compass can be useful but is not essential. Orienteering is a sport where with participants navigate their way between features marked on the special coloured map as within this leaflet. You will notice that we have added some clues to the approximate area or terrain that the control is in. You will know you are at the correct control point as each post has a coloured box shape half triangle white and the other half red with both the number and symbol showing which you will need to enter into the blank box overleaf. You will see on the map that control number one is quite close to the Rangers office/main car park which is depicted by a triangle and the last post (No.16) almost brings you back towards this general direction depicted by a square.

If you are interested in competing in this type of adventure sport and would like further advice or training or other courses contact Deeside Orienteering club. Orienteering is a sport for family and newcomers often tackle the course in pairs in small groups.

15

There are 16 permanent control points in total with 1-8 being slightly easier to locate and 9-16 a touch more difficult. You will be getting out into lovely countryside –often to places you wouldn't otherwise visit and is an easy painless way of staying fit or getting in shape if you're not.

Orienteering maps are drawn to a large scale most commonly 1:15000 (1cm=150m on the ground). The maps are drawn using magnetic north and are printed in up to 5 standard colours with the features being depicted in the legend.

Black – is used for most man made features and rock features such as cliffs, crags and boulders.

Brown – is used to show landform, including contour lines, gullies, pits and knolls (small hills).

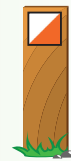
Blue – is used for water features such as lakes, ponds and streams.

Green – is used to depict the density of woodland and the extent to which it impedes progress. Open runnable woodland is left white; progressive darker shades of green mean increasing density ranging from 'slow run' through 'difficult' (or walk) to 'impenetrable' (or fight your way through).

Yellow – is used for un-wooded areas, a solid yellow for grassy spaces such as playing fields, a paler yellow for rougher terrain (rough open) such as tussock or heather.

Combinations of yellow and green show other types of terrain and are explained in the legend.

Please note that crossing of Rivacre Road is only recommended at three points, two at the valley bottom and one off the car park entrance. And you won't need to cross any other roads for this course or any if you are only completing the first half of the course (1-8). Please bear in mind other users of the Country park including cyclist on the Greenway.



How to find us

For all passenger travel and timetable information please contact:

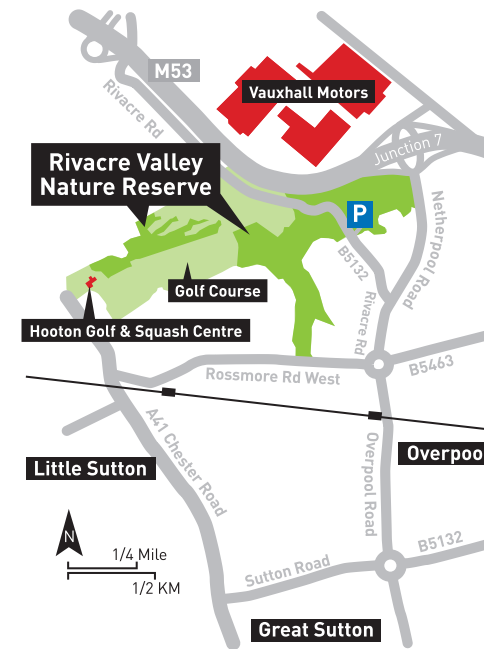


traveline
public transport info

www.traveline.info

0871 200 22 33

Calls cost 10p per minute plus network extras



Rivacre Valley is owned and managed by Cheshire West and Chester Council's Green Spaces Team.

The Rangers are based in the Rangers office next to the car park at Rivacre Valley LNR, Rivacre Road, Ellesmere Port. They can be contacted by phone on **0300 123 7026** or email: enquiries@cheshirewestandchester.gov.uk

The site is open every day of the year. The car park is locked at 5pm but limited, alternative parking is available just outside the main car park.

Please help us to maintain the natural beauty of Rivacre Valley by treating the site with respect.

Please do not pick wildflowers, always take your litter home and clean up after your dog.

The Green Spaces Team also manage other sites within Ellesmere Port and Neston and throughout Cheshire.

More information and a list of forthcoming events and activities can be found on the website: www.cheshirewestandchester.gov.uk

