

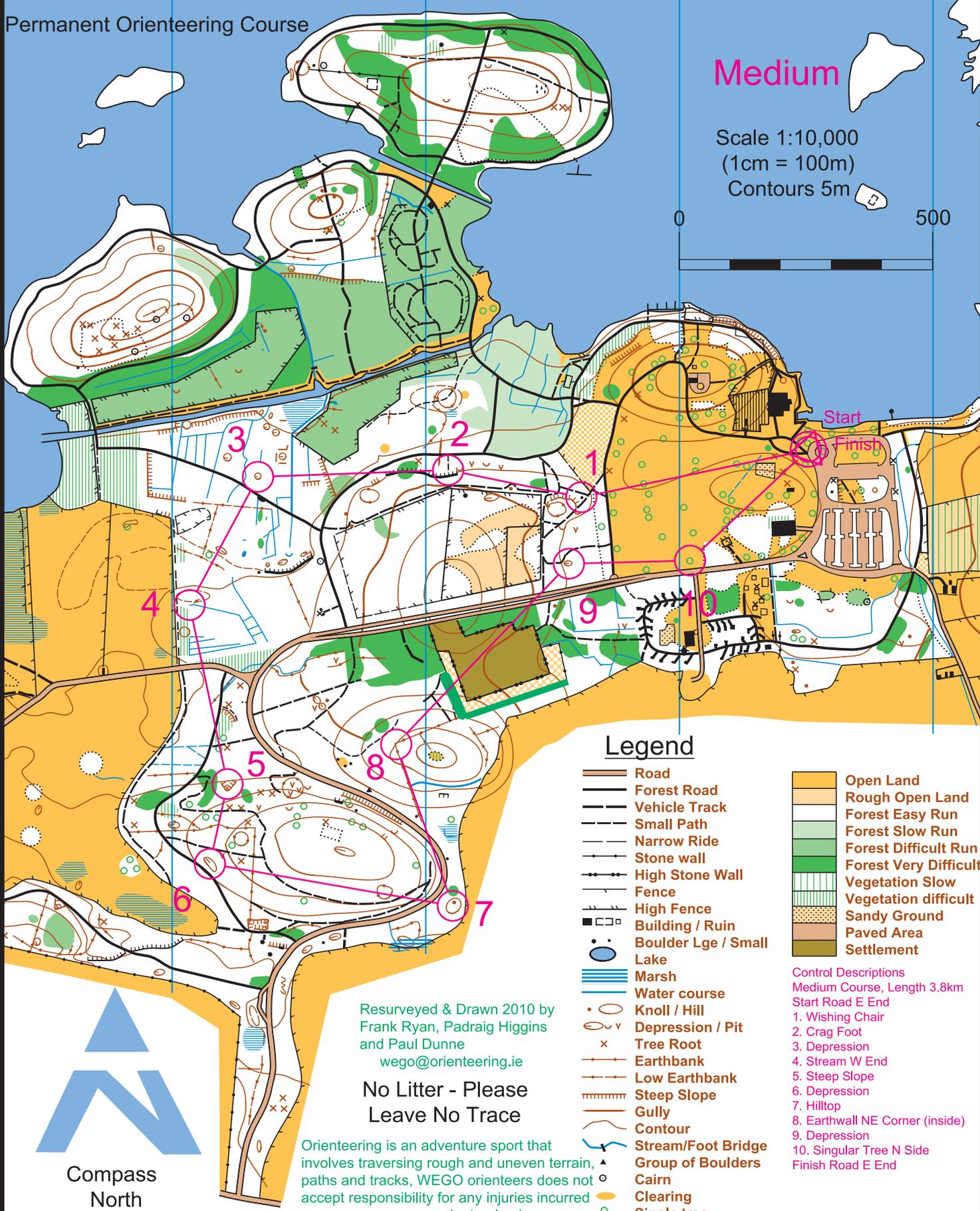
# LOUGH KEY FOREST PARK

Permanent Orienteering Course

Medium

Scale 1:10,000  
(1cm = 100m)  
Contours 5m

0 500



## Legend

- |  |                     |  |                           |
|--|---------------------|--|---------------------------|
|  | Road                |  | Open Land                 |
|  | Forest Road         |  | Rough Open Land           |
|  | Vehicle Track       |  | Forest Easy Run           |
|  | Small Path          |  | Forest Slow Run           |
|  | Narrow Ride         |  | Forest Difficult Run      |
|  | Stone wall          |  | Forest Very Difficult Run |
|  | High Stone Wall     |  | Vegetation Slow           |
|  | Fence               |  | Vegetation difficult      |
|  | High Fence          |  | Sandy Ground              |
|  | Building / Ruin     |  | Paved Area                |
|  | Boulder Lge / Small |  | Settlement                |
|  | Lake                |  |                           |
|  | Marsh               |  |                           |
|  | Water course        |  |                           |
|  | Knoll / Hill        |  |                           |
|  | Depression / Pit    |  |                           |
|  | Tree Root           |  |                           |
|  | Earthbank           |  |                           |
|  | Low Earthbank       |  |                           |
|  | Steep Slope         |  |                           |
|  | Gully               |  |                           |
|  | Contour             |  |                           |
|  | Stream/Foot Bridge  |  |                           |
|  | Group of Boulders   |  |                           |
|  | Cairn               |  |                           |
|  | Clearing            |  |                           |
|  | Single tree         |  |                           |
|  | Bush                |  |                           |

- Control Descriptions  
