

NORTH

Avondale Forest Park

Course suitable for 8-10 yrs olds under adult supervision.

Adventure Course, Length 700 METRES

	Start	Path	Junction
1.	39	_	Path Junction
2.	S8	_	Track and forest edge
3.	H1	_	Path end
4.	F8	_	Shrubbery NE side
5.	P8	_	Between two large trees
6.	01	_	Shrub West side
7.	N2	_	Road /path junction
8.	P8	_	Big tree SE side
Finish back at the start			

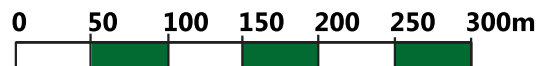
1. Visit the controls in the order shown on the map.
2. Write down the code on the marker post in the corresponding box.



www.cnoc.ie



Scale 1:5000 1cm=50metres



- Bench
- Contour
- Index Contour
- Form Line
- Earth Bank
- Earth Wall
- Ruined Earth Wall
- Small Erosion Gully
- Small Depression
- Pit
- Impassable Cliff
- Cliff
- Cliff Without Tags
- Boulder
- Medium Boulder
- Spring
- Small stream/ source
- Marsh (Area)
- Open Land
- Open Land With Scattered Trees
- Rough Open Land
- Rough Open Land With Scattered Trees
- Rough Open Land With Scattered Trees
- Mature runnable forest
- Vegetation, Slow Running
- Vegetation, Slow Running, One Direction
- Vegetation, Slow Running, Good Visibility
- Vegetation, Walk
- Vegetation, Walk, Good Visibility
- Vegetation, Fight
- Prominent Large Tree / shrub tree root or root stock
- Paved Area (Area & Boundary)
- Wide Road 5-7m
- Road
- Footpath
- Small footpath

For further information about club orienteering events:- www.cnoc.ie.
Information relating to orienteering throughout Ireland can be found on www.orienteering.ie

NORTH

Avondale Forest Park

Short Course, Length 1.2 km		
Start Path Junction		
1.	39_	Path Junction
2.	S8_	Track and forest edge
3.	HJ_	Big Tree south side
4.	J5_	Track & path Junction
5.	KG_	Track and edge of forest
6.	HT_	Track and Path Junction
7.	RY_	Shrubbery North side
8.	N2_	Road /path junction
Finish back at the start		

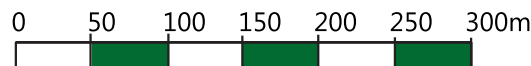
1. Visit the controls in the order shown on the map.
2. Write down the code on the marker post in the corresponding box.



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Scale 1:5000 1cm=50metres



- Bench
- Contour
- Index Contour
- Form Line
- Earth Bank
- Earth Wall
- Ruined Earth Wall
- Small Erosion Gully
- Small Depression
- Pit
- Impassable Cliff
- Cliff
- Cliff Without Tags
- Boulder
- Medium Boulder
- Spring
- Small stream/ source
- Marsh (Area)
- Open Land
- Open Land With Scattered Trees
- Rough Open Land
- Rough Open Land With Scattered Trees
- Mature runnable forest
- Vegetation, Slow Running
- Vegetation, Slow Running, One Direction
- Vegetation, Slow Running, Good Visibility
- Vegetation, Walk
- Vegetation, Walk, Good Visibility
- Vegetation, Fight
- Hedge
- Prominent Large Tree / shrub tree root or root stock
- Paved Area (Area & Boundary)
- Wide Road >7m
- Wide Road 5-7m
- Road
- Footpath

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NORTH

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Avondale Forest Park Rathdrum

