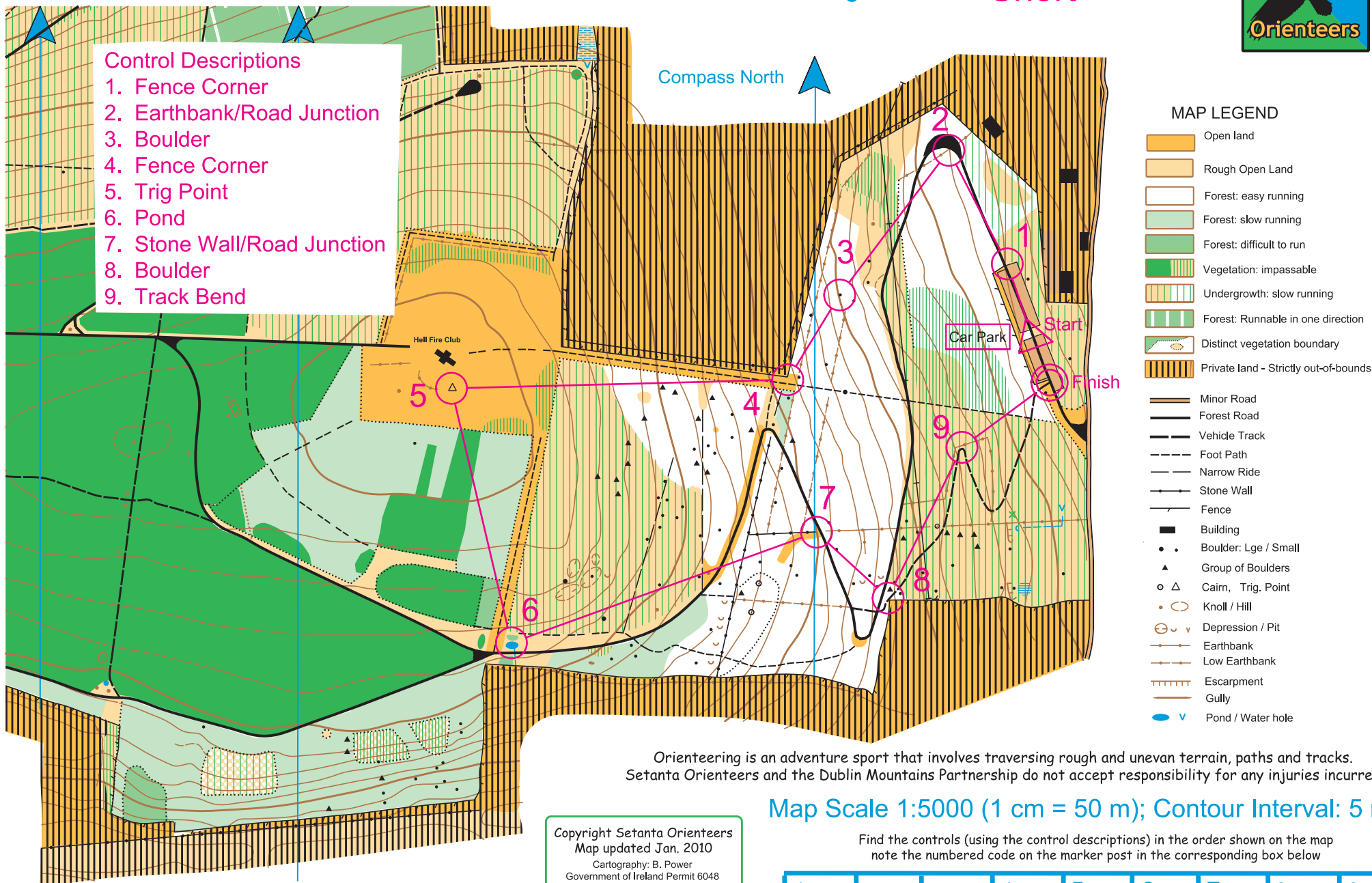


# Hell Fire Wood

Setanta Orienteers in association with the Dublin Mountains Partnership

Permanent Orienteering Course **Short**



### Control Descriptions

1. Fence Corner
2. Earthbank/Road Junction
3. Boulder
4. Fence Corner
5. Trig Point
6. Pond
7. Stone Wall/Road Junction
8. Boulder
9. Track Bend

Compass North

### MAP LEGEND

- Open land
- Rough Open Land
- Forest: easy running
- Forest: slow running
- Forest: difficult to run
- Vegetation: impassable
- Undergrowth: slow running
- Forest: Runnable in one direction
- Distinct vegetation boundary
- Private land - Strictly out-of-bounds
- Minor Road
- Forest Road
- Vehicle Track
- Foot Path
- Narrow Ride
- Stone Wall
- Fence
- Building
- Boulder: Lge / Small
- Group of Boulders
- Cairn, Trig. Point
- Knoll / Hill
- Depression / Pit
- Earthbank
- Low Earthbank
- Escarpment
- Gully
- Pond / Water hole

Orienteering is an adventure sport that involves traversing rough and uneven terrain, paths and tracks. Setanta Orienteers and the Dublin Mountains Partnership do not accept responsibility for any injuries incurred

Map Scale 1:5000 (1 cm = 50 m); Contour Interval: 5 m

Copyright Setanta Orienteers  
Map updated Jan. 2010  
Cartography: B. Power  
Government of Ireland Permit 6048

