

Orienteering

Orienteering is a fun outdoor activity that tests your ability not only to read a compass and map but also to relate features on the map to features on the ground to determine the fastest way to get from point A to point B.

Each course at Waterfall Glen Forest Preserve has a start and a finish and a series of “control sites” in between — physical features in the landscape that you need to visit along the way in a certain order. Each control site is marked with a post that has an orange and white flag, a three-digit code and a two-letter code.

This packet is designed to provide a basic introduction to orienteering using the beginner course at Waterfall Glen Forest Preserve. For a more thorough introduction, sign up for an upcoming orienteering program through the Forest Preserve District. Visit dupageforest.org and click on “Things to Do” and “Calendar of Events.”

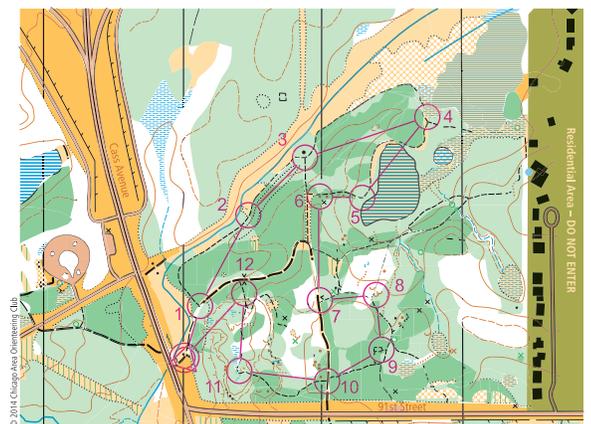


The Map

In orienteering, the map is more important than the compass. Taking a compass bearing and traveling in a straight line isn't always the best choice. The map gives you information about the terrain that can help you find trails, streams and vegetative edges, which can be easier to cross.

All orienteering maps that follow International Orienteering Federation standards, including the ones for the courses at Waterfall Glen Forest Preserve, use the same five colors.

- Brown lines represent elevation and other land features.
- White, yellows and greens show vegetation density.
- Blue represents water.
- Black marks the location of boulders and manmade objects.
- Magenta is used for the symbols for start and finish and the lines and numbered circles that show the location of each control site.



Control Site Descriptions

Each map also has an eight-column chart that gives descriptions for each control site. (See the next page for common symbols.)

- Column A Order in which to visit each control site
- Column B Three-digit number on the flag post at the control site
- Column C Location of features at the control site that are similar to the features in column D (if any)
- Column D Geological or manmade feature at the control site
- Column E Details about the feature at the control site that aren't on the map (such as marshy, deep, sandy)
or information on a second feature that's at the control site
- Column F Dimension of the feature at the control site
or information on how features are combined
- Column G Location of the flag post in relation to the feature at the control site (blank if post is in the center)
- Column H Other information

Beginner		1.9km			
▶		/	/	✓	
1	101	/	Y		
2	102	⋯		⊙	
3	103	/	Y		
4	104	≡		⊙	
5	105	/		<	
6	106	←	•		
7	107	≠		⊙	
8	108	↓	∪	•⊙	
9	109	□		⊙	
10	110	↓	/	Y	
11	111	○		⊙	
12	112	⌋	/	x	
⊙		160m		⊙	

Next to the chart is a numbered list of extra clues for each control site.

Beginner Course, Length 1.9km

Start Southwest end of trail

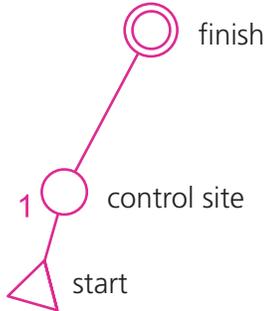
1. 101 Large trail/small trail junction
2. 102 Semi-open area southwest part
3. 103 Trail junction
4. 104 Seasonal marsh southwest edge
5. 105 Bend in trail
6. 106 Western knoll
7. 107 Culvert southeast side
8. 108 Southern small depression west side
9. 109 Ruin east side
10. 110 Southern trail junction
11. 111 Hill southwest side
12. 112 Spur trail crossing

160m from last control to finish.



