

Nant y Groes Orienteering

The following are a selection of orienteering activities which can be done with the Nant y Groes maps:-

1. Star Exercise
 - a. Set a new start/finish point in the centre of the area
 - b. You will need 15 maps, each showing one control
 - c. Each runner or pair of runners picks a map, finds the control and marks their card.
 - d. Return to start/finish, collect new map and repeat.
 - e. First to complete all correctly, wins

2. Score Event
 - a. A timed event.
 - b. Each runner or pair of runners has a map with all the controls shown
 - c. Set time and collect as many controls as possible.
 - d. Penalty times set for late return
 - e. This can be made a bit harder by giving runners a blank map on which they have a set time to mark the location of the controls from a centrally held map

3. Sprint Race
 - a. To encourage fast, (safe), running.
 - b. Pair runners up and they will either run against each other or as a pair against another pair.
 - c. Each runner will have a map with all the controls marked
 - d. Runners or pairs of runners will run opposite ways around the course collecting the control symbols. First back wins.

You will need control cards for the runners. Schools will probably have these but an example is attached and these can be printed off on paper. As there are no clippers the runners will also need a pencil, (a short stub and not too sharp), with which they can record the letter, number or symbol from the permanent control markers.

N.B All these activities must be thoroughly risk assessed for the site.

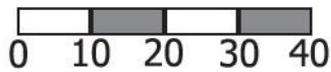
All schools in Conwy should have had training for at least one of their teachers in using school-based orienteering facilities. If any wish to have more teachers trained they should contact Owen Heywood or Chris Near at Nant BH (01492 640735).

Nant y groes (Yn flaenorol/Formerly Upper Dingle)

