



**CHIGWELL & EPPING FOREST  
ORIENTEERING CLUB**



# **“Come and Try Orienteering”**

## **Wanstead Park**

**Saturday, 27<sup>th</sup> April 2024**  
**10 am to 12 noon**

Find out what orienteering is all about by finding your way to Wanstead Park on Saturday 27th April anytime between 10 am and 12 noon.

Orienteering is an exciting outdoor adventure sport which involves walking or running whilst navigating around a course using a detailed map. It's a fun sport for all the family and will also appeal to runners and joggers looking for something different.

It doesn't matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace.

This is an informal event aimed at beginners and those new to orienteering. There will be a short course laid out in the park of around 2km. Maps will be provided and club members will be on hand to give instructions.

## **Details**

The registration and start point will be near 'The Temple' in the centre of the park. Follow the main entrance path from Warren Road or Northumberland Avenue.

There is no need to book, just turn up anytime between 10 am and 12 noon. It's a free event and the map of the park is yours to keep.

For more details contact Ray Weekes 07961 864614 or email [Info@chig.org.uk](mailto:Info@chig.org.uk)

If you are unable to attend but would like more info then visit [www.chig.org.uk](http://www.chig.org.uk)