

No Litter - Please
Leave No Trace

Compass



Short

Portumna

Permanent Orienteering Course

Scale 1:10,000 (1cm = 100m)



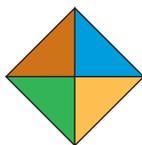
Original Surveys 19996 and 2005
Updated by Frank Ryan 2011

Course Short, Length 1.6 km

Start Road N End

1. 31 Oak Tree
2. 32 Tree Root
3. 33 Wall E End
4. 34 Road/Path Junction
5. 35 Ash Tree
6. 36 Road/Path Junction
7. 37 Viewing Platform
8. 38 Marsh
9. 39 Gate
10. 40 Pond
11. 41 Cedar Tree

70 m from last control to finish. No tapes



Legend

	Main Road		Knoll / Hill		Open Land		Tree Root
	Forest Road		Depression / Pit		Rough Open Land		Spring
	Vehicle Track		Earthbank		Forest Easy Run		Stoney Ground
	Small Path		Low Earthbank		Forest Slow Run		Paved Area
	Narrow Ride		Escarpment		Forest Difficult Run		Settlement
	Stone Wall		Gully		Forest Very Difficult		
	High Stonee Wall		Contour		Vegetation Slow		
	Fence		Stream / Footbridge		Vegetation Difficult		
	High Fence		Group of Boulders				
	Building / Ruin		Cairn				
	Boulder Lge / Small		Clearing				
	Lake		Single Tree				
	Marsh		Bush				
	Water Course						

Orienteering is an adventure sport that involves traversing rough and uneven terrain, paths and tracks, WEGO orienteers does not accept responsibility for any injuries incurred www.wego.orienteering.ie
Email: wego@orienteering.ie The co-operation of Coilte Teo. is gratefully acknowledged. Based on the Ordnance Survey by permission of the Government (6216)

Find the controls shown in the order shown on the map - note the numbered code on the marker post in the corresponding box below

- | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|

Orienteering – Primary School Level Portumna Forest Park

Your Name

Today's Date

There are 11 controls for you to find on this Eco-Trail



Control Point 1 – Oak : (*Quercus* species)

At this control, you will see a large Oak tree.

Under Celtic law the Oak is listed as the “Noble of the wood”. There are two native species of oak in Ireland, the sessile and pedunculate. The sessile Oak is Ireland’s national tree. Its bark was used extensively for tanning leather and its timber was used for everything from house and ship building and charcoal production.

This species more than any other Irish tree is renowned for supporting an abundant and diverse wildlife. It supports several hundred kinds of insects. One tall oak in Ireland was found to have fifty different types of lichen growing on its bark.

Questions.

1. The seeds of the Oak are known as?.
2. Does the Oak lose its leaves in winter?.
3. The age of this tree is approximately: 20 , 120 or 400 years old.

Answer 1: _____

Answer 2: _____

Answer 3: _____

Each correct answer scores 5 points



Oak Leaf.

Control Point 2 – Tree Root.

At this point you will see a tree that was blown over by the wind in the last few years. The nature of the soil and the type of tree determine a trees stability in windy conditions. This tree was unable to withstand the strong wind. Because of our position in Europe we experience some very windy conditions every year. Also observe the amount and type of soil adhering to the tree roots.

Roots have two main functions can you name them?.

Each correct answer scores 5 points

Answer 1: _____

Answer 2: _____

Control Point 3 - Deer Species

In Portumna Forest Park, we have one species of deer. You may not be lucky enough to see one as you walk around this orienteering course. The animals coats provide good camouflage to help them blend into their surroundings.

Can you identify from these pictures which deer is in the Park?

If you cannot answer this question today perhaps you can revisit the park in the near future to help you with your answer.

Each correct answer scores 5 points



Yes: _____

No: _____

Muntjac



Yes: _____

No: _____

Red Deer



Yes: _____

No: _____

Fallow Deer

Control Point 4 – Squirrels and their food



This is a stand of Scots pine. You can see the bark is red in colour. It is an ideal habitat for squirrels.

Two different species of squirrel live in Ireland's woodlands; the native Red Squirrel and the larger Grey Squirrel introduced from America. Numbers of red squirrels are rapidly declining in Ireland as the larger and stronger grey squirrels steal their food, pass on disease and take over their habitats. Squirrels like to live in conifer forests as pine seeds (one of their primary foods) are available throughout the Winter and contrary to popular belief, squirrels do not hibernate.

Did you know that squirrels from this forest were trapped and brought to a forest in Connemara where they have successfully bred and expanded in numbers. For more information visit www.npws.ie

Each correct answer scores 5 points

Can you identify what is in this picture?



Answer: _____

Which of the above squirrels are you likely to see in Portumna forest park?

Answer: _____

Control Point 5 – Ash Tree.

The Ash tree is easily recognised by the pale cream colour of its bark. The wood of the ash is hard and elastic. Ash can live for 300 years and many of the “bile” (bill-agh) or sacred trees of Ireland were Ash and it was listed as a “Noble of the Wood” under Celtic law. The seeds of the ash resemble a medieval bunch of keys and are dispersed by the wind.

Question 1. What Irish sport is played with timber from the ash tree?.

