



Orienteering is a sport of Scandinavian origin. The game's objective is to locate fairly easy-to-find markers, called "controls", in the forest with the aid of a map and, if you like, a compass. The challenge arises from participants not knowing the locations of the markers beforehand. The test lies in determining the best routes between the marker locations and in the sport's competitive form, in finding all these points (called controls) in the least possible time. At its best, not only does orienteering improve your knowledge of geography and practical navigation, it enhances physical and mental fitness as well.

Orienteering is a sport for a lifetime, for people of all ages, abilities, and sexes. Participants may travel alone or in groups, running or strolling, to win the contest or to merely savor nature's beauty, which, as any orienteer will attest, winning itself.