Medium Course, Length 3.8km  
Start Road E End  
1. Wishing Chair  
2. Crag Foot  
3. Depression  
4. Stream W End  
5. Steep Slope  
6. Depression  
7. Hilltop  
8. Earthwall NE Corner (inside)  
9. Depression  
10. Singular Tree N Side  
Finish Road E End

Resurveyed & Drawn 2010 by  
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No Litter - Please  
Leave No Trace

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



Compass  
North

Find the controls in the order shown on the map - Write 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
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# Orienteering – Secondary School Level

## Lough Key Forest Park

Name

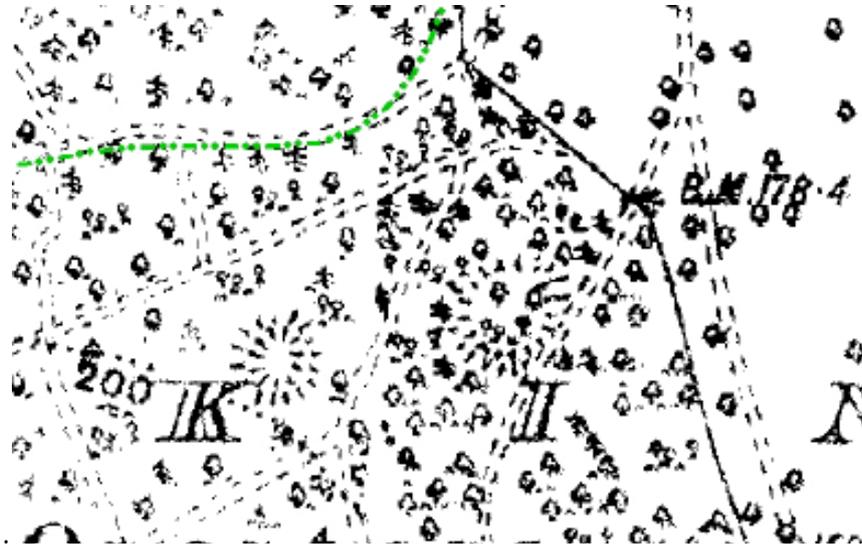
Today's Date

There are 10 controls for you to find on this Adventure Challenge



### Control Point 1 – Map Reading

Part of the skills required for Orienteering is map reading. Hereunder is a Ordnance map this control point. Examine closely and see the differences with orienteering map.



1. What does BM.178.4 mean.
2. What does 200 on the dotted line denote .
3. What do the two circles denote (one beside K)

**Answers : each worth 3 points.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **Control Point 2 – Rock formation:**

At this control point you will see a very good example of the underlying rock formation in the area. You can see how the layers of rock were laid down over time. Also observe the soil layer and the way a large beech tree is growing with no roots on one side. Have a look and see what is growing on the rock face. The underlying rock in this area was mapped by the geological survey of Ireland .Why not have a look at the map and identify the rock at this control point.

1. What forms when rock withers over time due to climatic and other conditions.
2. A cross section of a soil is known as.
3. Can you identify the large tree growing beside the control point.

