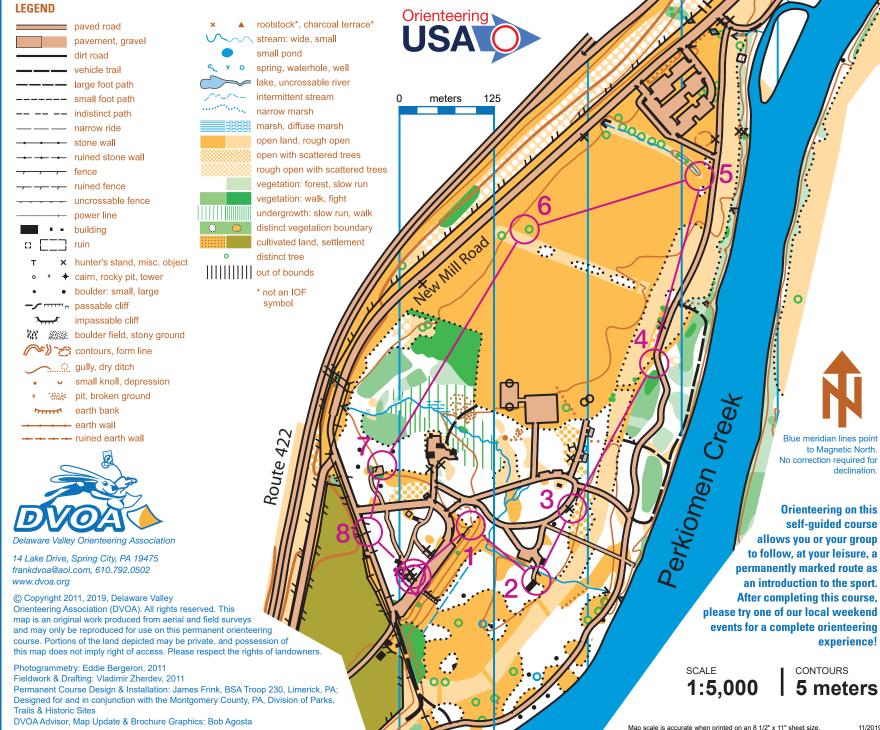
Oaks, Upper Providence Township, Montgomery County, Pennsylvania



Lower Perkiomen Valley

ORIENTEERING | PERMANENT COURSE

Lower Perkiomen Valley Park Permanent Orienteering Course Control Sheet								
Beginner Course			1.6 km distance (1.0 mile)				15 m climb (49 feet)	
Control # / Letter Code			Control Descriptions				Control Descriptions (Text)	
\triangleright	S/F		X				Information Kiosk	
1			BAR			/	Stone Border, North East End	
2						Ö	Building, North East Side	
3			X			0.	Man Made Object, East Side	
4			/	/	Y		Path Road Junction	
5			()			O	Depression, South East Edge	
6			4	දය		Ò	Distinct Tree, West Side	
7						٦.	Terrace, North East Corner	
8			~			<u> </u>	Fence, South West End	
85 m (279 feet) to Finish								

To check control letter codes, go to:

www.dvoa.org/learn/perm and select the course you have completed; or mail a copy of your noted course control sheet to: DVOA, 14 Lake Drive, Spring City, PA 19475.

Please include your phone, email, or mailing address for a reply.

After completing this course, please try one of our local weekend events for a complete orienteering experience!

			Start Time:
Name	Mailing Address	Email	Date Course Completed
	14 Lake I		2475

frankdvoa@aol.com

ORIENTEERING - What is it?

Orienteering is a sport of Scandinavian origin. The game's objective is to locate fairly easy-to-find markers in the woods with the aid of a map and, if you like, a compass. The challenge of orienteering results from participants' not knowing ahead of time the markers' locations. The test lies in determining the best routes between these locations and, in the sport's competitive form, in finding all these points (called controls) in the least possible time. At its best, not only does orienteering improve your knowledge of geography and practical navigation, it enhances physical and mental fitness as well.