Find the controls (using the control descriptions) 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
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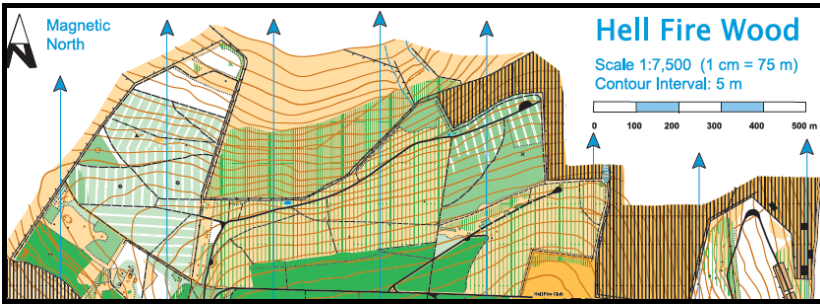
No Litter Please - Leave No Trace

[www.setantaorienteers.org](http://www.setantaorienteers.org)  
[www.orienteering.ie](http://www.orienteering.ie)

**Your Name**

**Today's Date**

**There are 7 controls for you to find on this Eco-Trail**



## Control Point 1 – Leave No Trace

Leave No Trace is an outdoor programme designed to promote and inspire responsible recreation in the outdoors through education and awareness. 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*

## Control Point 2 – 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.

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 CO<sub>2</sub>?



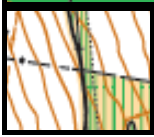
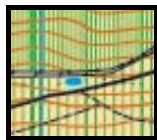
A

B

*The correct answer scores 15 points*

Control Point 3 – Where do you think you are?

You have come a distance of 250metres from the last control. Your task is to figure out which of the three sections of map below you are located on. There are lots of question that you can ask yourself to help you decide. Have you turned off the forest road that you were on? Can you see any clear features like a **track junction**, a **pond** or **thick forest cover** that might help you locate where you are? Do the contour lines give you a clue as you look at the slopes around you?



A

B

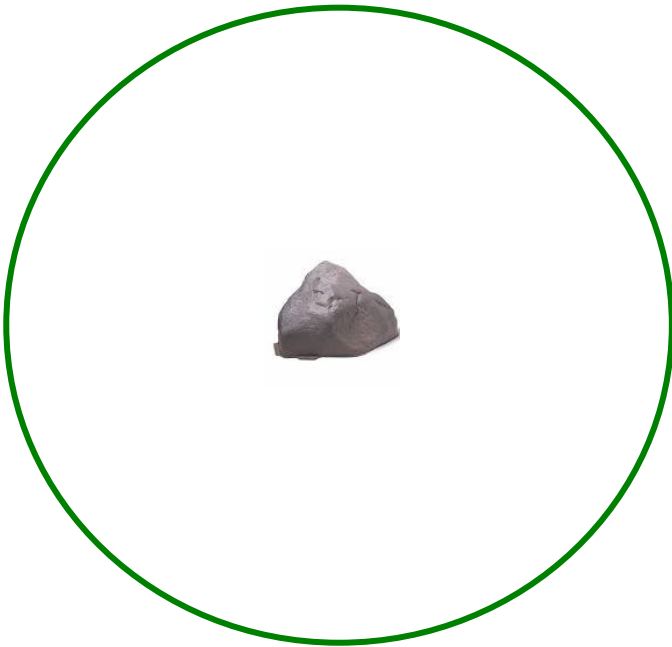
C

Answer: \_\_\_\_\_  
\_\_\_\_\_

*The correct answer scores 15 points*

## Control Point 4 – Sound Map

At this control, you are going to create a map of sounds which you can hear. The rock at the centre of the sound map represents the rock at this control. Can you identify 5 separate sounds? Record the sounds you can hear on the map, are they natural sounds or man made sounds?



*Each sound scores 3 points.*

## Control Point 5 – Habitat

A habitat is a place where a plant or animal lives, this is a woodland habitat. What plants and animals do you think live here? Some you will be able to see and some you will only be able to see traces of.



Can you list three living things who 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: Hare

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

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

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

*Each correct answer scores 5 points.*

## Control Point 6 – Squirrels and their food



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 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.

Can you identify what is in this picture? And can you find one on the ground near this control?



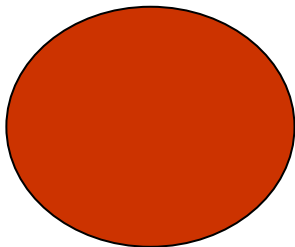
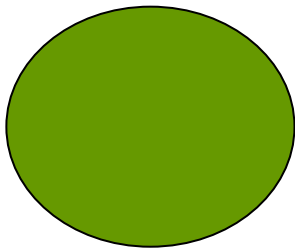
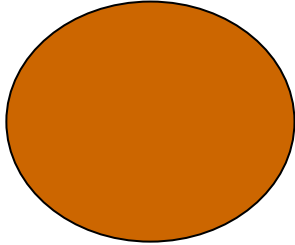
Answer: \_\_\_\_\_

*The correct answer scores 10 points, bonus of 5 for finding the object.*



Control Point 7 – Colours of Nature

Searching on the ground round you, for items that have already fallen, see if you can find one item in nature that matches each of the following colours.



*Each item that correctly matches the colour scores 5 points.*



*Primary Answer Sheet*

	Question			Total
Q 1	Leave no Trace	Banana = 3-5 w	Cigarette = 2-5 y	Bags = 10-20y <hr/> 15
Q 2	The Carbon Cycle	B		<hr/> 15
Q 3	Where Are You?	C		<hr/> 15
Q 4	Sound Map			<hr/> 15
Q 5	Habitat			<hr/> 15
Q 6	Squirrels		Pine Cone	<hr/> 15
Q 8	Colours of Nature			<hr/> 15
Total				<hr/> 105