**Answer : Each worth 5 points.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Control Point 3 – Norway Spruce plantation.

At this control point you are in a conifer plantation of Norway spruce . The origin of this exotic species is central Europe. You will also see an invasive species with long dark green leaves,(see picture below). This species of woody shrub was introduced into Ireland and continues to spread . It is not liked by foresters as it is very difficult to eradicate and hinders natural regeneration and the management of forests.

1.Can you name the shrub.

2 It grows best on peaty type soils . Is the PH of peat, acidic or alkaline.

3. Trees volume is measured from height in metres / circumference in centimetres and degree of taper. What is the unit of measurement for tree volume.

**Answer: Each worth 5 points.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



### Control Point 4 – The Squirrel

There is a healthy population of squirrels in Lough key forest park. They live mainly in conifer forests of Scots pine and Norway spruce. Evidence of their presence can often be seen as pine and spruce cones with the seeds removed. The population of squirrel in Ireland has changed rapidly over the years. Hereunder is a picture of two squirrels.

1. Which squirrel type would you find in Lough Key
2. One of the squirrels is a major forest pest which one.
3. The squirrel from Lough Key were trans located to another Connacht County in order to increase the population can you name the county. If you don't know, read about it on line in national parks and Wildlife website .

**Answers : Each worth 5 points.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



### Control Point 5 –Directions

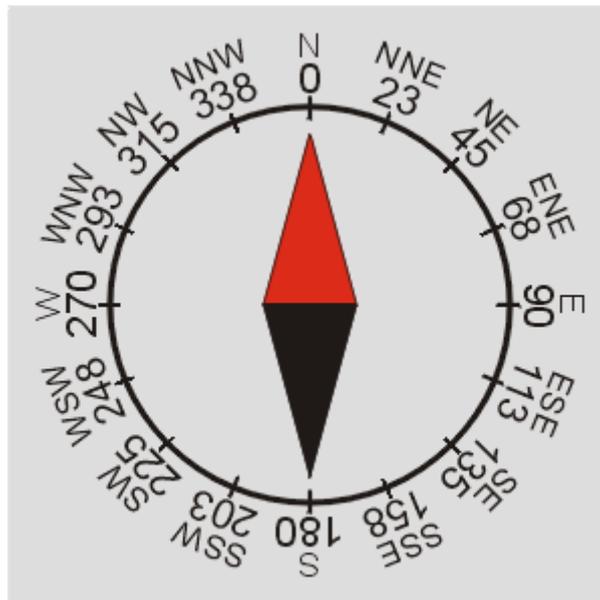
This exercise is to be carried out whilst stationary at the control point.

Facing due north, list the Control Points that are in the following directions.

1. 340 degrees north North West \_\_\_\_\_

2. 70 degrees East north east \_\_\_\_\_

3. 200 degrees South south west . \_\_\_\_\_



### **Control Point 6 - Mixed Woodland**

This is a mixed woodland habitat planted in 1956. The main species are Norway spruce, Ash and Oak. The soil here is rich and very good for growing a variety of different tree species. One of the above trees is associated with our national game because of its timber elasticity. The faster it grows the more elasticity in the timber.

1. Which tree am I referring to.
2. Is this tree native to Ireland.
3. Can you name one of the two species of Oak native to Ireland ?

**Answer: Each worth 5 points.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Control Point 7– Leave No Trace



Have you heard of the Seven Principles of Leave No Trace? They are listed below; think of a reason for each principle that shows why it is important to practice Leave No Trace

1. Plan Ahead and Prepare

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2. Be considerate of others

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3. Respect Farm Animals and Wildlife

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4. Travel and Camp on Durable Ground

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5. Leave What you Find

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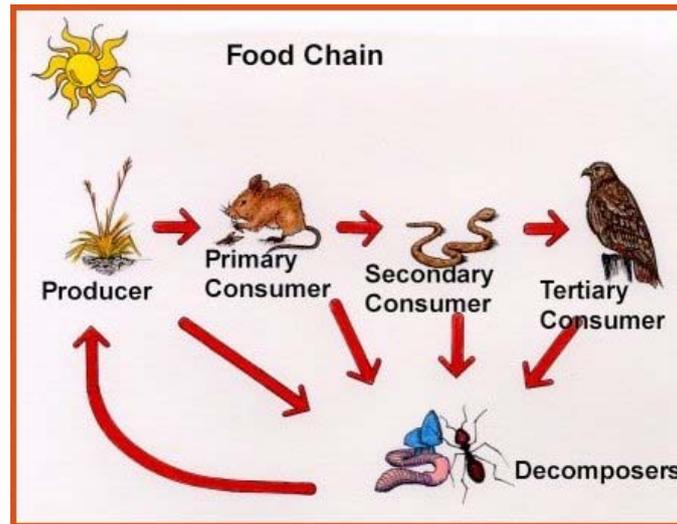
6. Dispose of Waste Properly

