
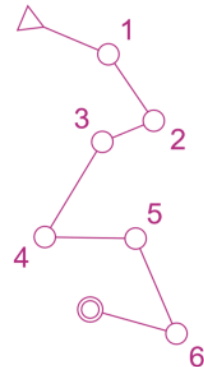


High Meadow Dover



<p>Location/Parking Noahs Ark Road Dover, postcode CT17 0NL. Entrance is up concrete steps opposite Anselm road. Parking on the road. W3W/// puzzle.stow.foal</p>	<p>Permanent Orienteering Course The course is represented by a Start a Finish and a number of checkpoints or controls. At each control you will find a permanent marker attached to a post. Visit as many of the checkpoints as you can in any order.</p>	<p>△ Start ○ Controls ◎ Finish</p> <p> permanent marker</p>						
<p>Facilities None</p>	<p>Find Your Way / Virtual Orienteering Courses</p>							
<p>Start/Finish location On the concrete steps at the Noahs Ark entrance. <u>Note</u>: as the start/finish is near the middle of the area , once you have started, be careful not to approach (within 20m) the entrance to avoid registering a "finish" before you are ready.</p>	<p>No physical controls - your position is recorded by your smartphone's GPS using an app called MapRun6. Download for free onto your Android or iOS device. Simple registration (name etc). Select 'Events near me' or press 'Select Event' and navigate to: - UK > Find Your Way > FYW Kent > High Meadow. There are 3 linear courses to choose from and a 60 min score course.</p>							
<p>About the Map Scale is 1:4,000 so is larger than Ordinance Survey. (1cm on map represents 40m on the ground). Map also shows more detail – fences, knolls, depressions, distinctive trees, and uses different colours to aid navigation – yellow is open land, white is runnable woodland, light through to dark green represents woodland that is increasingly difficult to pass through.</p>	<table border="1"> <tr> <td data-bbox="1088 671 1559 719">A - Short / easy</td> <td data-bbox="1559 671 2092 719">0.9km, 6 controls</td> </tr> <tr> <td data-bbox="1088 719 1559 759">B - Medium</td> <td data-bbox="1559 719 2092 759">1.8km, 13 controls</td> </tr> <tr> <td data-bbox="1088 759 1559 799">C - Long / more challenging</td> <td data-bbox="1559 759 2092 799">2.9km, 19 controls</td> </tr> </table>		A - Short / easy	0.9km, 6 controls	B - Medium	1.8km, 13 controls	C - Long / more challenging	2.9km, 19 controls
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C - Long / more challenging	2.9km, 19 controls							
<p>Safety The Park is bounded and intersected by fencing and presents few hazards. You will need to use gates as you move through the park - please leave the gates as you have found them. Specifically watch out for: - trip hazards, steep slopes and uneven ground - stinging nettles, brambles and wild parsnip (contact with sap can cause rash/blisters) - the area is sometimes grazed with Konik horses (there will be notices on gates with details) - other park users and dogs</p>	<p>See "How To" pages for help and phone setup at https://www.findyourwayvo.org.uk/how (see QR code) You can use the map on your phone, but it is easier to use a paper map Print the maps overleaf.</p>							
<p>Links to other activities If you enjoyed the Permanent Course or the Find Your Way activity, there are many others to try in Kent - goto https://www.findyourwayvo.org.uk/southeast/maps. For details of orienteering events in Kent visit www.saxons-oc.org Watch out for courses on Whinless Down appearing shortly</p>	<p>Once the course is selected, click 'Go to Start' and head to the red triangle. The triangle will go green and your phone will bleep to register you have started.</p> <p>For the <u>linear</u> courses, make your way to Checkpoint 1 (the virtual control) and each of the other controls <u>in number order</u>. The circle will go green and your phone will bleep each time you successfully find the control. Once you have visited all controls, head to the finish, (the double circle) for your final bleep.</p> <p>For the <u>Score</u> course, you can do as many controls as you like and in any order before heading to the finish control.</p> <p>Note: the Start and Finish are in the same place, so the triangle and double circle are on top of one another.</p> 							
<p>Results Click on "Show Results" on the app and you can see how you did! Can you complete the course faster or try a longer, more difficult course?</p>								