

Navigation

Activity: Map Puzzle

Learning Objective: Match up what is seen in nature with what is on an orienteering map

Instructions:

- Print off the orienteering map of Bow Valley Provincial Park.
- Cut up the map along grid lines.
 - You do not need to cut up tiles that do not have some map on them.
- Try and put together the map puzzle using the image from google maps as the reference.
- Feel free to post pictures of your completed puzzle on the SOGO Adventure Running Facebook page!

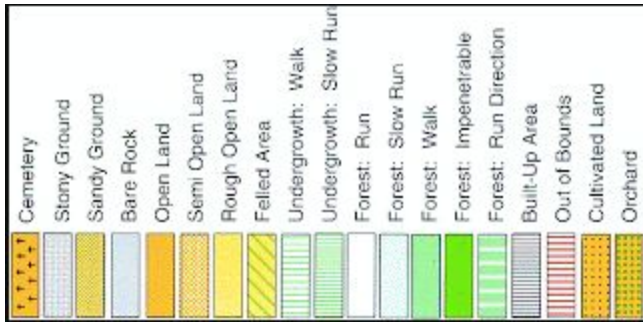
Equipment:

- Printer
- Map from google maps and the orienteering map (down below)
- Scissors

Map symbols:

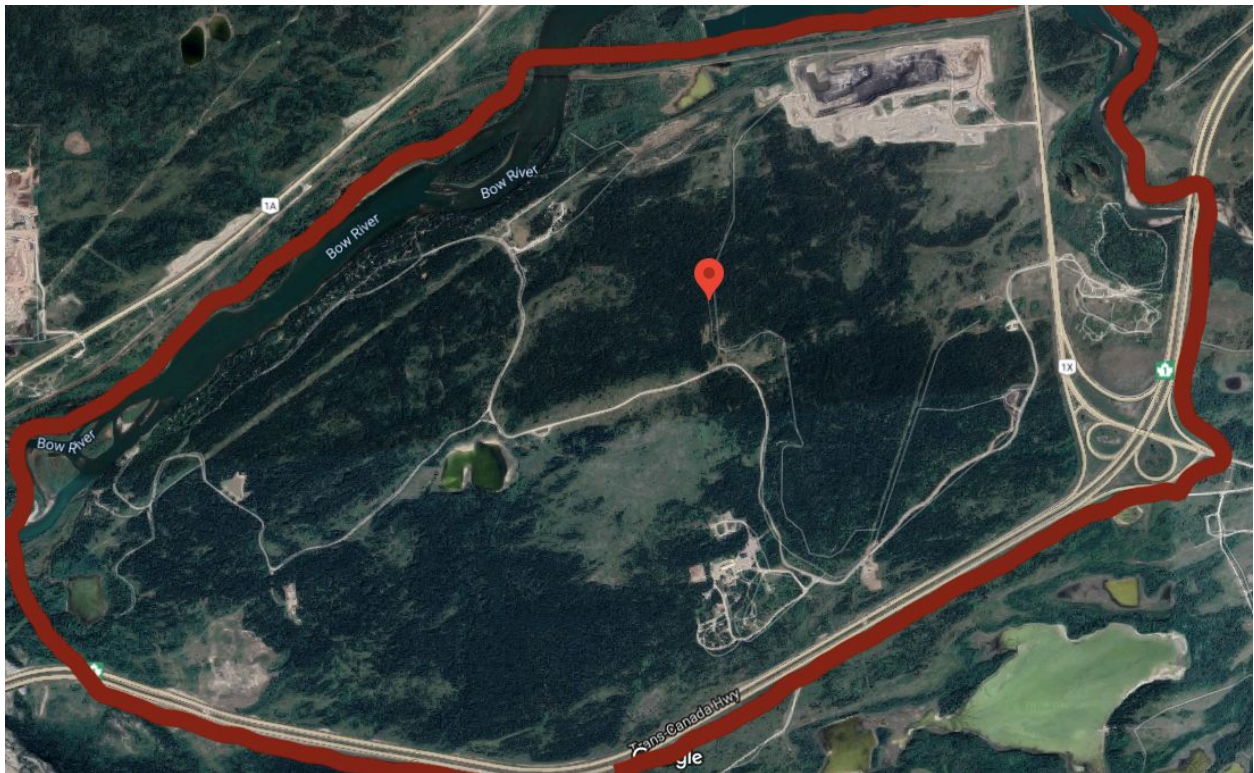
<p>Land forms</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td></td><td>Terrace</td></tr> <tr><td></td><td>Spur</td></tr> <tr><td></td><td>Re-entrant</td></tr> <tr><td></td><td>Earth bank</td></tr> <tr><td></td><td>Quarry</td></tr> <tr><td></td><td>Earth wall</td></tr> <tr><td></td><td>Erosion gully</td></tr> <tr><td></td><td>Small erosion gully</td></tr> <tr><td></td><td>Hill</td></tr> <tr><td></td><td>Knoll</td></tr> <tr><td></td><td>Saddle</td></tr> <tr><td></td><td>Depression</td></tr> <tr><td></td><td>Small depression</td></tr> <tr><td></td><td>Pit</td></tr> <tr><td></td><td>Broken ground</td></tr> <tr><td></td><td>Ant hill</td></tr> </table> <p>Rock and boulders</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td></td><td>Cliff, Rock face</td></tr> <tr><td></td><td>Rock pillar</td></tr> <tr><td></td><td>Cave</td></tr> <tr><td></td><td>Boulder</td></tr> <tr><td></td><td>Boulder field</td></tr> <tr><td></td><td>Boulder cluster</td></tr> <tr><td></td><td>Stony ground</td></tr> <tr><td></td><td>Bare rock</td></tr> <tr><td></td><td>Narrow passage</td></tr> </table>		Terrace		Spur		Re-entrant		Earth bank		Quarry		Earth wall		Erosion gully		Small erosion gully		Hill		Knoll		Saddle		Depression		Small depression		Pit		Broken ground		Ant hill		Cliff, Rock face		Rock pillar		Cave		Boulder		Boulder field		Boulder cluster		Stony ground		Bare rock		Narrow passage	<p>Water and marsh</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td></td><td>Lake</td></tr> <tr><td></td><td>Pond</td></tr> <tr><td></td><td>Waterhole</td></tr> <tr><td></td><td>River, Stream, Watercourse</td></tr> <tr><td></td><td>Minor water channel, Ditch</td></tr> <tr><td></td><td>Narrow marsh</td></tr> <tr><td></td><td>Marsh</td></tr> <tr><td></td><td>Firm ground in