

Camp Friedlander Orienteering Course

Scout instructions

Orienteering is a sport using a map and compass to find orange and white markers along a course. The map is your main tool - it has a vast amount of information that can help you find the best route between markers. The compass is used to orient the map, and sometimes to guide you along a bearing. Smart orienteers often do not follow direct bearings between markers. They will use the map to find the easiest and fastest path – often mostly along a road or trail. Each marker will be found at the center of a numbered red circle on the map.

- 1) First, find the two red 12" concrete squares set in the field south of the Trailblazer Shelter and Eagle's Nest. They are shown as small x's on your map. The centers of the two squares are 100 feet apart.
- 2) To help you measure distance along the course, pace between these markers at least 3 times at a natural stride, stepping off on with your left foot and counting each time that your right foot touches the ground (a "pace" is 2 steps). Calculate the length of your average pace with the help of the table below:

Paces in 100 ft:	15	16	17	18	19	20	21	22	23	24	25
Feet / pace:	6.66	6.25	5.88	5.55	5.26	5.0	4.76	4.55	4.35	4.17	4.0
3) Using the meight of the here:	e center		-						•		

4) Go to marker 1 (just northwest of the flagpoles, next to the Eagle's Nest). Markers are triangular, orange and white, and mounted on green poles. Inside each marker is a letter. Using your map and compass, find all of the markers. Remember that metal (like the marker) will affect your compass – step away to take a bearing. If you mostly use your map, you will find that the easiest route to travel between markers is often NOT along the direct compass bearing. The goal is to visit each marker, not to follow any specific path. You should not have to go through any campsites or staff areas. At each marker, look inside and write down the letter here:

Marker 1	Marker 8
Marker 2	Marker 9 (see # 5 below)
Marker 3	Marker 10
Marker 4	Marker 11
Marker 5	Marker 12
Marker 6	Marker 13
Marker 7	Marker 14

- 5) What is the distance between marker 9 and marker 11? _____ feet. (There are two ways to figure this out one uses the map only. Try to use both methods to check yourself.)
- 6) Bring this sheet to your leader to show that you have completed the course. Your leader will have the answers and a secret code to translate a message out of the marker letters.