Orienteering on this self-guided course allows you or your group to follow, at your leisure, a permanently marked route as an introduction to the sport. After completing this course, please try one of our local weekend events for a complete orienteering experience!
To check control letter codes, go to:
www.dvoa.org/learn/perm and select the course you have completed; or mail a copy of your noted course control sheet to:
DVOA, 14 Lake Drive, Spring City, PA 19475.
Please include your phone, email, or mailing address for a reply.

After completing this course, please try one of our local weekend events for a complete orienteering experience!
ORIENTEERING - What is it?
Orienteering is a sport of Scandinavian origin. The game’s objective is to locate fairly easy-to-find markers in the woods with the aid of a map and, if you like, a compass. The challenge of orienteering results from participants’ not knowing ahead of time the markers’ locations. The test lies in determining the best routes between these locations and, in the sport’s competitive form, in finding all these points (called controls) in the least possible time. At its best, not only does orienteering improve your knowledge of geography and practical navigation, it enhances physical and mental fitness as well.

Orienteering is a sport for people of all ages, abilities, and gender. Participants can travel alone or in groups, running or strolling, to win the contest or merely to savor nature’s beauty, which, as any orienteer will attest, is winning itself. The sport provides excellent family fare.

INSTRUCTIONS
1. Reference the course control sheet for course distance and total course climb. The course begins at the parking lot, indicated on the map with a triangle symbol. The course ends at the start location, indicated on the map with a double circle symbol.
2. Familiarize yourself with the map before you begin. NOTE: Familiarization with the map relative to the fields, roads, and features shown is easier if you hold the map flat in front of you and rotate it until it is “oriented” to the terrain. Magnetic North lines will help if you have a compass, but you will find that the map is detailed enough that you may not need one on this course.
3. Set out to visit the controls in the sequence outlined on the map starting at the start triangle and proceeding towards control #1. Upon reaching each control, record, on the course control sheet provided, the letter code shown on the marker post placard (see illustrations to the right). You may also want to time yourself from start to finish.

SAFETY & COURTESY NOTES
The course at Lower Perkiomen Valley Park can ordinarily be completed within 30-45 minutes. It is wise to take this into consideration, especially when setting off towards sunset. The park is only open between sunrise and sunset.

INFORMATION
This 107-acre Montgomery County park offers splendid views along the Perkiomen Creek and serves as a trail head for those seeking access to the Perkiomen Trail, the Schuylkill River Trail or the Audubon Loop. Its location is contiguous via the trail system to the John James Audubon Center at Mill Grove and Valley Forge National Historical Park.

For information about park activities, contact:
Lower Perkiomen Valley Park, 101 New Mill Road, Oaks, PA 19456, 610.666.5371 .
www.lowerperkiomenvalley@montcopa.org

For information about local orienteering events, other area permanent courses, and club membership in eastern Pennsylvania, southern New Jersey, and Delaware, or for copies of this and other orienteering maps, please contact:
Delaware Valley Orienteering Association (DVOA), 14 Lake Drive, Spring City, PA 19475, 610.792.0502, frankdvoa@aol.com, or visit our web site at www.dvoa.org.

For a complete orienteering experience, please try one of our local weekend events. You can find the schedule at www.dvoa.org. Membership entitles you to reduced map fees at all of our events.

Congratulations and thank you for participating!