marsh</td></tr> <tr><td></td><td>Well</td></tr> <tr><td></td><td>Spring</td></tr> <tr><td></td><td>Water tank, Water trough</td></tr> </table> <p>Vegetation</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td></td><td>Open land</td></tr> <tr><td></td><td>Semi-open land</td></tr> <tr><td></td><td>Forest corner</td></tr> <tr><td></td><td>Clearing</td></tr> <tr><td></td><td>Thicket</td></tr> <tr><td></td><td>Linear thicket</td></tr> <tr><td></td><td>Vegetation boundary</td></tr> <tr><td></td><td>Copse</td></tr> <tr><td></td><td>Distinctive tree</td></tr> <tr><td></td><td>Tree stump, Root stock</td></tr> </table> <p style="font-size: small; text-align: center;">© Simon Errington 2005. simon@maprunner.org.uk</p>		Lake		Pond		Waterhole		River, Stream, Watercourse		Minor water channel, Ditch		Narrow marsh		Marsh		Firm ground in marsh		Well		Spring		Water tank, Water trough		Open land		Semi-open land		Forest corner		Clearing		Thicket		Linear thicket		Vegetation boundary		Copse		Distinctive tree		Tree stump, Root stock	<p>Man-made features</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td></td><td>Road</td></tr> <tr><td></td><td>Track/Path</td></tr> <tr><td></td><td>Ride</td></tr> <tr><td></td><td>Bridge</td></tr> <tr><td></td><td>Power line</td></tr> <tr><td></td><td>Power line pylon</td></tr> <tr><td></td><td>Tunnel</td></tr> <tr><td></td><td>Stone wall</td></tr> <tr><td></td><td>Fence</td></tr> <tr><td></td><td>Crossing point</td></tr> <tr><td></td><td>Building</td></tr> <tr><td></td><td>Paved area</td></tr> <tr><td></td><td>Ruin</td></tr> <tr><td></td><td>Pipeline</td></tr> <tr><td></td><td>Tower</td></tr> <tr><td></td><td>Shooting platform</td></tr> <tr><td></td><td>Boundary stone, Cairn</td></tr> <tr><td></td><td>Fodder rack</td></tr> <tr><td></td><td>Platform</td></tr> <tr><td></td><td>Monument or Statue</td></tr> <tr><td></td><td>Building pass through</td></tr> <tr><td></td><td>Stairway</td></tr> </table> <p>Special features</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td></td><td>Special item</td></tr> <tr><td></td><td>Special item</td></tr> </table>		Road		Track/Path		Ride		Bridge		Power line		Power line pylon		Tunnel		Stone wall		Fence		Crossing point		Building		Paved area		Ruin		Pipeline		Tower		Shooting platform		Boundary stone, Cairn		Fodder rack		Platform		Monument or Statue		Building pass through		Stairway		Special item		Special item
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Map Colours:



