

ORIEENTERING

What are and why we practice activities in nature?

Activities in nature are exercises carried out in outdoor, in places not modified by human being. we also need to learn certain techniques, practice sports and be in contact with nature.

What is orienteering ?

It is a sport in which each participant takes a timed tour (individual or in group), with the help of a map and a compass. Orientation allows a connection with nature, physical practice, learning knowledge applicable to daily life and interrelation with others. It is also practiced as a playful way. It is one of the most practiced sports in the Nordic countries.



Origin and history

The first official orienteering race was organized in 1897 by the Tjalve club and was held near Oslo (Norway).

This sport began in Norway and the first major event took place in Stockholm, in 1918, about 220 athletes participated and was organized by the Swedish Ernstet Killander. Today all of

Scandinavia considers Killander the "Father of Guidance". In 1961, the International Orienteering Federation was created and obtained Olympic recognition in 1977.



Elements for orientation, map and compass

The map and the compass are the two main elements in the orientation, we use them to guide ourself in nature, and not get lost in the middle of a forest. We use the compass to orient the map.

The map tells us where we are, what we see and how to get to our destination.

The compass is composed of a magnetic needle that always indicates the magnetic poles (North-South).

The map is an instrument that indicates the location points and orientation coordinates.



Heading. How do you find a course?

Heading is the angle formed between our direction of travel and Magnetic North. The Geographic North is that point where all the meridians meet. A course of 40° will not take us to any specific place, but will mark us in a direction. To find a bearing you must hold the compass at eye level, then you must rotate the limb until the compass points North (in red).

