

HOME ORIENTEERING FOR VENTURERS

Maps & courses

Rules

- Maps are provided strictly for the purpose of self exercise and solo outdoor activities ONLY.
- Avoid contact with others. Stay at least 2m away.
- Wash hand immediately before and after.
- Go straight to and from the start/finish location by yourself or with someone who lives with you.
- Do not touch light poles, other control locations, or any other surfaces.
- EXERCISE SAFELY, STAY LOCAL, KEEP YOUR DISTANCE

MapLink

Current courses will be added to this site as following the Park & Street event fixture.

If there is no event locally, visit the DIY Library page.

Winter series events: all controls are on light poles

Summer series events (Wantirna South, Bennetswood, Wheelers Hill): controls may be on other features, but no physical markings.

<https://www.vicorienteing.asn.au/maplink/>

DIY Map Library

Orienteering Victoria's digital map library.

Hundreds of previous maps are available here (not only park and street events, but also previous sprint, bush, and MTBO events, as well as training sessions).

There are no controls in place, and no record of usage or scoring.

There are no maps of schools or private property.

<https://www.vicorienteing.asn.au/resources/diy-library/>

RunFree

Suburban Adventure Racing series adaptation; normal series aimed towards scouting groups.

Similar to DIY Library, but variety of course types, all in suburban areas, scoring available.

<http://runfree.orienteing.com.au>

Coaching

Intro to Orienteering

[Have Fun, Make Friends!](#)

[Melbourne City Race 2019](#)

[Orienteering - The adventure sport for all ages](#)

Thierry Guorgiou

[Article](#)

[Technique part 1](#)

[Technique part 2](#)

Bridget Uppill (SA coaching coordinator)

[Video 1](#) - home training activities

[Video 2](#) - training plans

[Video 3](#) - types of running training

[Video 5](#) - Running Wild program, and how to set own courses on 3D rerun

Evalin Brautigam (SA coaching scholar)

[Video 4](#) - home and local training activities

O-Ringen

****videos are in Swedish, English subtitles are available****

[How to use your compass](#)

[Route choices](#)

[Mountain bike orienteering](#)

[Contours](#)

[Tips on how to take controls better](#)

[Using the compass and an attack point](#)

[What are the different map symbols?](#)

[How to make a difficult leg 'easy'](#)

[Staying focused on the map](#)

Home activities

Games, puzzles, and other fun activities

<https://www.scottish-orienteering.org/resources/puzzles-and-challenges/>

<https://chrissmithard.com/lockdown-orienteering/>

Route Choice game

Improve speed and accuracy in improving sprint and snap decisions making.

Use a browser that can translate from Finnish (if you can't read Finnish).

www.routechoicegame.com/login

Virtual London City Race

On those cold wet days when you are stuck inside, give this a try – heaps of fun, and a great way to combine some virtual orienteering with an exploration of the City of London, via Google Street View and the actual London City Race map from 2017.

Deeside Orienteers are bringing you a series of Virtual Orienteering courses that you can complete on your own or as a family to help pass the time until we can get back to proper orienteering.

The links below take you to the course map, control description sheet and the instructions/questions sheet. You'll need all three to help you navigate, using your Google Street View skills and powers of observation!

[London City Race map](#)

[Control descriptions sheet](#)

[Instructions and question sheet](#)

[Start location](#) (Google Maps)

WorldofO Daily Routes

Check out some terrain and challenging route choices from around the world.

WorldofO.com