

New to orienteering? Here are some helpful tips

Scale 1: 3 000 1 cm on the map represents 30 meters

Contour interval 2.5 meters Difference in elevation between each brown line

- Turn your map so that north (the top of the map) is facing due north. Use a compass (you might have one on your smartphone). In a pinch, you can get your bearings by the river, which flows roughly north in Děčín. Keep your map oriented due north throughout the race.
- From the start (marked with a triangle on your map) choose your best route to the first control (the number 1 in a circle). You might follow a path, go around a hill, pass over a fence, or run through a valley; in town, you might weave in and out around buildings.
- Contour lines on the map represent the terrain the closer they are together, the steeper the slope, and vice versa.
- Once you've figured out how to get to the first control, you can run (in fact, you should). Keep an eye on landmarks as you go.
- When you get to where the control ought to be, you can use the control description to locate it. Once you've found it, check
 the first two numbers against the control and course numbers on your map. Record the third number from the control plate
 in the corresponding box on your map.
- Do the same for each control until you've reached the finish line (marked on your map with a double circle; for this course, start and finish are the same).
- Difficulty levels: Easy total distance of several hundred meters with a small number of easily located controls in safe, accessible terrain; Medium more controls over a longer distance in slightly rougher terrain; Difficult distance of more than 1,000 meters with a large number of controls, some of which are difficult to access, in steep terrain, requiring a little climbing, but usually manageable for active kids.
- You can check your results at the Děčín visitor center, at the front desk of Děčín Zoo or Děčín Castle, or online at www.idecin.cz/orientacni-beh





