



Welcome to the Bostall Woods Permanent Orienteering Course.

Orienteering is the sport of competitive navigation, across country on foot. Using a specially drawn map and a compass, orienteers try to find their way as quickly as they can between control points. Because the skill is in finding the best route, it is a sport which is enjoyed by all ages.

These permanent orienteering courses, marked by fixed posts in the ground, offer you the chance to try out our sport in a fun way without any competition. They are also a fun way of exploring the area and offer many new experiences and views of the woods.

The fixed posts are identified by a letter which helps to confirm where you are on the map and, in addition, we give you a printed description of the ground feature where the post is sited.

We offer you three suggested courses which all start and finish at the car park and marked by a **RED TRIANGLE** on the map.

Course 1 (Short, 1.5km); Start, A, B, C, D, E, J, K, A, Finish.

Course 2 (Medium, 2.0km); Start, A, B, C, D, E, F, G, H, K, A, Finish.

Course 3 (Longer, 2.5km); Start, B, S, M, L, F, G, H, X, W, U, Finish

The short course is recommended for beginners and when you wish to progress in distance and difficulty move on to the medium and longer courses.

We hope that you have enjoyed your visit to Bostall Woods and its permanent orienteering course. If you would like to try other courses or get further information on orienteering then go to DFOK website.

Control Point Letter:	Location Description
A	Centre of trees
B	Path junction
C	Thicket, N side
D	Spur
E	Path bend
F	Path bend
G	Re-entrant
H	Path crossing
J	Path junction
K	Earth wall
L	Path junction
M	Fence bend
N	South of ditch
P	Path end
Q	Path crossing
R	Clearing, E side
S	Path junction
T	Spur
U	Path junction
V	Water source
W	Wall end
X	Path crossing

Please TAKE CARE, particularly after wet weather when the ground may be slippery, and leave no litter.

# PERMANENT ORIENTEERING COURSE

## BOSTALL WOODS Nr Abbey Wood



Permanent orienteering courses (POCs) are set up primarily for individuals and small groups only.

If you would like to use the map for larger group activities then you will need the permission of the land owner - in this, Greenwich Council. In addition, it would be courteous to notify DFOK just in case the klubb also has an activity on the same day.

Large groups, such as schools and youth groups, may obtain maps in bulk from DFOK if they wish to hold a large orienteering activity in the woods.

Please see the POC pages on the DFOK website for contact information. DFOK also offers help to schools in setting up orienteering within their school grounds.

The support and co-operation of Greenwich Council and the 'Friends' of Bostall Woods is much appreciated. Further information by going to the website: <http://www.greenwich.gov.uk>.

[www.dfok.co.uk](http://www.dfok.co.uk)  
[Information@dfok.co.uk](mailto:Information@dfok.co.uk)

