

# Know your sport: Permanent Orienteering Courses (POCs)



Planning a picnic or a trip to countryside this summer? Or wondering how to keep the children amused during the school holidays? Well here is just the thing which allows you to combine an outing with an extra opportunity to go orienteering. It can also be a useful way of showing your friends what it is you actually do when you go 'orienteering'. They may even be tempted to take up the sport themselves.

Most Permanent Orienteering Courses (or POCs) consist of posts with small orienteering symbol showing a number and a letter (an example is shown on the left). The maps can usually be purchased from local information centres, leisure centres or park wardens and show the location of all the posts. It is then up to you to select which posts to try and find. In many cases advice will be provided as to interesting combinations of controls to provide easy or harder courses.

## Where to find POCs:

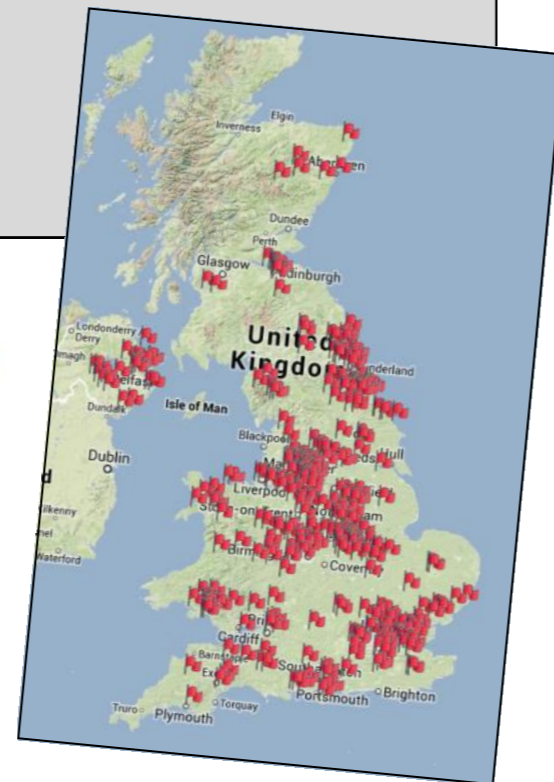
The easiest way is to look on the British Orienteering website. There is a searchable database of locations as well as an interactive map (as shown on the right). This can be found at:

[http://www.britishorienteering.org.uk/page/poc\\_map](http://www.britishorienteering.org.uk/page/poc_map)

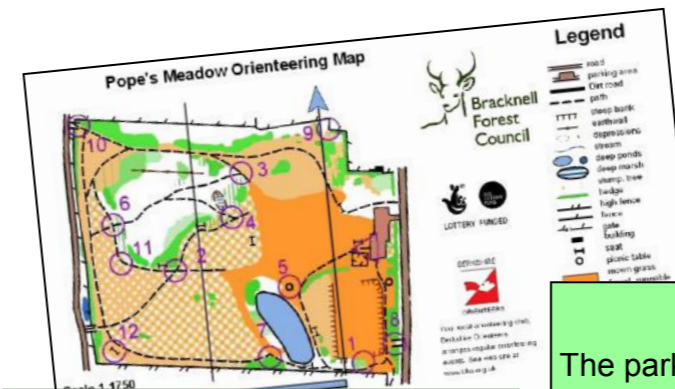


### Caution:

Although described as 'permanent', courses can change! This may be due to changes to local authorities funding or closure of local offices. It is always best to check details in advance from the web or, even better, by phoning the organisation involved (if only to check that they have still some maps available). Also, due to vandalism, some posts may be missing so don't spend too much time looking if you are convinced you are in the right place. But report the missing marker to the owners on your return.



## Local POCs



### Pope's Meadow

The Meadow is small and compact (about 14 acres) and consists of established parkland. Full colour maps can be downloaded free from the Bracknell Forest website. See link to 'Downloads' at: <http://www.bracknell-forest.gov.uk/orienteering>

### Black Park Country Park

The park has 530 acres of attractive woodland, grassland and heathland with a centre-piece lake. Maps from the Visitor Centre on the South side of Black Park lake, a short walk from the main car park. Information: see <http://www.buckscc.gov.uk/bcc/parks/orienteering.page>

### Langley Country Park

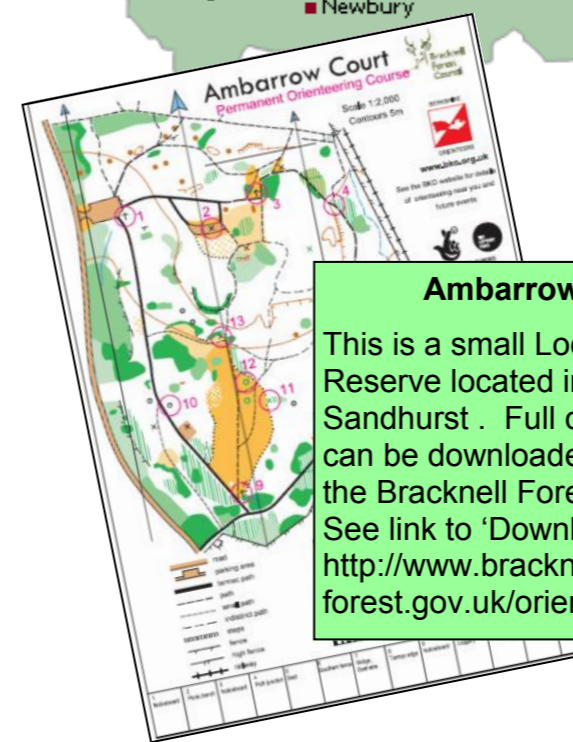
Maps can be obtained for £1.50 from the Visitor Centre at the Black Park Country Park just to the North of Langley Park. Information: see <http://www.buckscc.gov.uk/bcc/parks/orienteering.page>

### Dinton Pastures Country Park

A large area of just over 135 hectares (335 acres). It offers a variety of habitats including 7 lakes, 2 rivers, and meadows. Map packs £1 from the Dragonfly Café next to the main car park.

### Lily Hill Park

Lily Hill is a 23 hectare public open space, located to the north east of Bracknell. Full colour maps can be downloaded free from the Bracknell Forest website. See link to 'Downloads' at: <http://www.bracknell-forest.gov.uk/orienteering>



### Ambarrow Court

This is a small Local Nature Reserve located in Little Sandhurst. Full colour maps can be downloaded free from the Bracknell Forest website. See link to 'Downloads' at: <http://www.bracknell-forest.gov.uk/orienteering>

### Upper Star Posts

Used for international competitions, this part of Swinley Forest is Berkshire's top orienteering venue. The permanent course however provides a comprehensive range of courses for all abilities. Map Packs £1 from the Tourist Information located at "The Look Out".

