

Tips for Successful Orienteering

- Plan ahead: figure out your route before you start.
- North is the direction from the bottom of the map to the top. Use your compass to orient your map North.
- Try to keep your map oriented North while running the course.
- Use landmarks and your relative location to them to determine where you are on the map.
- Move quickly: to complete the course in a faster time, try to determine where you are or where you are going while walking or running.
- Don't panic: if you become lost, follow trails or roads until you recognize your surroundings.

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