

# Thank you for downloading the Oaks Park Permanent Orienteering Course

## What is orienteering?

Orienteering is where you use the map to find your own way between special posts. You are looking for wooden posts with a red and white triangle on them, a letter and a number. On the map you will see a list of numbers in the order you are to find the posts, and a description of what you are looking for when you get there e.g. 'path junction' tells you the post will be at the path junction on the map.

When you find the post, check that it is the one you are seeking by looking for the number on the post. Then write down the unique letter to record that you have found it.



## Want to see it in action?

You may like to watch a short video about permanent orienteering before you start. The posts we use are different to those in the video

<https://youtu.be/JRUvSWiDgc8>

## Is it for me, and when can I do it?

The permanent orienteering course you have downloaded is designed for beginners. You can walk, jog or run it, at a time that suits you when the park is open.

Please be mindful of other park users and stay within your capabilities. You orienteer at your own risk and Mole Valley Orienteering Club cannot be held responsible for any accidents or injuries, losses or damage, which may occur as a result of using the course.

When you're finished, tag us on facebook or send us an email to tell us about your experience.

## Latest update – July 2026

Our permanent courses are maintained by volunteers. Slightly updated course maps with some new posts installed in 2024. We are aware that Post 16 is missing. We are aiming to replace it in autumn 2026. Some of the others may be a little overgrown.

Please tell us about any new problems you come across when orienteering – send an email to [pocs@mvoc.org](mailto:pocs@mvoc.org).



## Brought to you by Mole Valley Orienteering Club

Mole Valley Orienteering Club is the orienteering club for South West London and Surrey. As well as permanent orienteering courses in a range of parks and open spaces across our area, we are a friendly club and we welcome new members of all ages and abilities. You don't need to be a member of any orienteering club to try an event. Please see our website for more information at [mvoc.org](http://mvoc.org).

We hope you enjoy orienteering.