Cheshire West & Chester Council

Rivacre Valley



Cheshire West
and Chester



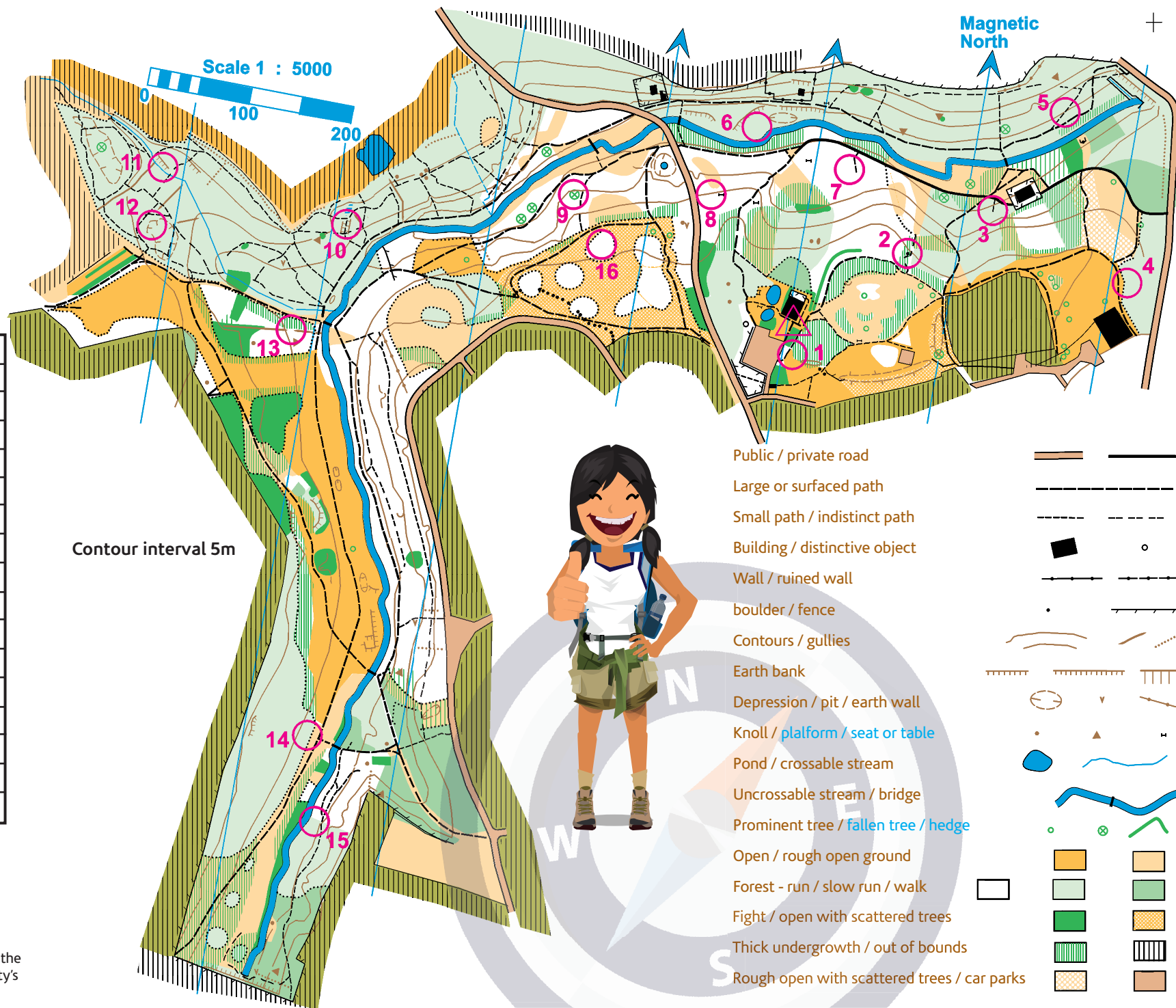
Permanent Orienteering Course 2015

Course designed and installed by the Ranger Service of Cheshire West and Chester Council

No	Symbol	Description
1		Pine stand
2		Boulder
3		Path end
4		Stunted oak thicket
5		Small path
6		Between brook and bank
7		Visible from steps
8		Visible from seat
9		Fallen oak
10		Path between banks
11		Stream edge
12		Side of hollow
13		Between the gullies
14		Visible from path junction
15		Visible from path
16		Middle of copse

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Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. The aim is to navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the course.

Top Tips for Beginners

Below are five basic skills that you need to practice to help you progress with orienteering.

- 1. Fold your map** - Always make sure that you fold your map so that you can easily see the part of the map where you are.
- 2. Orienteate your map** - Always make sure that your map is the correct way round or orientated. This means that the features which are in front of you on the ground are in front of you on the map. You can also orientate your map using a compass by making sure that the north lines on the map point the same way as the north or red end of the compass needle. Each time you change direction you should change your grip on the map so that the map is still orientated to north.
- 3. Thumb your Map** - To help you know where you are on the map it helps if you mark your position on the map with your thumb. As you move along the ground you should move your thumb to your new position on the map. It is usual to move your thumb to the new position at a 'check point' such as a path junction or some other obvious feature where you will stop or slow down and check where you are.
- 4.** Only cross the road when safe to do so and never cross the brook other than on the six bridges in place and watch out for uneven terrain whilst looking for the controls and take part with good natural light.
- 5. Have fun and enjoy yourself** - This is the most important skill to remember. Orienteering should always be fun and enjoyable!