

Intro to Orienteering

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September 14
Sunday



Intro to Orienteering at Lake Needwood

Calling all adventure enthusiasts! Those new to Orienteering are invited to join us to experience this fun, family-friendly sport. This free event is designed for first-time/beginners who would like to learn the basics of Orienteering. (Current orienteers should visit the [Jump To Orange](#) [2] event page). Pre-registration is required.

What to Expect

Small groups will meet with our instructors who will teach you the basics of orienteering, and then accompany you on a small demo course. After your instruction you will set out on one of our beginner courses in Lake Needwood park.

We encourage you to check out our [For Beginners](#) [3] webpage to help you prepare for your adventure. You are also encouraged to watch relevant videos such as [this one](#) [4] created by QOC's instructional guru, David Onkst. If you have questions, please use our [Contact Form](#) [5]. We will meet at [Picnic Shelter C](#) [6] near Needwood Lake Circle at the south end of the park (See directions below). Check-in will open at 9:45am, with free instruction sessions every 30 minutes from 10:00 until 11:00. Register online for the time that works best for you, and plan to be there 15 minutes early to check in. You will



learn the basics of orienteering from experienced instructors and then apply your newly acquired skills on one of two beginner-level orienteering courses.

Participants can orienteer solo or in small groups of up to four people. Juniors must be accompanied by at least one of their parents. Everyone will have until 3pm to complete their courses, although it should only take an hour or so once you start your course. Remember to download at our e-punch station even if you did not finish the course.

What to Bring

The only equipment you'll to bring is active clothing/sportswear, a comfortable pair of athletic shoes, and a watch. Free loaner compasses will be available, but please bring your own if you have one. You will want to bring water, as there won't be any out on the courses or at the check-in area.

Courses

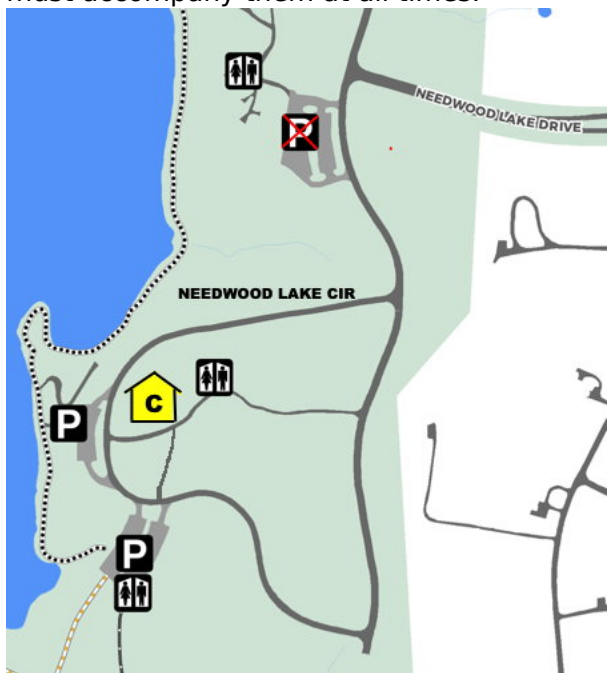
Both the White and Yellow courses are for beginners. The routes follow linear features such as roads, trails, edges of fields, or streams. Yellow is slightly longer than the white course. Checkpoints for the White and Yellow courses will be on or close to linear features. Going off trail is allowed on both courses, but legs on the Yellow course are set to encourage it if you're feeling brave!

Additional Information:

ASL instruction will be available. If desired, check the ASL box when registering for the event.

Groups

At most of our events, QOC allows groups of up to 4 people to orienteer together and welcomes youth groups. This event, however, is intended for adults and if desired, one or two of their children who must accompany them at all times.



Parking

Park in either parking area or in one of the marked spaces along Needwood Lake Circle (see image). Signs will direct you from the parking lots to Shelter C where you will check in for the event.

Location

Lake Needwood, Circle Parking Area, Derwood, MD
(Introduction To Orienteering)

Registration
