

Orienteering Courses in Newton



Congratulations on choosing to participate in orienteering at one of our permanent orienteering courses. These courses are designed to help users gain orienteering skills. The courses are all beginner level courses, but get progressively more difficult with each course. The recommended order to complete the courses is 1. Auburndale Park, 2. Cold Spring Park, 3. Kennard Park, 4. Nahanton Park, 5. Edmands Park. Visit our website at www.newtonma.gov/gov/parks for more information about the location and specific course information for each park.

Below is some helpful information to make your experience a success.

Safety and Comfort Considerations

1. All use of courses is done at your own risk. Consider your level of fitness and the course length and difficulty. Trails may have rocks, roots, wet leaves, hills, or other natural features that may pose a risk.
2. Bring appropriate supplies with you like a cell phone, course map, water, and basic first aid supplies. Wear long pants, hiking shoes, bug spray, and other items necessary for the conditions you will be hiking in.
3. Supervise children. If you are an adult going alone, let someone know where you are going and what time you expect to be back.
4. Avoid all wild life, streams or ponds, and private property.
5. Use the bathroom before you start – there are not typically bathroom facilities on the trails.
6. Understand your map, including colors and symbols, and how to orient the map. If you are new to orienteering, consider participating in an introduction to orienteering program to learn more.

Completing the Course

1. All markers will be on a 4"x4" wooden post about 3 to 3.5 feet out of the ground. White and orange control marker signs are screwed to the post.
2. Use the map and the legend to help identify trails and other objects on the map. When you find the control, use the control punch to mark the correct numbered box on the map.
3. Remember that a straight line is not always the best route. Be mindful of the trails and vegetation around you. Don't cause damage. Make every effort to stay on trails and avoid cutting through sensitive growth areas or thick underbrush.
4. If an area looks dangerous, find another way around. Don't try to climb up or down a steep rock face or cliff. Avoid marshy areas.
5. If you get lost stop and take a look around. Is there anything in the area that is a noticeable feature that you can find on your map? Most trails in Newton have cell phone access so if you really can't find your way out try using your phone's GPS to get back to the trail or a location that is familiar to you.
6. Have Fun!

Orienteering Programs

Newton Parks and Recreation partners with Navigation Games and local clubs to offer orienteering classes and programs to teach the sport of orienteering. Sign up for a class or program at www.newtonmarec.com

If you've enjoyed participating in orienteering on our courses and are ready to move to the next level, or want to try more courses, consider joining a local orienteering club. New England Orienteering Club offers programs and competitions throughout the year. Check them out at <https://www.newenglandorienteering.org/>