



Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds.



Orienteering

MID WALES ORIENTEERING CLUB & POWYS SPORTS DEVELOPMENT

Invite **YOU** to a **Family Day** (come with an adult)

On **Tuesday 29th October 2019**(

At **Gregynog Hall Estate**, near Tregynon (off the B4389 from Newtown)

Registration and Download in the Courtyard.

Starts are between 10.30am and 12.30pm

Choice of Courses to suit all types (Young, Old, Fit or Unfit), **advice will be on hand** from experienced Club Members and Community Sports Officers. Try the Activities which includes an easy White Course. **N.B.** See website for more details - <https://www.mid-wales-orienteers.org.uk/events/powys-family-day-29th-oct-2019>

White Course – distance is 1.720km, 35m - tbc. Recommended for Year 3 & 4 pupils. As below with the Yellow, but with a control placed at every junction.

Yellow Course – distance is 1.980, 50m climb - tbc. Recommended for Year 5 & 6 pupils. Around paths (controls at path junctions etc), testing navigation, skill of turning (orientating) the map as you move around the paths and changing direction.

Orange Course – distance is 3.0k, 60m climb - tbc

Fees: Adults £2-00; Juniors £1-00; Families £3.00 (all includes Dibber hire). Parking fee is £2.50 per vehicle from the Pay & Display machine.

Clothing: Wear casual clothes/tracksuit + stout footwear or trainers.

Facilities: Courtyard Café will be open offering a range of food and drinks from 10.00am; toilets.

