



# SWANSEA BAY ORIENTEERING CLUB

## Introduction to Orienteering Day Craig-y-Nos Country Park, Pen-y-cae Sat. 29 April 2017

<b>EVENT DETAILS</b>	
<b>Location:</b>	OS Grid Ref.: SN840155 (postcode SA1 9GL)
<b>Travel directions:</b>	The car park entrance is on the A4067. From Swansea, pass through Abercraf and Pen-y-cae, turn right about 200m after Craig y Nos castle. From the North, the country park entrance is on the left, about 500m after Dan-yr-Ogof National Showcaves.
<b>Terrain:</b>	Parkland – pleasant, mixed terrain, which was once the grounds of Craig-y-Nos Castle.
<b>Map:</b>	Scale:1:3000 with 5m contours (updated in 2017) Printed on waterproof paper.
<b>Registration / Information:</b>	10.00am to 3.00pm Information on Orienteering will be displayed in the meeting room (next to the café) adjoining the car park. Information and guidance on orienteering will be available for newcomers to the sport. A short course will be available to try, using pre-marked maps and electronic punching. Participants should wear outdoor shoes (as some paths may be wet or muddy) and dress suitably for the weather on the day. The aim of the course is to introduce you to orienteering rather than being a competitive race.
<b>Starts:</b>	10.30am to 2.30pm Course closes at 3.00pm
<b>Entry fees:</b>	<b>Free</b>
<b>Courses:</b>	One novice level course will be available which will combine a short and long option. Coaching on orienteering techniques will be available or you can just come and give it a go!
<b>Organiser:</b>	Roger Stein Tel. (01792)371450 rogerstein@sbec.org.uk
<b>Additional information:</b>	A risk assessment has been completed but it should be noted that participants take part at their own risk. All participants must report back to the registration point when they are finished (even if they do not complete the course).