# Bostall Woods & Heath

Permanent Orienteering Course 2014

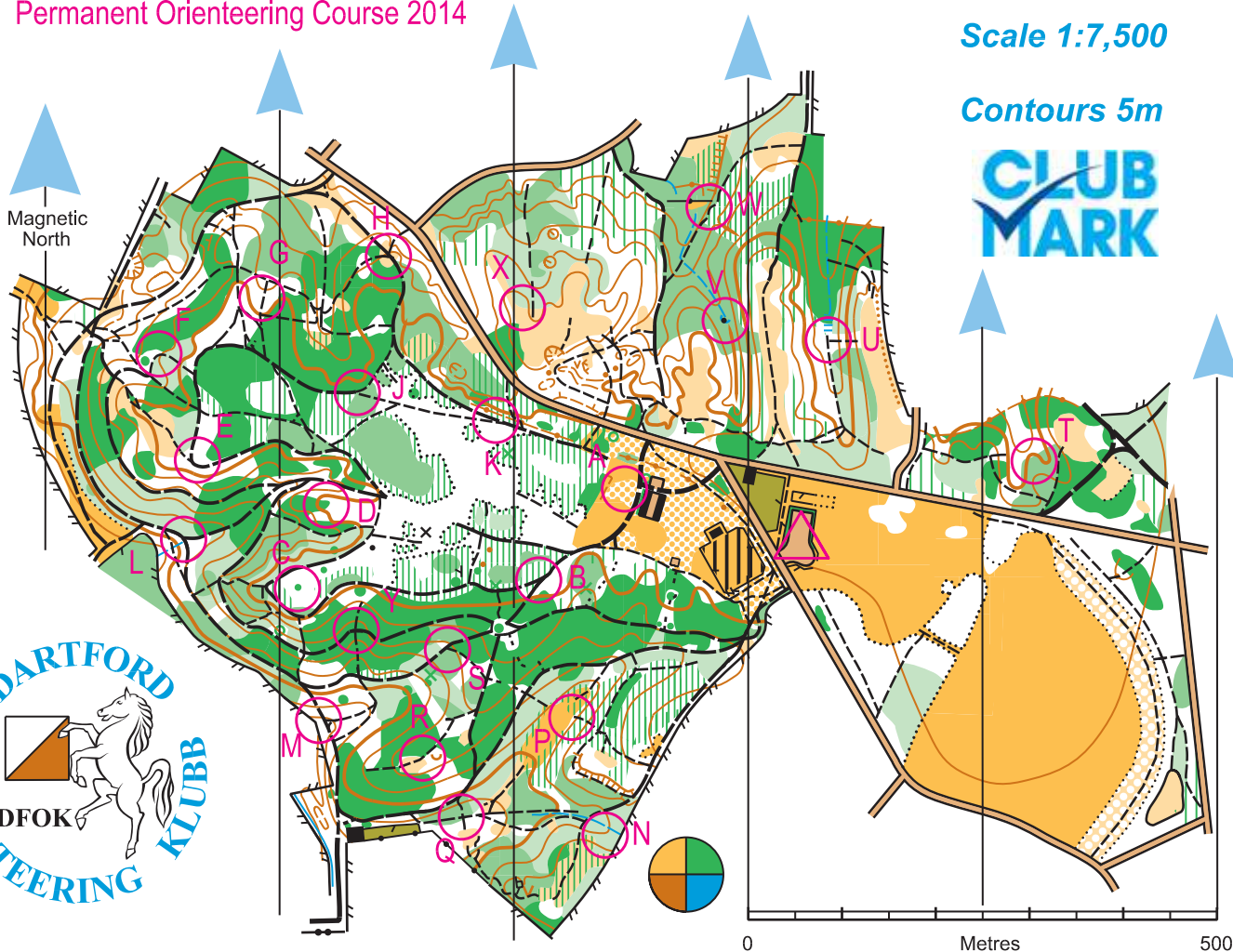
Scale 1:7,500

Contours 5m



Legend

- Road
- Dirt track
- Vehicle track
- Large path
- Small path
- Indistinct path
- High fence, Gate
- Fence
- Wall, Stone slab
- Distinct vegetation change
- Building, Parking area
- Contour, Index contour
- Form line, Earth bank
- Earth wall, Low earth wall
- Gully
- Knoll: Large, Small
- Depression: Large, Small
- Pit, Platform (non-IOF)
- Pond (uncrossable)
- Wet depression, Narrow marsh
- Stream, Ditch, Source
- Hedge, Rootstock, Distinct tree
- Open land
- Rough open land
- Forest: Run
- Forest: Slow run
- Forest: Walk
- Forest: Fight
- Undergrowth: Slow run
- Undergrowth: Walk
- Settlement
- Out of bounds



Based on the 1989 map by Phil Basford and The 1996 map by The MapWorks. Resurvey 2000. Last update 2009 (SB & PB). Minor update 2013 (PB) Copyright © Dartford Orienteering Klubb 2013  
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