

Tegg's Nose Country Park

scale 1:5000
contour interval 5m
magnetic north 2002

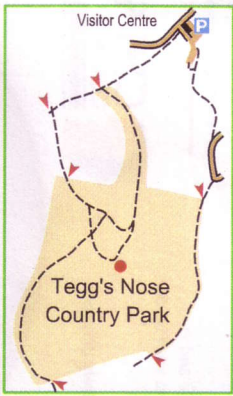


0 metres 200

1cm on the map represents 50m on the ground

key to map symbols

- track
- large path
- small path
- indistinct path
- wall, gate
- ruined wall
- fence
- ruined fence
- building, ruin
- fenced enclosure
- seat, man made object
- crag: large, small
- boulder
- boulder cluster
- boulder field
- stony ground
- narrow marsh
- seasonal marsh
- marsh
- ditch
- stream
- pond
- lake
- contour
- index contour
- form line
- knoll: large, small
- depression: large, small
- gully: large, small
- steep bank, platform
- earth wall
- forest: run
- forest: slow run
- forest: walk
- forest: fight
- undergrowth: slow
- undergrowth: walk
- open land
- rough open land
- rough open with scattered trees
- distinct vegetation change
- out of bounds



Access Points

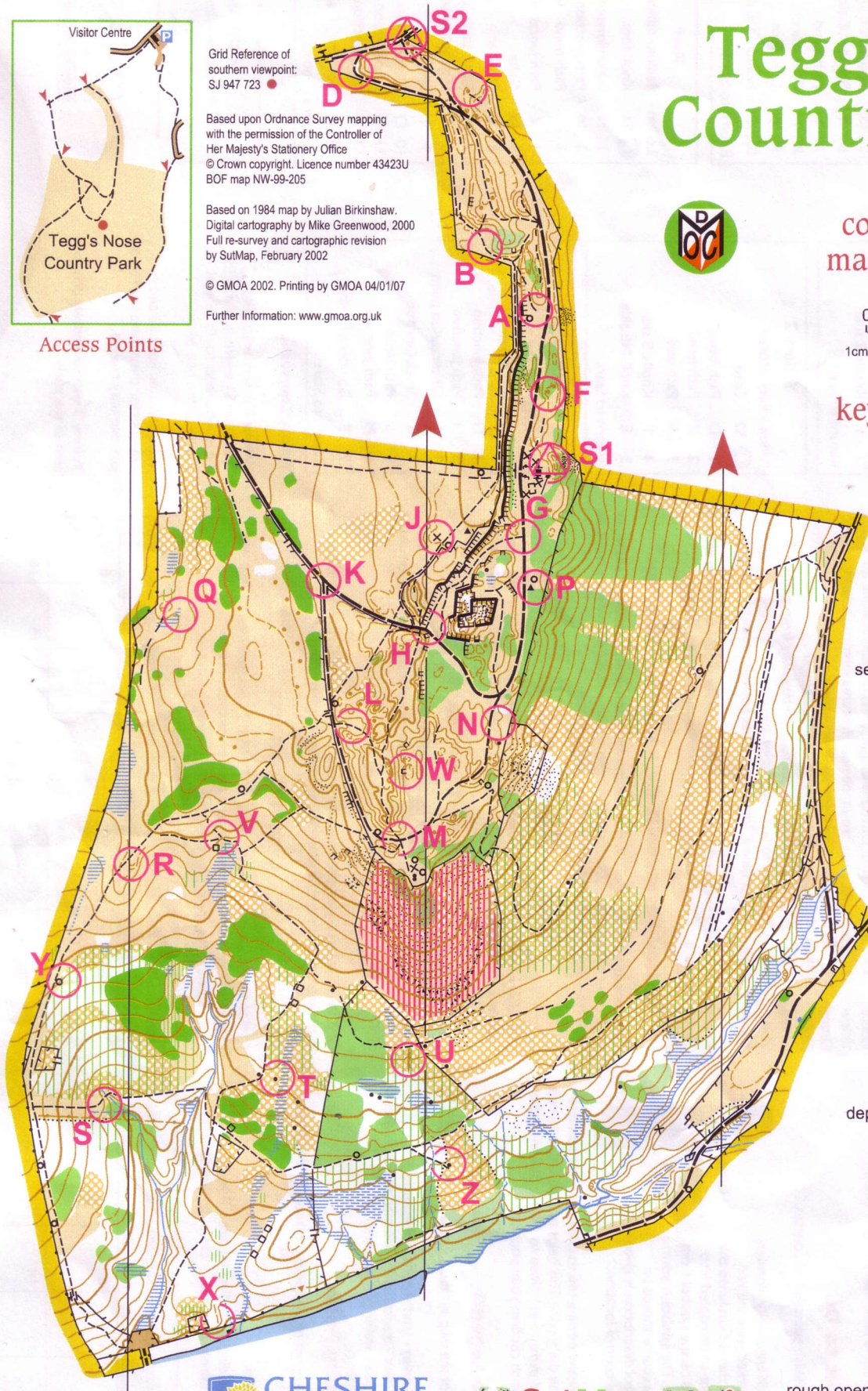
Grid Reference of southern viewpoint: SJ 947 723

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BOF map NW-99-205

Based on 1984 map by Julian Birkinshaw. Digital cartography by Mike Greenwood, 2000
Full re-survey and cartographic revision by SutMap, February 2002

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Further Information: www.gmoa.org.uk



Orienteering in your local parks & countryside

Orienteering at Teggs Nose Country Park

What You Need

Polythene Bag
Pen or Pencil
Compass
Clothing

If available can protect the map if it is raining
To fill in the control card
Not essential but can be used if you have one
Footwear/clothing as suitable for a country walk.