<http://www.corko.net/what-is-orienteering/map-symbols>

Google Maps Image:



Puzzle: cut up along lines before putting together (you do not need to cut up tiles that do not have some map on them).



A special thank you to British Orienteering :

https://www.britishorienteering.org.uk/images/uploaded/downloads/schools_tri_o_resources.pdf

Speed

Activity: Dot Maps

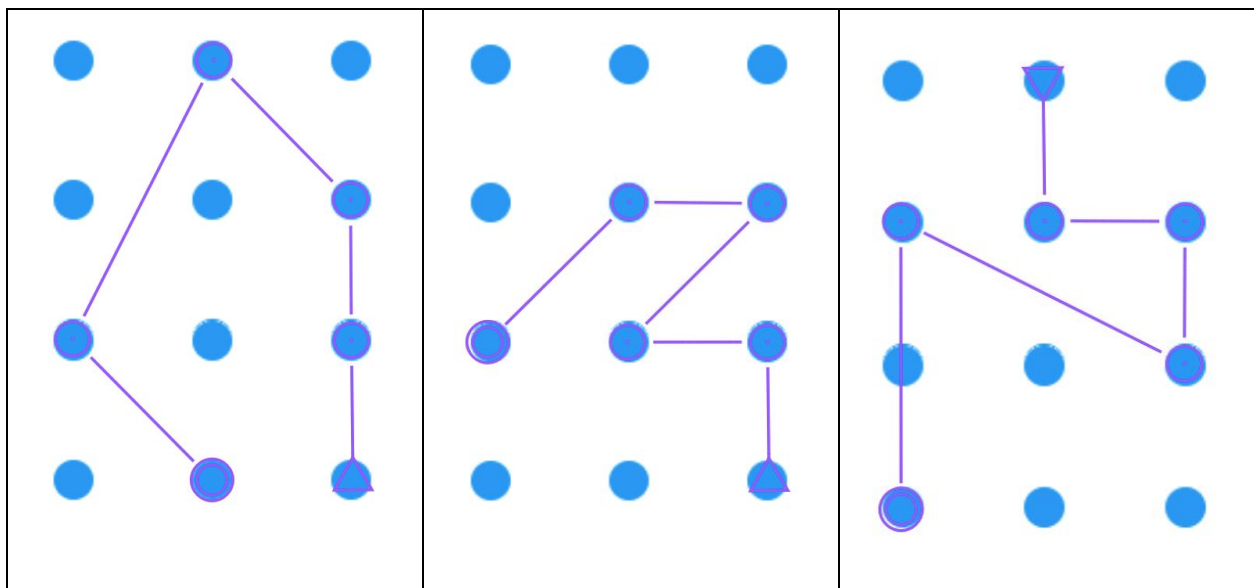
Learning Objective: Understanding how to run a course and getting comfortable running while using a map.