Medium Course Length 2.4 km

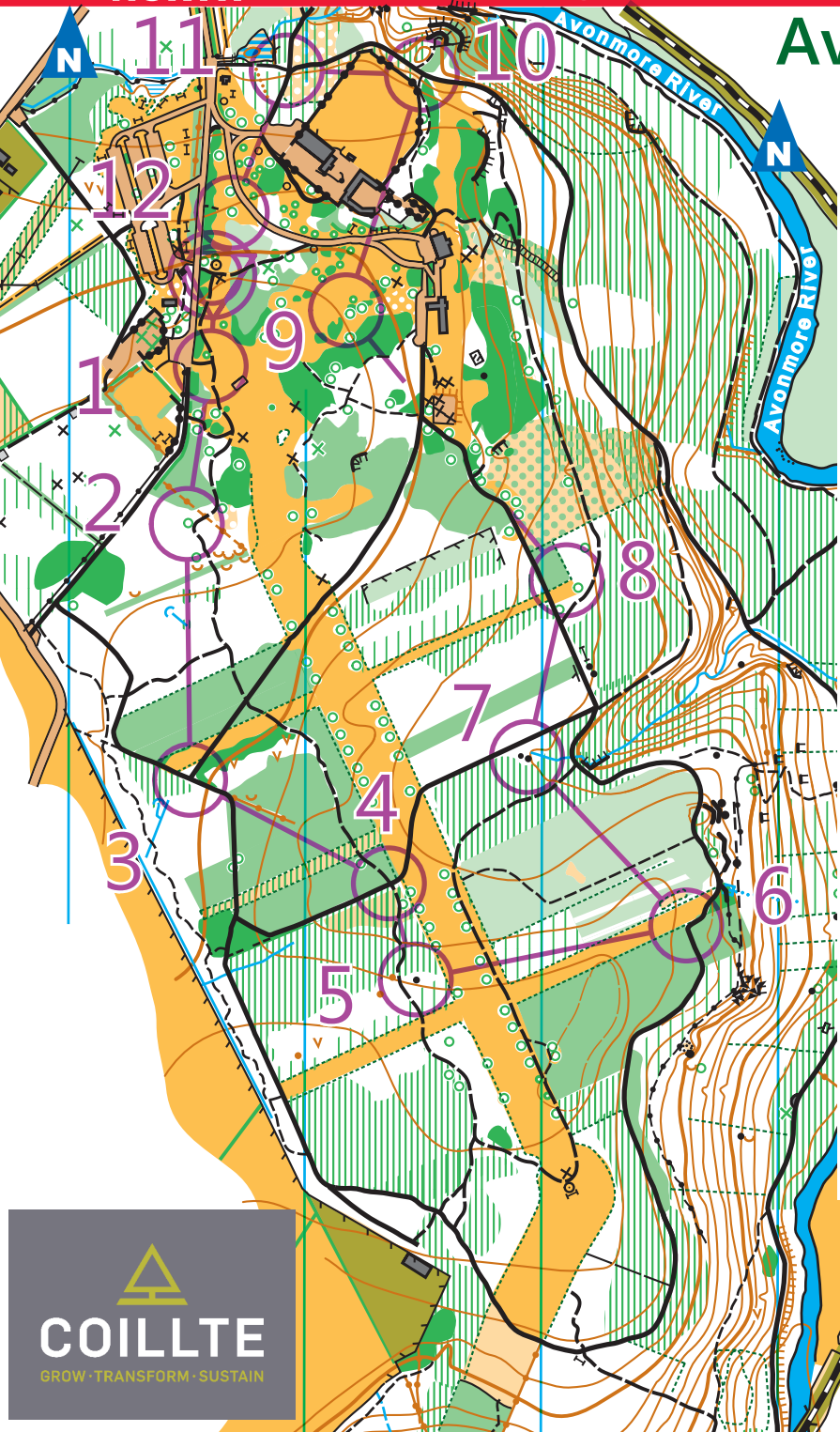
Start	Path Junction	
1.	39 __	Path Junction
2.	HJ __	Big Tree south side
3.	J9 __	Track junction
4.	B6 __	Track and path junct
5.	P2 __	Boulder 1m East side
6.	E3 __	Track bend
7.	05 __	Boulder 1m North side
8.	02 __	Open area North side
9.	01 __	Shrub West side
10.	K7 __	Track and Path Junct
11.	H2 __	Track junction
12.	P8 __	Big tree SE side

Finish back at the Start.

