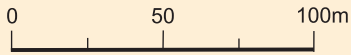


Orienteering map of

HEOL LAS PARK

Birchgrove

Scale 1:2500



Survey 2009

	Surfaced path		Knoll; Gully
	Surfaced area		Stream
	Stone wall		Open parkland
	Earthwall		Scattered trees
	High fence		Individual trees
	Crossing point		Hedge
	Building		Woodland: runnable
	Goalpost		slow run
	Play equipment		walk
	Culvert		impassable

Based upon Ordnance Survey mapping with the permission of the Controller of Her Majesty's Stationery Office.

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Base O.S. 1:2500
 Survey, 2009 Simon Beck
 Carto (OCAD) Simon Beck

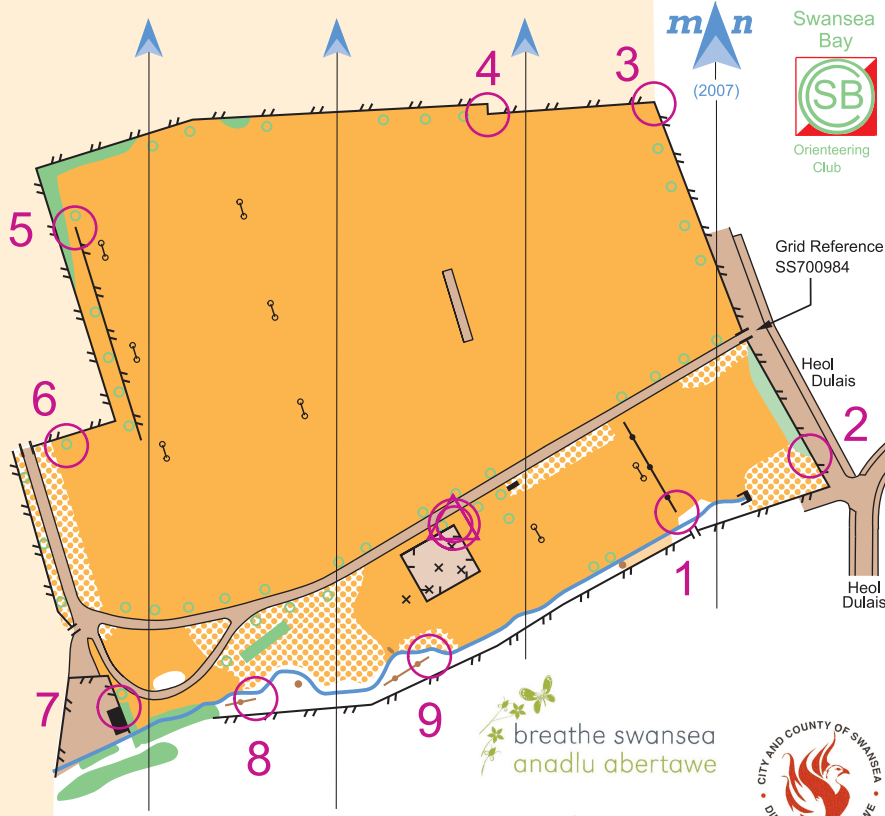
Map design by



Peter Seward

Mapmaker

Tel: (01792)204643
 pseward@tinyworld.co.uk



breathe swansea
 anadlu abertawe

sports council wales
 cyngor chwaraeon cymru



Grid Reference
 SS700984

Heol Dulais

Heol Dulais

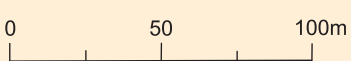


Orienteering map of

COED GWILYM PARK

Clydach

Scale 1:2500



Survey 2009

	Surfaced path		Steep bank
	Surfaced area		Knoll
	Unsurfaced path		Distinct vegetation edge
	Indistinct path		Open parkland
	Fence		Scattered trees
	Ruined fence		Individual trees; Stump
	High fence		Hedge
	Crossing point		Woodland: runnable
	Building		slow run
	Flower bed; Sand		walk
	Goalpost		dense
	Play equipment		Undergrowth
	Out of bounds		

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breathe swansea
 anadlu abertawe

sports council wales
 cyngor chwaraeon cymru



Grid reference
 SN701016

Pontardawe Road

Swansea Canal

Orienteering in Heol Las Park

AIM. The aim in **orienteering** is to get around a course, made up of a series of control points, by working out a route between them from the map and then map-reading your way along the route and finding the controls.

