



Who Can Orienteer?

Anyone! No matter your age, experience or level of fitness, Orienteering is a sport for all!

Where Can I Orienteer?

Anywhere! Orienteering takes place in a wide range of different areas – woods and forests, parks, moors and in urban areas too.



To find out more, visit our website or follow Scottish Orienteering on social media



www.scottish-orienteering.org
<https://www.facebook.com/scottish.orienteering/>
 Insta: @scottishorienteering
 For any enquiries,
 email info@scottish-orienteering.org

The Scottish Orienteering Association is a charitable body, registered in Scotland, with registration number SC043563



What is Orienteering?

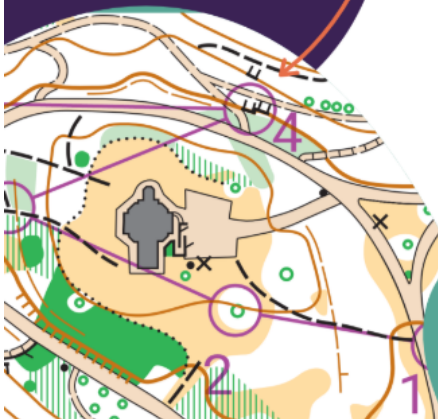
A fun and challenging sport where you plan and navigate between check points marked on a map.

You choose your route between checkpoints to complete the course!



Why Orienteering?

- Fun outdoors physical sport
- Enjoyable challenge
- Family Friendly
- For all ages and abilities
- Run and race, jog or walk
- Learn navigation skills
- Compete in events around the country
- Explore new places
- Make friends through our network of clubs
- Have an adventure!



How Can I Orienteer?

Visit the **Scottish Orienteering website** to find out about orienteering events near you.

Orienteering events are held across Scotland on a regular basis, all year round. Newcomers are always welcome. Events typically feature a range of courses, for complete beginners and improvers as well as experienced orienteers. No specialist equipment required and you don't need to be a club member to attend an event.

Events across the country are open to everyone.

You can also orienteer any time by either visiting any of the permanent courses set out around Scotland or using courses found in the smartphone Maprun app.



Did you know you can also orienteer on a mountain bike?! Look out for 'MTBO' events



Orienteering Clubs:

Joining a local club is the best way to get the most out of your orienteering.

Membership enables you to attend club coaching, social activities and meet new people. Orienteering clubs have members of all ages and experience levels.

As a volunteer-led sport, there are many diverse and rewarding ways to contribute to the Scottish orienteering community if you'd like to get involved.

Contact your local club to find out more; go along to one of the regular come-and-try-it events in the Scottish calendar