

**Orienteering is a challenging outdoor**

**adventure sport enjoyed by people of**

**all ages, abilities and backgrounds.**



**MID WALES ORIENTEERING CLUB & POWYS SPORTS DEVELOPMENT**

Invite **YOU** to a **Family Day** (come with an adult)

On **Tuesday 29th October 2019**(

At **Gregynog Hall Estate**, near Tregynon (off the B4389 from Newtown)

**Registration and Download** in the Courtyard.

**Starts** are between 10.30am and 12.30pm

**Choice of Courses** to suit all types (Young, Old, Fit or Unfit), **advice will be on hand** from experienced Club Members and Community Sports Officers. Try the Activities which includes an easy White Course. **N.B.** See website for more details - <https://www.mid-wales-orienteers.org.uk/info/category/schools>

**White Course** – distance is 1.720km, 35m - tbc. Recommended for Year 3 & 4 pupils. As below with the Yellow, but with a control placed at every junction.

**Yellow Course** – distance is 1.980, 50m climb - tbc. Recommended for Year 5 & 6 pupils. Around paths (controls at path junctions etc), testing navigation, skill of turning (orientating) the map as you move around the paths and changing direction.

**Orange Course –** distance is 3.0k, 60m climb - tbc

**Fees:** Adults £2-00;Juniors £1-00; Families £3.00 (all includes Dibber hire). Parking fee is £2.50 per vehicle from the Pay & Display machine**.**

**Clothing:** Wear casual clothes/tracksuit + stout footwear or trainers.

**Facilities:** Courtyard Café will be open offering a range of food and drinks from 10.00am; toilets**.**