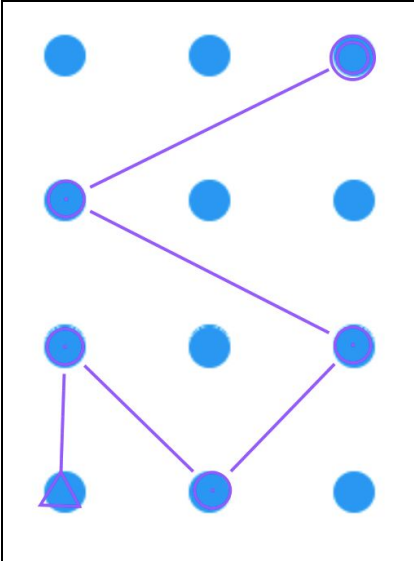
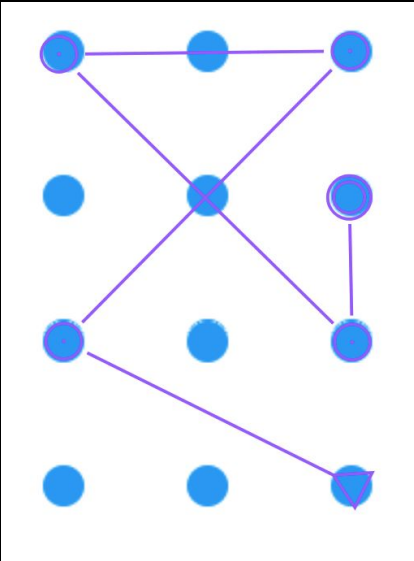
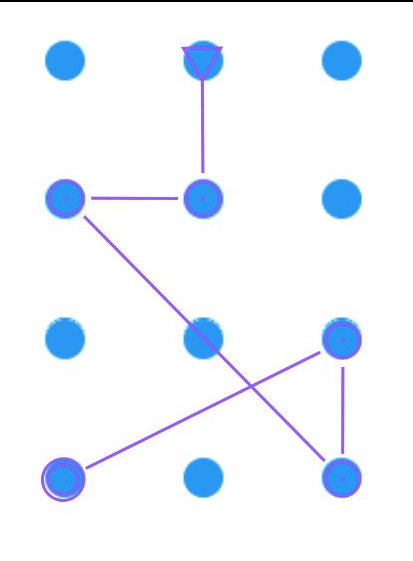
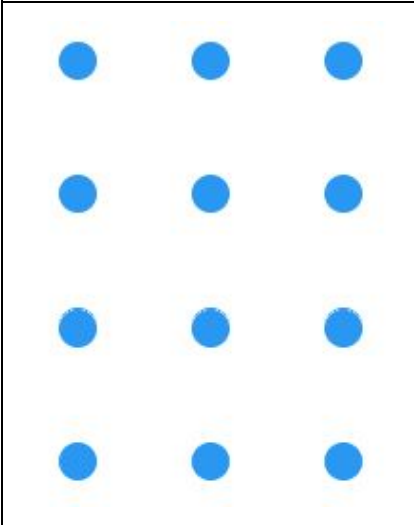
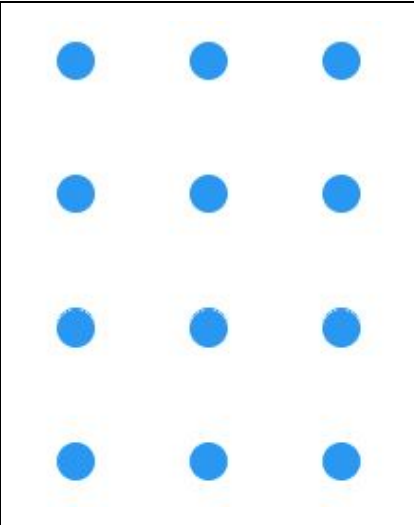
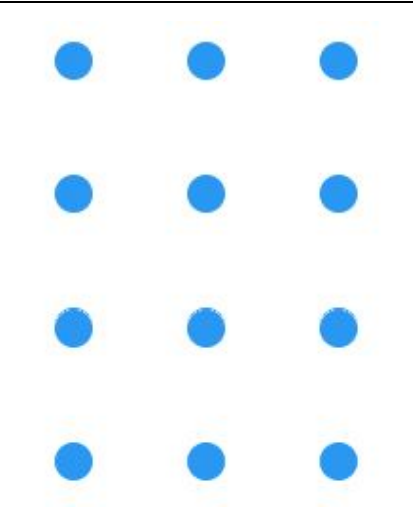
Instructions:

- Print off maps.
- Set up pylons or cans 1 to 2 meters apart from one another to resemble the blue circles on the map (a 3x4 grid of cans/pylons).
 - You can run this activity in a cleared out room in your house or outside.
- Run the six orienteering courses, touching with your hand every pylon/can that represents a control.
 - Remember that the triangle is the start and the double circle is the finish.
- For the last three, create your own! Draw your course onto the map.
- Feel free to post pictures of your maps and creations on the SOGO Adventure Running Facebook page!

Equipment:

- Printer
- Maps (down below)
- Cans, cones or anything similar
- Pen



		
Draw your own course:		
		

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