Answer: _____

Question 2. The seeds of the ash are known as?.

Answer: _____

Question 3. Is it a deciduous or conifer tree.

Answer: _____

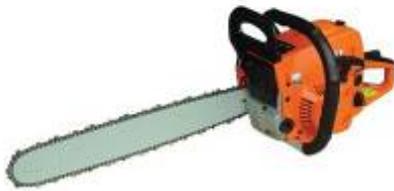
Each correct answer scores 5 points

Control Point 6 – Foresters' Work.

Foresters who work in the park use tools to plant and cut down trees. Over the years many operations are carried out to enhance the value of the tree crop. Examples would be cleaning the grass from around the young transplants and thinning the crop to provide more space and light for the trees to grow large. This large Corsican pine is an example of a tree with plenty space to grow. The tools below are used when cutting down large trees like this. Can you identify them ?

r

Each correct answer scores 5 points



Answer: _____



Answer: _____



Answer: _____

Control Point 7– Lough Derg.

This viewing platform gives you a lovely view of lough Derg with information on the flora and fauna to be found locally. Take some time to read the information on the panels and see how many of the animals you have seen in the past.

Answer the following questions.

Each correct answer scores 5 points

Lough Derg is on what River?.

Answer: _____

Looking in the direction of the lake. Are you looking in a North or South?.

Answer: _____



Control Point 8 – Habitat

A habitat is a place where a plant or animal lives. There are two habitats here at this point. One is a woodland and the other is a lakeshore habitat. The type of plants and animal that live in each habitat is vastly different. Some lakeshore animals are able to live in water and land. The otter is a good example. Some you will be able to see and some you will only be able to see traces of eg. footprints, droppings, fur etc..

Can you list three living things that live in this forest habitat? You will score five points for each answer, but remember that you might be asked what animal and plant traces you saw!



Example: Bat

Each correct answer scores 5 points

Answer: _____

Answer: _____

Answer: _____

Control Point – 9 Animals/Birds and their homes.

There are lots of different animals that live in the woodland habitat of Portumna Forest park. At this location the high fence and gate were constructed to keep the deer from damaging newly planted trees. Note on your map the designation for low and high fences. Different animals like to build their homes in different parts of the woodland. Can you match the following wildlife with their homes?

- A. Badger _____ A. Hive
- B. Red Squirrel _____ B. Nest
- C. Honeybee _____ C. Drey
- D. Fox _____ D. Sett
- E. Jay _____ E. Den
- *Each correct answer scores 3 points*



-
- Sett.

Control Point 10 – The Carbon Cycle

Carbon atoms rotate in a cycle known as the carbon cycle. It has been functioning for millions of years and is vital for life on Earth. Because of the way we live, we now produce too much carbon, mainly from burning fossil fuels. This is jeopardising the delicate balance of our eco system. Trees absorb carbon so it's now more important than ever to protect our forests to maintain carbon absorption.

At this location you will see small sized trees which have adapted to grow in wet soil conditions. The species here are mainly Alder, Sally and Birch. They are deciduous and lose their leaves in winter.

Here are two trees, one is very large and mature and grows very slowly. The other is small and growing very quickly. Which one absorbs more CO₂?



A

B

The correct answer scores 15 points

Control Point 11 – Leave No Trace at Bluebell Grove.

Leave No Trace is an outdoor programme designed to promote and inspire responsible recreation in the outdoors through education and awareness. Close by bluebell grove is a very good example of community and school involvement in this forest park. The oak trees planted here in 2008 will grow and replace the ones that reached maturity and died. Here at this location is a Cedar tree introduced and planted in the park over 100 years ago. Perhaps your school should consider planting a few trees during national tree week next year.

You all know to put your rubbish in a bin, but sometimes people think it's ok to drop certain types of rubbish in the forest. Do you know how long it takes for the items pictured below to decompose? Match up the times with the items.



10-20
years



3-5
weeks



2-5
years

Each correct answer scores 5 points

Primary Answer Sheet

	Question			Total	
Q 1	Oak tree.	1. Acorns 2. Yes. 3. 120.		<u>15</u>	
Q 2	Tree Root.	1. Anchor the tree. 2. Extract water and minerals from the soil.		<u>10</u>	
Q 3	Deer Species	No	No	Yes	<u>15</u>
Q 4.	Squirrels.	1. Pine Cone. 2. Red Squirrel.		<u>10</u>	
Q 5.	Ash tree.	1. Hurling 2. Key. 3. Deciduous.		<u>15.</u>	
Q 6	Foresters' work.	Chainsaw	Safety Helmet	Axe	<u>15</u>
Q 7	Lough Derg	1 Shannon. 2 South.		<u>10</u>	
Q 8	Habitat.	Examples. Fox, deer, badger, squirrel, otter.		<u>15</u>	
Q 9	Animals/Birds and their homes.	A=D B=C C=A D=E E=B.		<u>15</u>	
Q 10	Carbon Cycle.	B.		<u>15</u>	
Q 11	Leave no Trace	Banana = 3-5 w	Cigarette = 2-5 y	Bags = 10-20y	<u>15</u>
Total				<u>150</u>	