

## Characteristics of different colour-coded courses (refer also to Step System for more detailed guidance)

Colour	Approximate Length (km)	Intended for	Time for most finishers	Control sites	Planning	Technical Difficulty (TD)
White	1.0 – 1.9	children aged 8-10	15-35 mins	path bends & junctions, fences etc.	plenty of controls, no route choice	TD 1: Easy
Yellow	2.0 – 2.9	children under 12, families	25-45 mins	as for white plus other obvious sites	no route choice, slightly longer gaps between controls	TD 2: Easy
Orange	2.5 – 3.5	Novice adults and children progressing from novice stage	35-60 mins	on any line feature or prominent point or contour feature	not all controls on line features; collecting feature close behind control	TD 3: Medium
Long Orange	5.0 - 7.0		50-80 mins			
Light Green	3.0 - 4.0	Improvers	35-60 mins	any feature which does not require map reading through complex terrain	collecting feature behind control	TD 4: Medium to Hard
Green	3.5 - 5.0	Experienced orienteers	45-75 mins	technically hard	include plenty of route choice and testing legs	TD 5: Hard
Blue	5.5 - 7.5		55-90 mins			
Brown	8.0 - 12.0		65-105 mins			
Black	10.0 - 14.0		70-120 mins			

Some events offer “short” versions of colours, especially those at TD5.