Bae Colwyn / Colwyn Bay



Graddfa/Scale

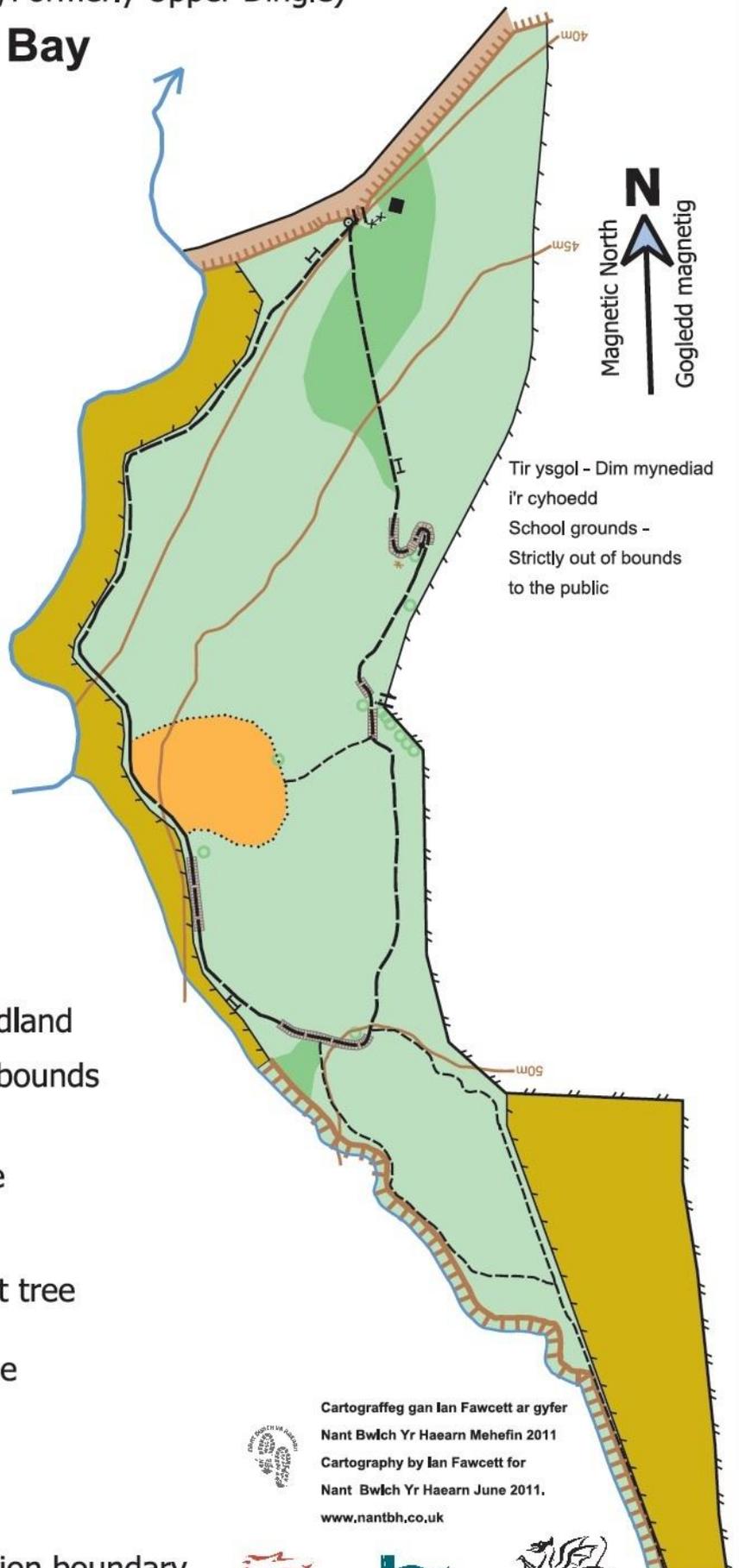


Metrau/Metres

1:1000

Allwedd - Legend

-  adeilad / building
-  lle caled / hard surface
-  tir agored / open land
-  coetir:rhedegog arafu / woodland:slow running
-  coetir tew / dense woodland
-  dim mynediad / out of bounds
-  giât / gate
-  ffens uchel / high fence
-  ffens / fence
-  wal / wall
-  coeden amlwg / distinct tree
-  sedd / seat
-  llethr serth / steep slope
-  llwybr / footpath
-  llwybr cul / small path
-  arwydd / sign
-  grisiau / steps
-  ffin llystyfiant / vegetation boundary
-  boncyff/logs
-  cyfuchlin / contour



Tir ysgol - Dim mynediad
i'r cyhoedd
School grounds -
Strictly out of bounds
to the public

Cartograffeg gan Ian Fawcett ar gyfer
Nant Bwlch Yr Haearn Mehefin 2011
Cartography by Ian Fawcett for
Nant Bwlch Yr Haearn June 2011.
www.nantbh.co.uk



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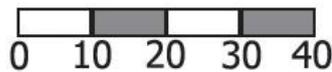
(c) Hawlfraint y Goron a hawliau cronfa ddata 2011 Arolwg Ordnans 100023380. Ni chechw gopio, is-drwyddedu, dosbarthu na gwerthu'r data hwn i drydydd partion mewn unrhyw ffurf.

Nant y groes (Yn flaenorol/Formerly Upper Dingle)

