



Hilary Quick

A mental and physical challenge in the great outdoors



Wendy Carlyle

Take part in urban events



Crawford Lindsay

Orienteering in schools



Heather Donoghue

Club family session



Crawford Lindsay

2015 World Orienteering Championships, Scotland



Wendy Carlyle

Folk of all ages enjoy it!



Wendy Carlyle

Scotland's Junior team celebrates at the Junior Inter-Regional Championships, 2016

Cover image: Crawford Lindsay

MEMBERSHIP OPTIONS

1. British membership: Club, SOA & British Orienteering

Best suited to those who wish to take part in orienteering events across Scotland and the UK, or who wish to hold official or coaching roles.

2. Scottish membership: Club & SOA only

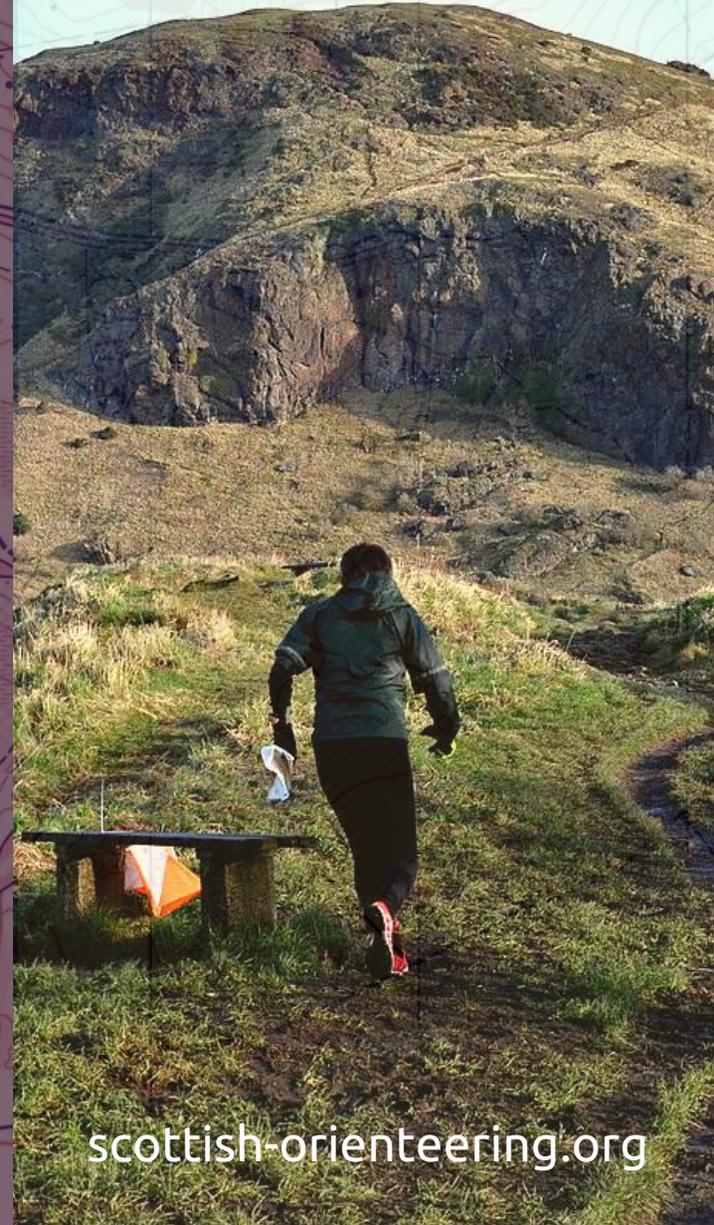
Best suited to those who only wish to orienteer locally, at a non-competitive level.

Join online at:
scottish-orienteering.org

Scottish Orienteering Association (SOA)
Glenmore Lodge, Glenmore, Aviemore,
Highland PH22 1QZ
01479 861374
info@scottish-orienteering.org
Registered company no. SC334748
Registered charity no. SC043563



Explore the great outdoors



scottish-orienteering.org

WHAT IS ORIENTEERING?

Orienteering is a challenging, fun activity combining the best of mental skills and physical ability. There is so much more to it than jogging, and fastest is not always best!

Using a map, you find your way between a series of checkpoints, called controls. You can run or walk, and there's no set route: you navigate your own way.

As a sport, orienteering combines quick, accurate map-reading and decision-making with quick feet!

From forests to hillsides to the coast to city streets...

ORIENTEER YOUR WAY!

Orienteering is an exciting, versatile activity whether you're an individual, group of friends or a family, wanting to get more exercise or be more social, competitive or not, athletic or not, old or young.



...orienteering is a great activity for all!

ORIENTEERING IS IDEAL FOR...

- Physical exercise at your own pace
- Developing navigation and problem-solving skills
- Building confidence
- Exploring Scotland
- Socialising or volunteering

WHAT DO I NEED?

Comfortable clothing and trainers, and enthusiasm for new experiences, challenges and fun! You don't need expensive kit or experience of navigating - your local club will help.

HOW DO I TRY IT?

There are 22 orienteering clubs across Scotland which organise events or training sessions; everyone is welcome.

Find your local club:
scottish-orienteering.org