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7. Minimise the Effects of Fire

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## Control Point 8 – Food Chains



All the energy in the woodland originates from the sun. Green plants use photosynthesis to turn this energy into leaves and branches that are eaten by herbivores. These, in turn, are eaten by carnivores. Draw two food chains using the animals and plants that you have seen evidence of today. If you didn't see any use your knowledge of what normally lives in the forest.

Sun	→	Plant	→	Herbivore	→	Carnivore
Sun	→		→		→	
Sun	→		→		→	

### Control Point 9 – Forest Layers

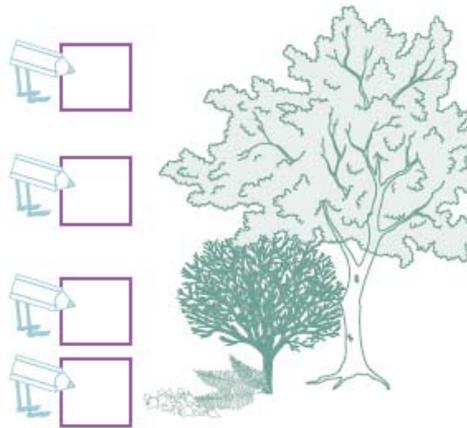
There are four main forest layers, can you identify them in the woodland around you?

**Canopy**  
The highest layer, formed by the leaves and branches of the highest trees

**Shrub**  
Up to 2 metres high, formed by larger woody plants, small trees, brambles and flowering bushes

**Field**  
Tender or annual plants, ferns and herbs

**Ground**  
Mosses and creeping plants



The diagram shows four layers of a forest, each with a blue arrow pointing to a purple square box. To the right is a detailed illustration of a tree with a large canopy, a smaller shrub, and ground-level plants.

Identify two plants in each layer in the forest around you: each worth 2 points.

Canopy	1.	2.
Shrub	1.	2.
Field	1.	2.
Ground	1.	2.

## Control Point 10 – Bats

Did you know that there are ten species of bat in Ireland? Leisler's, Common pipistrelle, Soprano pipistrelle, Daubenton and Natterers are the names of a few . This type of area would be good for seeing bats at dusk. These often misunderstood mammals are very intelligent, long-lived creatures. Although many die in their first year and the average lifespan in the wild is four years, some will live up to 40 years and beyond. All the Irish species give birth to only one offspring. It is also worth noting that a tiny pipistrelle can catch up to 3,500 midges per night!

1. Where do bats normally live .
- 2 You often heard as "blind as a bat" . How do they navigate their way around.
3. Are bats a protected species .

**Answer: Each worth 5 points.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



Leisler's Bat  
© Phil Richardson

Question	Answer		Total
Q 1	Map reading:	1 bench mark. 178.4 feet above sea level. 2. 200 ft contour. 3 Ring forts	15
Q 2	Rock face:	1 Soil 2 Soil profile. 3.Oak	15
Q 3	Norway spruce plantation.	1 Rhododendron 2 Acidic 3 Cubic metre ( M3)	15
Q 4	Squirrels.	1. Red . 2 Grey 3. Mayo	15
Q 5	Compass direction.	Control point 4. Control point 8 Control point 6.	15
Q 6	Mixed Woodland.	1.Ash .. 2 Yes. 3 Sessile or Pedunculate .	15
Q 7	Leave no trace .		15
Q 8	Food chain		15
Q 9	Forest layers.	A. Ash /beech/sycamore. B: rhododendron /sally/sycamore. C: Briar/ fern D: moss/ivy/grass.	15
Q 10	Bats	1 Old buildings/attics. 2 Sound. 3 Yes	15
Total			150.