Bae Colwyn / Colwyn Bay



Graddfa/Scale

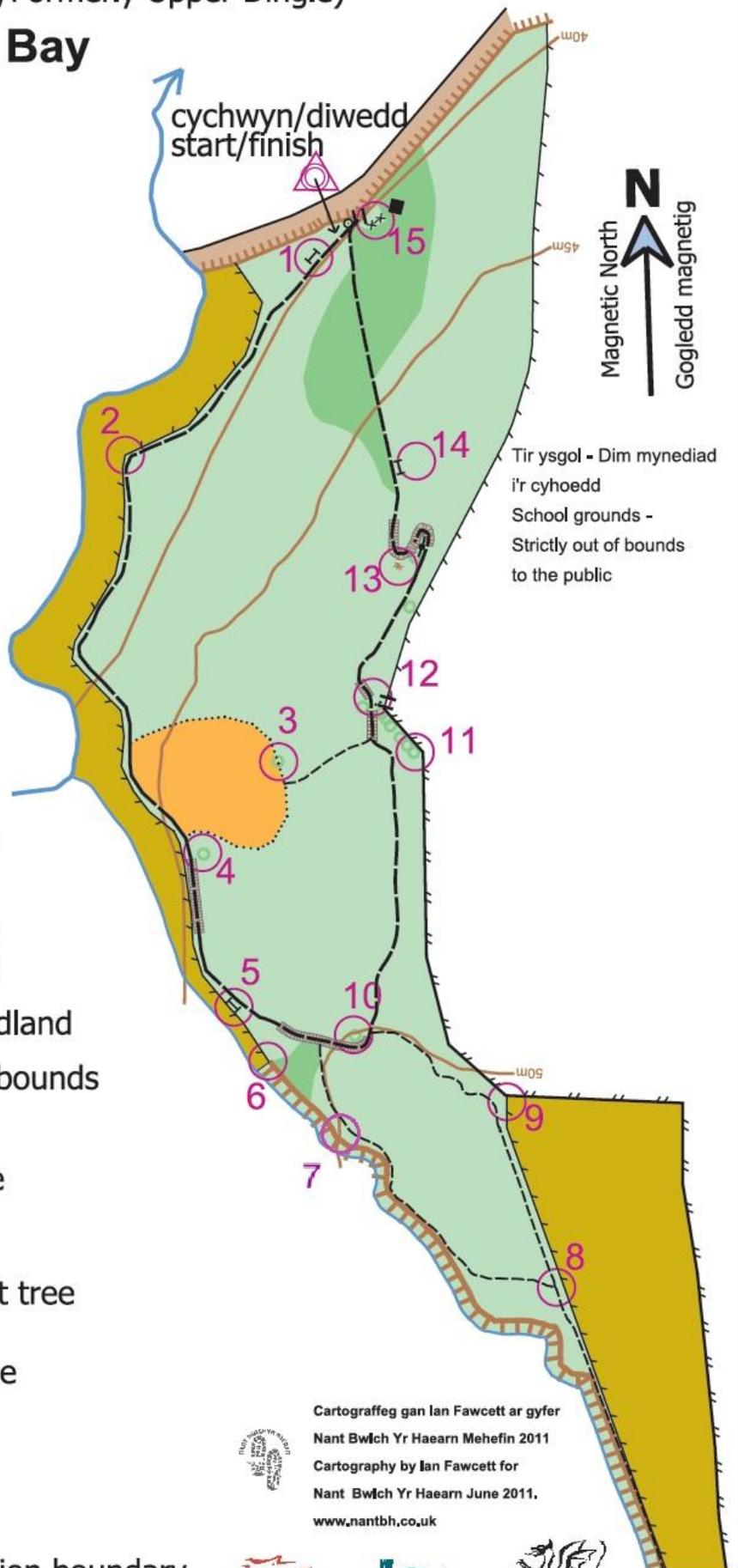


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Nant y groes (Yn flaenorol/Formerly Upper Dingle)

