

SAFETY NOTE

Anyone planning to take a group to use the Bishop Wood Permanent Orienteering Course is asked to contact the Forest Enterprise Office at Pickering (tel 01751 472771) to check that there is no major work or other event in progress.

Bishop Wood is a working forest so please observe all warning signs, avoid vehicles and do not go near any machinery. Please respect the Country Code.

BISHOP WOOD NORTH PERMANENT ORIENTEERING COURSE

Bishop Wood is 6km to the west of Selby. Park in Dutchman's Car Park (OS sheet 105 SE 561332). This is where the west-east road from Biggin Bridge (on the B1222 Sherburn to Cawood road) to Wistow passes through the Wood.

CONTROL DESCRIPTIONS

	Start/Finish	car park, NW corner (W post, N side)
A	marsh, W side	N vegetation change
B	path/ditch junction, W side	P path/ditch junction, NW side
D	bridge, N side	R path, E side
F	bridge, E side	U path, N side
G	path, SE side	V path/ditch junction, N side
H	path junction, NE side	W path, NW side
J	path/ditch junction, N side	X path junction, N side
K	path, N side	Y W path, S side
L	W bridge, N side	Z path junction, SW side
M	road/path junction SE side	

NOTES

The **markers** are attached to stakes except for the start/finish triangle which is attached to a post. The markers are 3"x3" squares of red plastic with the letter and a number engraved in white. The number can be recorded in the boxes overleaf.

The top of each stake is about 12" above ground level and stakes can at times become partly obscured by grass and other vegetation. Some markers are placed on features close to paths and some which are on paths are slightly set back to minimise damage from forest maintenance traffic. Please note that as the year progresses some paths can become overgrown with bracken, brambles and nettles. **Tutors are advised to visit prior to an exercise to ensure marker visibility and to check that access routes are sufficiently clear.**

The precise location of markers is specified in the control descriptions (the letters N E S W are used as abbreviations for North, East, South and West).

A compass is useful but not essential to undertake the exercises suggested overleaf. Without a compass, N E S W can be judged by aligning the map using features and by noting the direction of the magnetic north lines. However a

compass can be helpful to confirm that the path being followed goes in the right direction and to help if there is a need to relocate.

It is recommended that Course users keep to the forest roads, tracks and paths whenever possible. To confirm junctions it is helpful to use pacing as well as feature recognition.

SUGGESTED EXERCISES

For novices and younger participants it is recommended to limit exercises to a tutored map walk and short star exercises to features along paths, keeping the group together and in sight at all times. Loops of controls that could be walked as a group, starting say from X are :

V M H D
or Y L Z B M

For improvers, possible courses / competitive exercises are :

1. Start and finish at the car park, visit controls in the following sequence or its reverse :

- a) F V M H K N
- b) N D J B L F
- c) Y L Z M K G W
- d) X Z P U J H R A W

2. Use any start/finish location for a score exercise :

Competitors aim to maximise points score by visiting controls in any order and scoring one point for each control visited. Suggested time allowed 40 minutes for runners, 60 minutes for walkers.

Penalty : 1 point deducted for each minute late.

A	B	D	F	G	H	J	K	L	M
N	P	R	U	V	W	X	Y	Z	

Start ___ ___ ___ Finish ___ ___ ___ Taken ___ ___ ___

**YOU USE THIS PERMANENT ORIENTEERING COURSE
AT YOUR OWN RISK**

The local orienteering Club is Eborienteers. Visit www.eborienteers.org.uk for details of forthcoming events and for other Club information. The event structure at all events allows for beginners and improvers.