1. Visit the controls in the order shown on the map.
2. Write down the code on the marker post in the corresponding box.



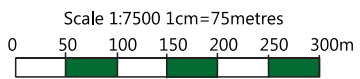
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Map Legend

Open Land	Contour, slope Line	Large Building	Tarmac road
Rough Open Land	Index Contour	Building (Minimum)	Forest road
Vegetation, Slow Running	Form Line	Ruin (Minimum)	Vehicle Track
Mature runnable forest	Earth Bank	Prominent Man-made Feature	Footpath
Rough Open Land With Scattered bushes	Earth Wall	Cairn, High Tower	Small Footpath
Slow Running, One Direction	Ruined Earth Wall	Small Crossable Watercourse	Less Distinct Small Footpath
Vegetation, Fight	Gully: large and small	Minor/Seasonal Water Channel	Narrow Ride or Linear Trace
Vegetation, Walk	Knoll: large and small	Marsh (Area)	ESB Powerline
Vegetation, Slow Running	Depression: large and small	Narrow Marsh	Narrow Ride or Linear Trace
Vegetation, Walk, One Direction	Pit: earth, rocky	Indistinct or seasonal marsh	Wall
Vegetation, Walk, Good Visibility	Impassable Cliff or crag	Spring or source	Ruined Wall
Vegetation / Hedge, Impassable	Passable cliff or crag	Distinct Vegetation	Fence, crossing point
Paved Area	Boulder: small and large	Large Tree, bush, rootstock	Ruined Fence
Out of Bounds area.			Impassable Fence

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Avondale Forest Park Rathdrum

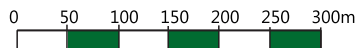
Long Course, Length 5.5 km

Start & finish at Path Junction

1.	H1	Path end
2.	TN	Source North side
3.	O5	Boulder 1m North side
4.	R6	Track junction
5.	A4	Track and path junct
6.	E3	Track bend
7.	T6	Grassy path bend
8.	P2	Boulder 1m East side
9.	X3	Track junction
10.	T9	Track junction
11.	K9	Track junction
12.	K7	Track and Path Junct
13.	H2	Track junction
14.	F8	Shrubbery NE side
15.	O2	Open area North side
16.	J9	Track junction
17.	HJ	Big Tree south side

1. Visit the controls in the order shown on the map.
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Scale: 1:7500 (1cm = 75 metres)



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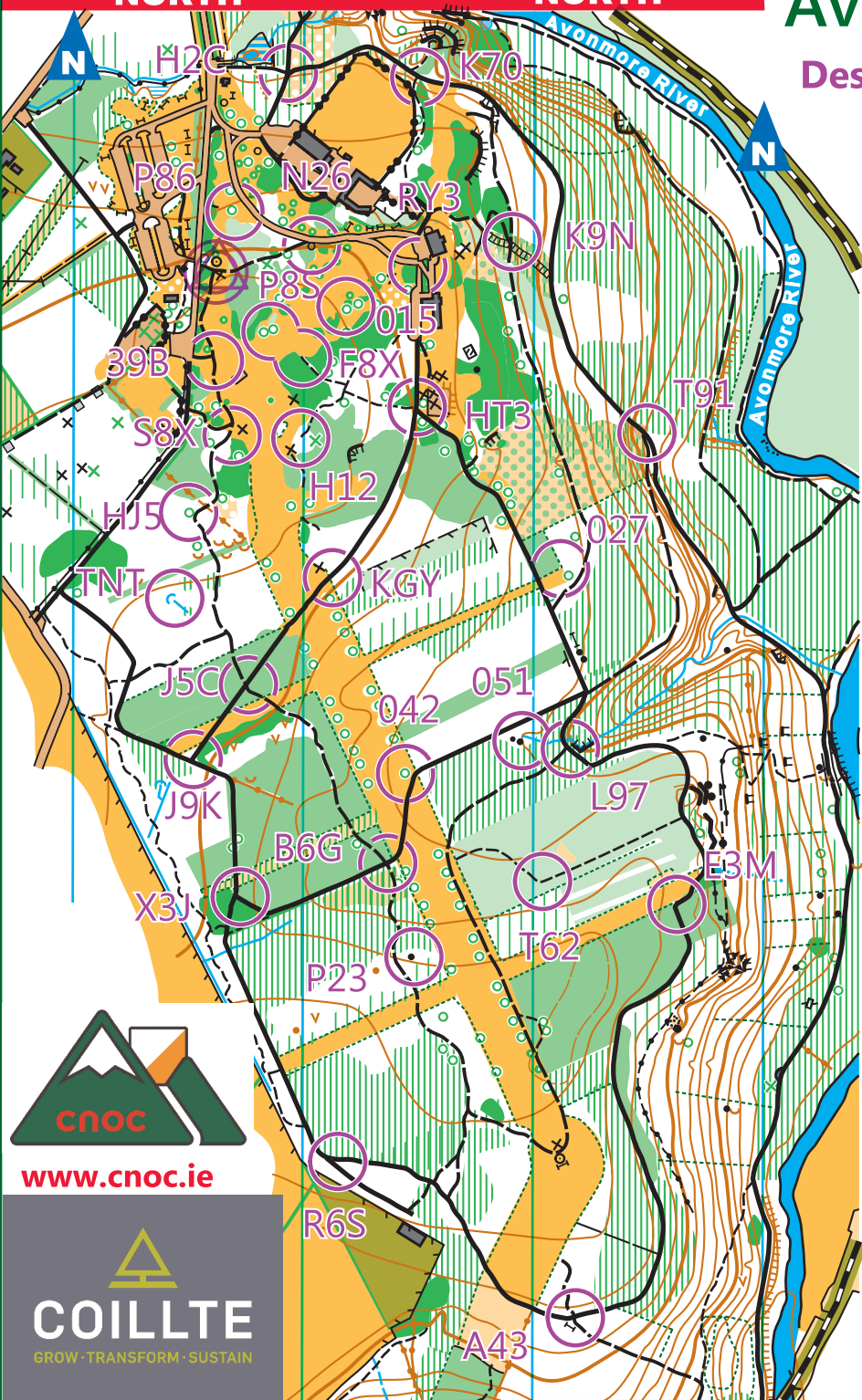
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Rough Open Land With Scattered bushes	Earth Wall	Cairn, High Tower	Small Footpath
Vegetation, Slow Running, One Direction	Ruined Earth Wall	Small Crossable Watercourse	Less Distinct Small Footpath
Vegetation, Fight	Gully: large and small	Minor/Seasonal Water Channel	Narrow Ride or Linear Trace
Vegetation, Walk	Knoll: large and small	Marsh (Area)	ESB Powerline
Vegetation, Slow Running	Depression :large and small	Narrow Marsh	Narrow Ride or Linear Trace
Vegetation, Walk, one Direction	Pit: earth, rocky	Indistinct or seasonal marsh	Wall
Vegetation, Walk, Good Visibility	Impassable Cliff or crag	Spring or source	Ruined Wall
Vegetation / Hedge, Impassable	Passable cliff or crag	Distinct Vegetation change	Fence, crossing point
Paved Area	Boulder: small and large	Large Tree, bush, rootstock	Ruined Fence
Out of Bounds area.			Impassable Fence



