

Kensington Metropark Spring Hill Picnic Area Orienteering Course Instructions

The course consists of six 8" x 8" cement board markers tied to trees or stakes at the locations indicated on the map. Each marker is labeled with its number (1 through 6) and has a square indicating the marker's rubbing area. Here is an example:



The object is for each team of scouts (2 scouts per team minimum, do not go alone!) is to find the first 5 markers in whatever order the leader decides. You prove you found the marker by putting your map over the marker's rubbing area and rubbing an outline of the embossed letter (indicated in the black square on the marker) on the back of your map using the flat edge of a pencil point or crayon.

The 6th marker is difficult to get to and is considered extra credit. The true woodsman is he that records the letter(s) from the sixth marker!

In order to accomplish the course you must know how to use a compass to **orient a map and determine a magnetic course between two points**, and you must be able to **follow a course across the ground using a compass**. You should also be able to **determine an approximate distance using footsteps**.

On the sidewalk leading to the rest rooms at the Spring Hill Picnic Area are two short orange marks 100 feet apart. Step these off several times to determine how many of your steps equals 100 feet. I always start walking with my right foot and count *every time my left foot hits the ground*. When I get to "19" I have gone about 100 feet. Look at the map's legend to see how far 100 feet is on the map. Keep in mind that as the day goes on it takes an extra step or two to go 100 feet because you get tired and your footsteps get shorter.

As a minimum bring a compass, map, water, and pencil. A whistle is also a good idea...just in case.

If a group has reserved the picnic area, please be respectful and quietly walk around to the back of the picnic area where the trail starts.