THE MAP. This is a standard orienteering map; the symbols and colours are explained in the legend. The scale is 1:2,500 which means that 1cm on the map represents 25m on the ground, as shown by the scale line.

CONTROLS and MARKERS. The locations of the controls are shown on the **map** by numbered circles in red, and a description of each is given below. The controls are marked on the **ground** by a post on top of which is a plaque with a red and white orienteering symbol. There is a number, which corresponds to the same control on the map, and a letter which you note down in the appropriate box on the control card below to confirm your visit.

DISTANCES. The distance from one point to another can be worked out using the scale line on the map. When measuring on the ground, a metre is roughly one man-sized stride.

DIRECTIONS. Whichever direction you are going or facing, keep the map the same way round as the ground, i.e. **orientated**. When you go forward, features to one side on the map will be on the same side on the ground. If you have a **compass** you can use it to **orientate** the map. The needle points to magnetic north. Use this to keep the north arrows on the map pointing north too.

CONTROL DESCRIPTIONS:

- Start Fence corner
1. Wall, South East end
 2. Thicket, South East end
 3. Fence corner
 4. Fence corner
 5. Fence end
 6. Distinct tree
 7. Building, North corner
 8. Earthbank, East end
 9. Earthbank, North East end

FURTHER ORIENTEERING OPPORTUNITIES. If you would like to do more orienteering there are other permanent courses you can visit, and maps can be downloaded from the Council's website www.swansea.gov.uk/orienteering The local club, **SWANSEA BAY ORIENTEERING CLUB**, organizes events throughout the year, and their fixtures list can be found on the club's website at www.sbec.org.uk

ACKNOWLEDGEMENTS.

This permanent orienteering course was set up with the help of grants channelled through City and County of Swansea from the Sports Council for Wales. The map was made by, and the courses planned by, Swansea Bay Orienteering Club.

1.	2.	3.	4.	5.	6.	7.	8.	9.
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Orienteering in Coed Gwilym Park

AIM. The aim in **orienteering** is to get around a course, made up of a series of control points, by working out a route between them from the map and then map-reading your way along the route and finding the controls.

THE MAP. This is a standard orienteering map; the symbols and colours are explained in the legend. The scale is 1:2,500 which means that 1cm on the map represents 25m on the ground, as shown by the scale line.

CONTROLS and MARKERS. The locations of the controls are shown on the **map** by numbered circles in red, and a description of each is given below. The controls are marked on the **ground** by a post on top of which is a plaque with a red and white orienteering symbol. There is a number, which corresponds to the same control on the map, and a letter which you note down in the appropriate box on the control card below to confirm your visit.

DISTANCES. The distance from one point to another can be worked out using the scale line on the map. When measuring on the ground, a metre is roughly one man-sized stride.

DIRECTIONS. Whichever direction you are going or facing, keep the map the same way round as the ground, i.e. **orientated**. When you go forward, features to one side on the map will be on the same side on the ground. If you have a **compass** you can use it to **orientate** the map. The needle points to magnetic north. Use this to keep the north arrows on the map pointing north too.

CONTROL DESCRIPTIONS:

- Start Distinct tree
1. Fence corner
 2. Tree stump
 3. Path junction
 4. Path junction
 5. Path junction
 6. Earthbank, North end
 7. Fence corner
 8. Fence end
 9. Fence corner
 10. Building, South corner
 11. Distinct tree

FURTHER ORIENTEERING OPPORTUNITIES. If you would like to do more orienteering there are other permanent courses you can visit, and maps can be downloaded from the Council's website www.swansea.gov.uk/orienteering The local club, **SWANSEA BAY ORIENTEERING CLUB**, organizes events throughout the year, and their fixtures list can be found on the club's website at www.sbec.org.uk

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1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.
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