Design your own course with this All Controls Map



- Start Path Junction
- 015 Shrub West side
- 027 Open area North side
- 042 Big tree West side
- 051 Boulder 1m North side
- 39B Path Junction
- A43 Track and path junction
- B6G Track and path junction
- E3M Track bend
- F8X Shrubbery NE side
- H12 Path end
- H2C Track junction
- HJ5 Big Tree south side
- HT3 Track and Path Junction
- J5C Track & path Junction
- J9K Track junction
- K70 Track and Path Junction
- K9N Track junction
- KGY Track and edge of forest
- L97 Track / path junction
- N26 Road /path junction
- P23 Boulder 1m East side
- P86 Big tree SE side
- P8S Between two large trees
- R6S Track junction
- RY3 Shrubbery North side
- S8X Track and forest edge
- T62 Grassy path bend
- T91 Track junction
- TNT Source North side
- X3J Track junction



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	Open Land		Contour, slope Line		Large Bu
	Rough Open Land		Index Contour		Building
	Vegetation, Slow Running		Form Line		Ruin (Mi)
	Mature Runnable forest		Earth Bank		Promine
	Rough Open Land With Scattered bushes		Earth Wall		Cairn, Hi
	Vegetation, Slow Running, One Direction		Ruined Earth Wall		Small Cr
	Vegetation, Fight		Gully: large and small		Minor/Seasonal Water Channel
	Vegetation, Walk		Knoll: large and small		Marsh (Area)
	Vegetation, Slow Running		Depression :large and small		Narrow Marsh
	Vegetation, Walk, one Direction		Pit: earth, rocky		Indistinct or seasonal marsh
	Vegetation, Walk, Good Visibility		Impassable Cliff or crag		Spring or source
	Vegetation / Hedge, Impassable		Passable cliff or crag		Distinct Vegetation change
	Paved Area		Boulder: small and large		Large Tree, bush, rootstock
	Out of Bounds area.				