Symbols

Orienteering maps can use dozens of different special symbols. Here are just a few that are used with the beginner course at Waterfall Glen Forest Preserve.



← the most western of two similar features

↓ the most southern of two similar features

⋯ path made by people or wildlife

⋯ semiopen land

≡ marsh

● knoll

≡ tunnel

∪ small depression

□ ruin (remains of a building)

○ hill

⌋ spur

Y a junction

X a crossing

< A smooth bend in a linear feature, such as a path

✓ The flag post is at the end of a linear feature, such as a path (the southwest end in this case).

○• The feature is aboveground, such as a boulder or ruin, and the flag post is on the side of the feature (the east side in this case).

○ The feature extends over a large area, such as a marsh or semiopen land, and the flag post is in a section of the feature (the southwest section in this case).

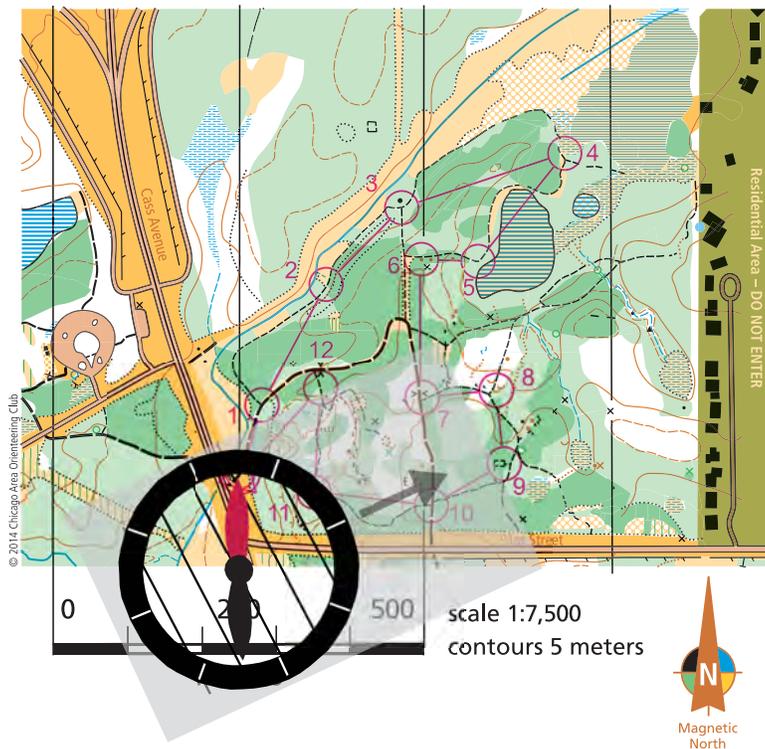
○ The feature extends over a large area, such as a marsh or semiopen land, and the flag post is on the edge of the feature (the southwest edge in this case.)



distance from last control site to finish

Hitting the Course

- 1 Before you set out, in addition to a map, compass and pencil, make sure to bring water, sunscreen and bug spray. Because orienteering courses take you off the beaten path, it's a good idea to wear long pants and gym shoes or hiking shoes, too.
- 2 To reach the start of the beginner course, park in the trailhead lot on Northgate Road at Waterfall Glen Forest Preserve. Cross Cass Avenue at the crosswalk, and look for the yellow gate. That's where you'll start.
- 3 Orient your map. To do this, turn your map so the magnetic north lines on the map point in the same direction as the red end of your compass needle. When your map is properly oriented, the features on it will correctly line up with the features of the landscape.



- 4 Keep your map oriented at all times. No matter which direction you turn, the magnetic north lines on the map and the compass arrow should always face north.
- 5 When you reach a control site, write down the two-letter code from the post in the appropriate box on the map to mark where you've been.