Choosing a Course

Beginners, especially children, are advised to do a White or Yellow course first. Those with previous navigation experience may find they can manage Orange courses or higher if available. Not all parks have every course colour.

What to Do

The ☉ map symbol shows the start/finish point for all courses.

The aim is to find the controls which are usually wooden posts or plaques. Each control is marked with the red control code letters shown next to the red circle on the map and a white symbol which needs to be copied into the correct box on the control card i.e. the symbol from control No. 4 goes in box No. 4, etc. The symbol is your evidence of visiting the control. The course should be followed in numerical order. A control description is given for additional information about the control location.



Code
Symbol

A key skill is setting the map. This means turning the map until it's symbols line up with the corresponding features on the ground. This helps to ensure the correct direction is followed. Use tracks and paths to get close to the control and other features to make the final 'attack' or to confirm your position.

The Legend

The legend provides the meanings of the map symbols - note the following:

White - open woodland
Green - thicker woodland
Yellow - open ground
Brown - land shapes and features
Black - tracks, paths and man-made objects
Blue - water-related features

Missing Posts

If you arrive at a control site with no post or plaque there are two possibilities:
1) you are in the wrong place.
2) the post is missing or overgrown.

Please check your navigation/map reading in the first instance. If you are still convinced the post is missing then inform the GMOA Development Officer.

Control Card		course					
start	finish	time taken	time taken	time taken	time taken	time taken	
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16

Out-of-bounds Areas

Out-of-bounds areas are marked with Red or Black hatching. These may be private, environmentally sensitive or potentially dangerous and should be avoided.

Colour Coding System

Orienteering courses are classified by colour to indicate length and technical difficulty. A simplified version of the system is given below.

Control Sites

White 1 - 1.5km At path junctions or junctions of paths & walls, etc
Yellow 1 - 2.5 At junctions or obvious features next to paths
Orange 2 - 3.5 Up to 20m from paths on easy features
Red 3.5 - 6 Same standard as Orange but longer
Green 3.5 - 4.5 Small features & contour shapes away from paths
Blue 4.5 - 6.5 Hard to find in complex terrain
Brown 6.5+ As Blue & longer distances between controls

At a relaxed walking pace with good navigation, courses should take from around 20 minutes for a White course to 90 minutes for the hardest courses.

Other Permanent Orienteering Courses

There are around 40 POCs in the Greater Manchester area including some set up by other organisations. Details are available on our website at www.gmoa.org.uk. A leaflet is also available at some information centres.

Maps for POC's

Map sources are listed on our website and in the leaflet mentioned in the previous section. Additional control cards can also be downloaded from the website.

Out-of-Date Maps

Parks undergo development work occasionally resulting in the need for map updates and relocation of some posts. This map may ultimately become outdated.

GMOA

GMOA is a voluntary organisation which sets up Permanent Orienteering Courses in conjunction with local authorities and other organisations.

Useful Contacts

GMOA Development Officer tel 01457 864817 pat.pathways@virgin.net
Manchester & District Orienteering Club www.mdoc.org.uk
South East Lancashire Orienteering Club www.seloc.org.uk

Suggested Courses

Yellow 1	
1km - Easy course	☉ SI Knoll foot
1	A Path end
2	B Path bend
3	D Path bend
4	E Knoll, NE side
5	F Knolls, S side
Return to Start	

Yellow 2	
0.9km - Easy course	☉ S2 Gate
1	D Path bend
2	B Path bend
3	A Path end
4	F Knolls, S side
5	E Knoll, NE side
Return to Start	

Yellow 3	
1km - Easy course	☉ SI Knoll foot
1	G Path junction
2	H Path junction
3	J Observation point
4	K Track junction
5	L Path bend
6	M Path junction
7	P Boulders, E side
Return to Start	

Yellow Courses

Yellow 1 is similar to Yellow 2. It uses Start S1 which is better for those who wish to do several courses from one base.

Yellow 2 uses Start S2 and is intended for those who wish to do just one easy course.

Yellow 3 uses an entirely different area of the park.

Orange	
2.1km - Medium difficulty	☉ SI Knoll foot
1	H Path junction
2	K Track junction (use stile)
3	Q Marsh, E side
4	R Depression
5	S Vegetation boundary
6	T Boulder, E side
7	L Path bend
8	M Path junction
9	W Crag foot
10	P Boulders, E side
Return to Start	

Red	
2.6 km - Medium difficulty	☉ SI Knoll foot
1	N Embankment foot
2	M Path junction
3	L Path bend
4	V Path junction
5	U Gully
6	Z Boulder
7	X Earth bank, S end
8	S Vegetation boundary
9	Y Seat
10	Q Marsh, E side
11	J Observation point
12	H Path junction
13	P Boulders, E side
Return to Start	

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