

Orienteering

The team object of orienteering is to locate control points by using a map and compass to navigate through the woods. Each team is given a topographic map with the various control gates circled.

Each point has a flag marker or distinctive punch [passport stamp / clue] which is used to mark the scorecard. Competitive orienteering involves speed, focus, mental skills [and team work] whilst on the move, running [racing] from checkpoint to checkpoint.

Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. To be successful, the goal is to navigate, in sequence, between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time.

It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace, success is measured between time, skill, decision making and the ability to perform under pressure.

Orienteering can take place anywhere, from remote forest and countryside. It's a great activity for all, ideally for teams who want to develop navigation skills, great team spirit, and is ideal for anyone who wants to bring out the very best in each other. Orienteering - The adventure sport for all! Orienteering challenges the competitor's [team's] ability to think under pressure

and make wise decisions is more important than speed or endurance.

Outcomes

Each team will receive an orienteering kit with a map and instructions to allow their quest to begin, successfully navigating to checkpoints in and around the location.

- Teaches principles of team work: shared purpose, power of positive reinforcement.
- Cross skilling and sharing of knowledge
- Fun and high energy activity that builds camaraderie and team spirit
- Imprints the concept of Focus, communication, planning, strategy and team spirit

Program Highlights

- Maintains intensity from beginning to end
- Fabulous team activity with the combination of strategy, time management and skill
- Allows all members of the team to show their talent
- Combines mental, physical challenges and artistic as well
- Can be customised to suit the group, location and time
- Excellent for large groups

For more information, call us on 1300226110

Caution: Teambuilding can be rewarding and fun

The invoice amount is payable prior to programme delivery: 100% deposit 30 days prior to program

delivery. Cancellation of a program, within 30 days of a delivery date will incur a 50% charge.

Cancellation within 14 days of the program delivery date will incur a 100% charge.

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