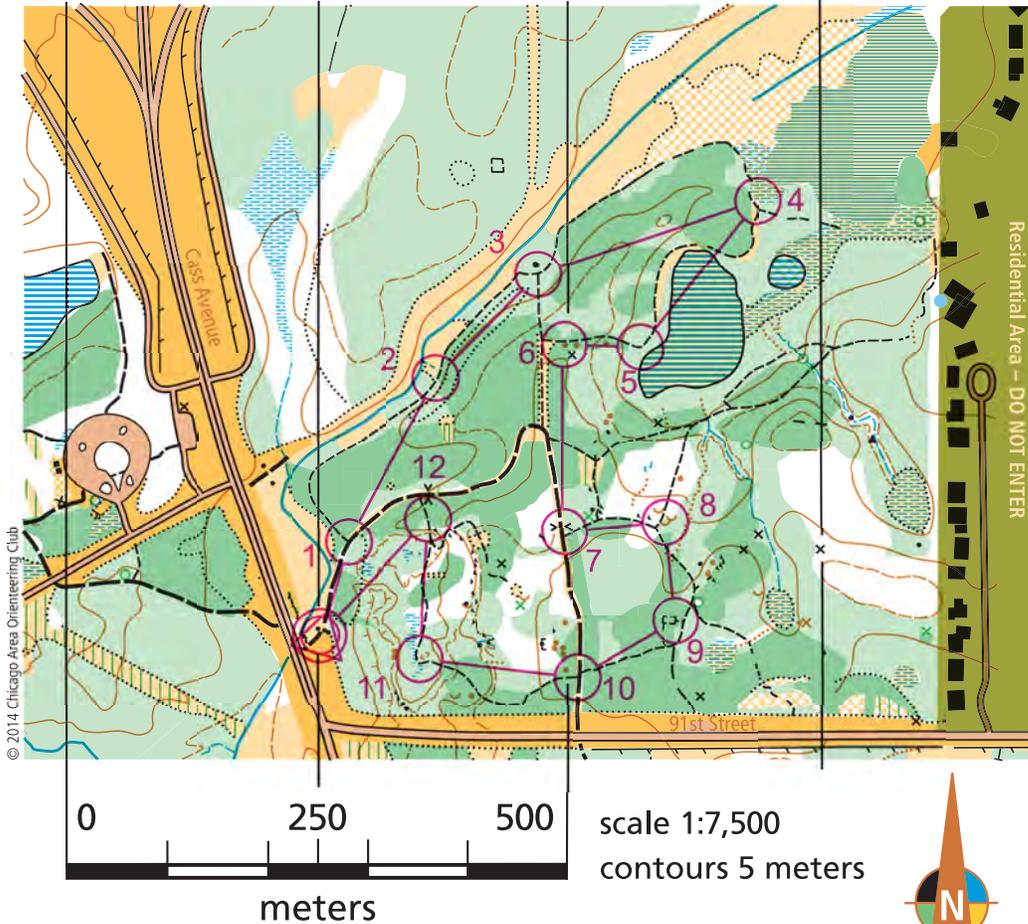
1	2	3	4	5	6	7	8	9	10	11	12
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- 6 Have fun!



Beginner Orienteering Course

Waterfall Glen Forest Preserve



- open land with scattered trees
- rough open land, water
- forest: easy running, slow
- forest: difficult to run, fight
- undergrowth: slow running, fight
- vegetation boundary, distinct
- vegetation boundary, indistinct
- paved area
- marsh, uncrossable
- well, seasonal stream
- stream
- seasonal marsh, narrow marsh
- small trail, trail
- indistinct trail, vehicle trail
- minor paved road
- major road
- fence
- power line, stone wall
- building, ruin
- boulder, rock pile
- group of boulders
- small ruin, manmade object
- contour line
- form line, slope line
- dry ditch
- knoll, rootstock
- depression, small depression
- distinct tree, fallen tree

Beginner	1.9km			
1 101				
2 102				
3 103				
4 104				
5 105				
6 106				
7 107				
8 108				
9 109				
10 110				
11 111				
12 112				
	160m			

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160m from last control to finish.

1	2	3	4	5	6	7	8	9	10	11	12
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Basemap

Stirling Surveys 1993, Aero-Metric LiDAR Data 2006

Fieldwork and Cartography

Chicago Area Orienteering Club, chicago-orienteering.org

Revised 2013

Special Thanks

To the members of the Chicago Area Orienteering Club who donated their time and effort to develop this course and map



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