Orienteering began in Scandinavia in the late 19th century as a military exercise!

I met a local orienteering club in the park, and saw that orienteers can be young or old, competitive or casual. Even some Girl Guides were participating, and I would surely be their role-model!

Margo is an experienced orienteer who was introduced to the sport by her teenage children!
I was a natural... at getting lost!

By the time my allergies kicked in...

...I was feeling a little worried.

Ahheoo!

So I was lucky to find a friendly passerby who offered a tissue and some helpful advice:

Hold the compass to the map...

“Match the north of the map to the north of the compass.”

“Fold the map into a handy piece.”

“Move your thumb to match your location as you run along.”

“Each control point is marked by a coloured flag...”

“Insert your electronic marker in each base station, which will record your time.”

“Navigate along linear features such as trails and fences, which make good guides.”

CONGRATULATIONS!
You found your way!

I rediscovered the great outdoors through the fun of orienteering!

You should try night orienteering!

Hmmmm, maybe I’ll go!

How lost could I get?