

Welcome to the Jeskyns Community Woodland Permanent Orienteering Course.

Orienteering is the sport of competitive navigation, across country on foot. Using a specially drawn map and a compass, orienteers try to find their way as quickly as they can between control points. Because the skill is in finding the best route, it is a sport which is enjoyed by all ages.

These permanent orienteering courses, marked by fixed posts in the ground, offer you the chance to try out our sport in a fun way without any competition. They are also a fun way of exploring the area and offer many new experiences and views of the woods.

The fixed posts are identified by a letter which helps to confirm where you are on the map and, in addition, we give you a printed description of the ground feature where the post is sited. Each post also has a red/white plaque with a unique code to identify it.

We offer you three suggested courses which all start and finish at the cafe and marked by a **RED TRIANGLE** on the map.

Course 1: (Short, 1.6km); Start, A, B, C, D, Finish.

Course 2: (Medium, 2.8km); Start, D, G, F, C, B, A, Finish.

Course 3 (Long, 6.1km); Start. A, B, C F, G, D, E, K, M, L, N, H, Finish

The short course is recommended for beginners and when you wish to progress in distance and difficulty move on to the medium and long courses. A Score Course is also included containing all of the controls if you prefer to devise your own course or want to visit all of the controls. We hope that you enjoy your visit to the Jeskyns Community Woodland and its permanent orienteering course. If you would like to try other courses or get further information on orienteering then go to the DFOK website.





NEW - MapRun App

Start

You can also use your mobile phone with the MapRun App to

register your visit to each control. Download the App, register and then find the event. Click on the event and you have access to a map showing all the controls. This map may not be up date so you should use a hard copy of the map and the control descriptions when you run. There is an option on the App for you to see where you are at

all times if you wish to do so.

The Start and Finish are at the café .

When you have finished your run, upload your data to see how you have compared with others!

Our suggested courses are in the MapRun App folder UK/Kent/DFOK Courses with Marker Posts see DFOK website/Jeskyns Community Woodland Click here for guidance on the use of the MapRun App: https://www.dfok.co.uk/info/virtual-orienteering-courses

Please check here for any updates to posts before using the App.

Find Your Way to Orienteering



PERMANENT ORIENTEERING COURSE

JESKYNS COMMUNITY WOODLAND



Permanent orienteering courses (POCs) are set up primarily for individuals and small groups only.

If you would like to use the map for larger group activities then you will need the permission of the land owner - in this case, Forestry England. In addition, it would be courteous to notify DFOK just in case the club also has an activity on the same day. Large groups, such as schools and youth groups, may obtain maps in bulk from DFOK if they wish to hold a large orienteering activity in the woods.

Please see the POC pages on the DFOK website for contact information. DFOK also offers help to schools in setting up orienteering within their school grounds.

The support and co-operation of the Forestry England Ranger is much appreciated. Further information is available by going to the website: <u>https://www.forestryengland.uk/jeskyns</u>

Please TAKE CARE, particularly after wet weather when the ground may be slippery, and leave no litter.

www.dfok.co.uk information@dfok.co.uk Map updated Oct 2020