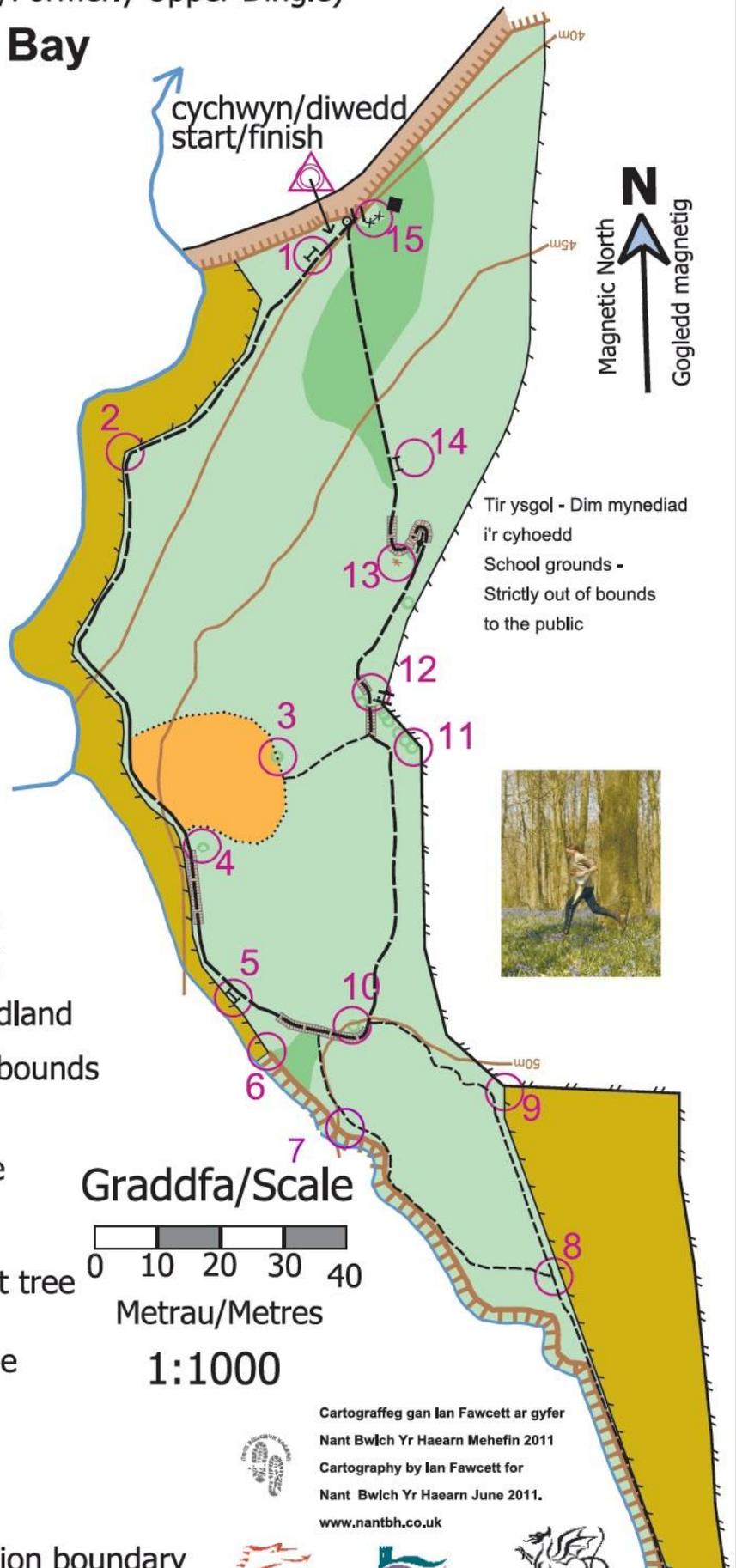
Bae Colwyn / Colwyn Bay

Rheolfanua/Control Points

1. sedd / seat
2. cleddr ffens / fence post
3. coeden / tree
4. coeden / tree
5. cleddr ffens / fence post
6. ddiwedd y ffens / end of fence
7. coeden / tree
8. gyffordd llwybr / path junction
9. gyffordd ffens / fence junction
10. coeden / tree
11. bonyn coeden / tree stump
12. cleddr ffens / fence post
13. bonyn coeden / tree stump
14. coeden / tree
15. arwydd / sign

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Metrau/Metres
1:1000

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Taflen Atebion – Map Cyfeiriannu Nant y Groes
Nant y Groes Orienteering Map – Answer Sheet

Rheolfan/Control	Llythyr/Letter	Symbol	Rhyf/Number
1	J	Ω	4
2	L	\equiv	9
3	G	λ	10
4	P	ζ	12
5	M		1
6	R	Γ	15
7	B		3
8	C	Δ	14
9	D	ψ	5
10	A	ϕ	6
11	K		2
12	N	ε	13
13	E	π	8
14	F	θ	11
15	H	Σ	7