Orienteering is a sport for people of all ages, abilities, and gender. Participants can travel alone or in groups, running or strolling, to win the contest or merely to savor nature's beauty, which, as any orienteer will attest, is winning itself. The sport provides excellent family fare.



INFORMATION

This 107-acre Montgomery County park offers splended views along the Perkiomen Creek and serves as a trail head for those seeking access to the Perkiomen Trail, the Schuylkill River Trail or the Audubon Loop. Its location is contiguous via the trail system to the John James Audubon Center at Mill Grove and Valley Forge National Historical Park.

For information about park activities, contact: Lower Perkiomen Valley Park, 101 New Mill Road, Oaks, PA 19456, 610.666.5371.

www.lowerperkiomenvalley@montcopa.org

For information about local orienteering events, other area permanent courses, and club membership in eastern Pennsylvania, southern New Jersey, and Delaware, or for copies of this and other orienteering maps, please contact:

Delaware Valley Orienteering Association (DVOA), 14 Lake Drive, Spring City, PA 19475, 610.792.0502, frankdvoa@aol.com, or visit our web site at www.dvoa.org.

For a complete orienteering experience, please try one of our local weekend events. You can find the schedule at www.dvoa.org. Membership entitles you to reduced map fees at all of our events.

Congratulations and thank you for participating!

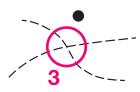
INSTRUCTIONS

- 1. Reference the course control sheet for course distance and total course climb. The course begins at the parking lot, indicated on the map with a triangle symbol. The course ends at the start location, indicated on the map with a double circle symbol.
- 2. Familiarize yourself with the map before you begin.

NOTE: Familiarization with the map relative to the fields, roads, and features shown is easier if you hold the map flat in front of you and rotate it until it is "oriented" to the terrain. Magnetic North lines will help if you have a compass, but you will find that the map is detailed enough that you may not need one on this course.

3. Set out to visit the controls in the sequence outlined on the map starting at the start triangle and proceeding towards control #1. Upon reaching each control, record, on the course control sheet provided, the letter code shown on the marker post placard (see illustrations to the right). You may also want to time yourself from start to finish.

As an example, consider an imaginary control #3, marked on the map as shown below:



Referring to the map legend, you note that the control location, the point at the center of the circle, seems to be crossing between two paths. To confirm the terrain feature on which the control is located, look at the description and feature symbols provided on the sample control sheet shown below.

	Permanent Orienteering Course Control Sheet								
	Short Course			2.2 km c (1.4 n	listanc niles)	е	27m climb (90 feet)		
Co	Control # / Letter Code		Control Descriptions				Control Descriptions (Text)		
\triangleright			-				Start Triangle Building (Park Office)		
1			/	/	Y		Road Junction		
2					1.7	Ċ	Boulder, 1.7m Height, North Side		
3			/	/	Y		Trail Junction		

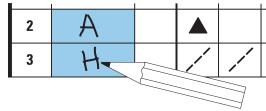
Suppose, after a fairly challenging and satisfying amount of navigation, you finally arrive at the vicinity of control #3. To your delight, you sight it precisely where it should be: at the foot path trail junction.



Take a closer look; you will notice the control number and letter code on the marker post placard.



By recording the letter codes in the appropriate box on the control sheet, you provide proof of your visit to the control for later verification.



That's it! You're off to your next control, and so on to the finish.



SAFETY & COURTESY NOTES

The course at Lower Perkiomen Valley Park can ordinarily be completed within 30-45 minutes. It is wise to take this into consideration, especially when setting off towards sunset. The park is only open between sunrise and sunset.

The park offers rentals of recreational areas and pavilions for organized group activities. While using the orienteering course, please be respectful of the people who have rented these facilities. If you have a group of 10 or more using the course, please contact the park office before beginning.

Some areas of the park may be hazardous. We told the Park Rangers we would remind you that you are responsible for you and your groups' safety.