



ORIENTEERING AT THE CANMORE NORDIC CENTRE

Orienteering is a sport that combines cross-country running/walking with navigation and is accessible to everyone.

Visit Trail Sports at the Canmore Nordic Centre to purchase an orienteering map, which includes an information sheet to get you started. Then head out to find the checkpoints (called “controls” in orienteering) at various locations in the area. Different maps represent different levels of orienteering experience. Choose the course level that best suits you, orient yourself on the course map, and begin this unique navigation adventure!



Green

For people new to orienteering. This course is mostly on trails, the challenge being to make sure you are on the correct trail. The course measures 2.5 kilometres from the first to the last control, but participants will likely travel 3–4km based on various route choices. The green course is “point to point”, which means find the controls in order, starting with number one. There are 15 controls plus the start and finish.

Adventure

Also suitable for people new to orienteering, this is a “choose your own adventure” course. Participants decide which controls they want to find, and then navigate accordingly. Short on time? Then choose a few controls to complete; or challenge yourself to locate all of them in the order you determine is best. Ideal for trail runners—find a few controls here and there while out for a run. There are 18 controls plus the start and finish.

Blue & Mountain Bike

Also a point-to-point course, this has more complex route choices and longer distances between controls. The controls are on trails, but participants on foot may choose to go off-trail as they navigate. This course is also suited to mountain bikers! The course measures 4.4km, but participants will likely travel 5-7km based on route choices. There are 10 controls plus the start and finish.

Black

This is an **expert** point-to-point course for people with orienteering experience. There is a lot of route choice involved. Participants will spend time off trail and need to understand contour-only features on the map. The course measures 6.7km, but is likely 8–11km once various route choices are factored in. There are 13 controls plus the start and finish.

Maps are available at Trail Sports. \$10 per map; \$3 for additional maps purchased at the same time (keep in mind, it is fun for each participant to have their own map).

You must sign a waiver at the time of purchasing a map, and it is strongly recommended that you carry bear spray (for rent at Trail Sports).