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.