



Welcome to the Lesnes Abbey Woods Permanent Orienteering Course.

Orienteering is the sport of competitive navigation, across country on foot. Using a specially drawn map and a compass, orienteers try to find their way as quickly as they can between control points. Because the skill is in finding the best route, it is a sport which is enjoyed by all ages.

These permanent orienteering courses, marked by fixed posts in the ground, offer you the chance to try out our sport in a fun way without any competition. They are also a fun way of exploring the area and offer many new experiences and views of the woods.

The fixed posts are identified by a letter which helps to confirm where you are on the map and, in addition, we give you a printed description of the ground feature where the post is sited.

We offer you three suggested courses which all start and finish at Lesnes Abbey and are marked by a **RED TRIANGLE** on the map.

Course 1 Start, S, M, J, F, C, Finish (Short, 2km)

Course 2 Start, S, R, P, M, L, K, J, Finish (Medium, 2.6km)

Course 3 Start, S, R, P, M, L, K, J, E, F, B, C, Finish (Longer, 3.2km)

The short course is recommended for beginners and when you wish to progress in distance and difficulty move on to the medium and longer courses.

We hope that you have enjoyed your visit to Lesnes Abbey Woods and its permanent orienteering course. If you would like to try other courses or get further information on orienteering then go to DFOK website.

Control Point Letter:	Location Description
B	Earthwall
C	Path
D	Niche
E	Depression
F	Pit
J	Path side
K	Knoll
L	Pit
M	Depression
P	Reentrant
R	N'most pit
S	Path/earthwall crossing

This course is in need of post replacement. The council will be upgrading this course in 2014.

In the meantime please enjoy.



Please TAKE CARE, particularly after wet weather when the ground may be slippery, and leave no litter.

[www.dfok.co.uk](http://www.dfok.co.uk)  
[information@dfok.co.uk](mailto:information@dfok.co.uk)

# PERMANENT ORIENTEERING COURSE

LESNES ABBEY WOODS  
 Nr Abbey Wood



Permanent orienteering courses (POCs) are set up primarily for individuals and small groups only.

If you would like to use the map for larger group activities then you will need the permission of the land owner - in this case, Bexley Council. In addition, it would be courteous to notify DFOK just in case the klubb also has an activity on the same day.

Large groups, such as schools and youth groups, may obtain maps in bulk from DFOK if they wish to hold a large orienteering activity in the woods.

Please see the POC pages on the DFOK website for contact information. DFOK also offers help to schools in setting up orienteering within their school grounds.

The support and co-operation of Bexley Council is much appreciated. Further information by going to the website: <http://www.bexley.gov.uk>.

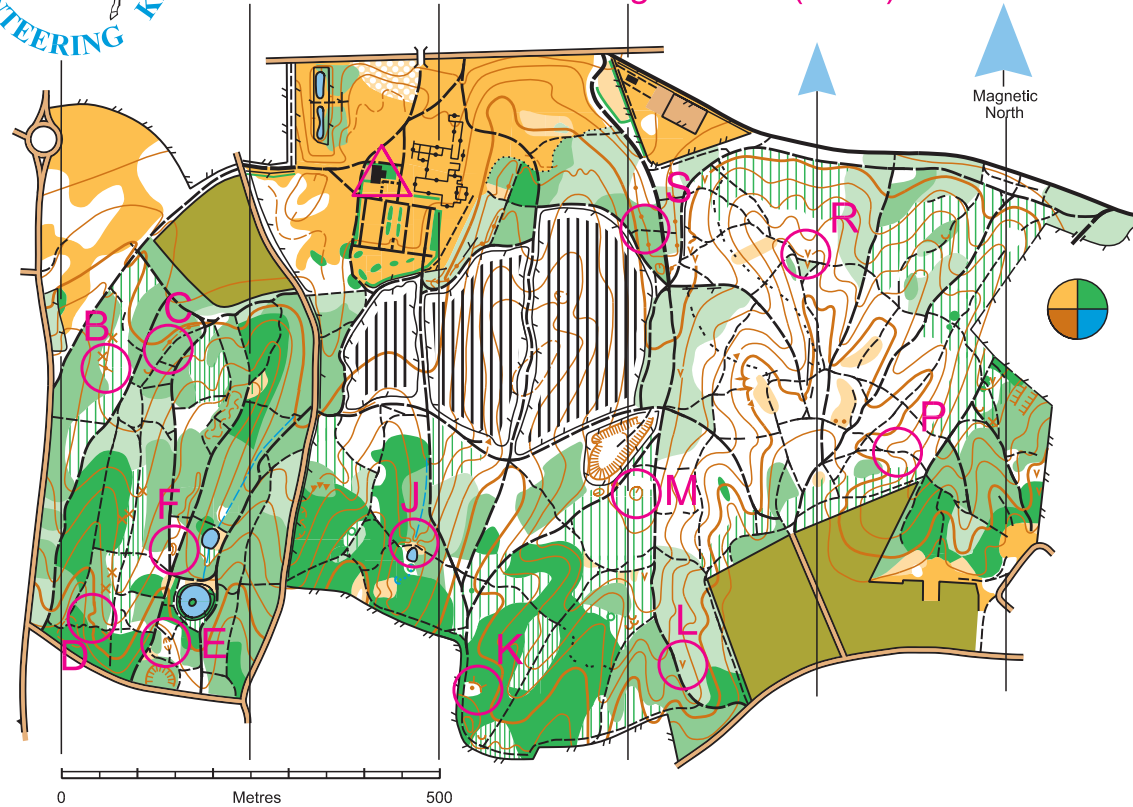


# Lesnes Abbey Woods

Scale 1:10,000

Contours 5m

Permanent Orienteering Course (POC)



0 Metres 500

- |                            |                                 |                       |
|----------------------------|---------------------------------|-----------------------|
| Road                       | Contour, Index contour          | Open land             |
| Dirt track                 | Form line, Earth bank           | Rough open land       |
| Vehicle track              | Earth wall, Low earth wall      | Forest: Run           |
| Large path                 | Gully                           | Forest: Slow run      |
| Small path                 | Knoll: Large, Small             | Forest: Walk          |
| Indistinct path            | Depression: Large, Small        | Forest: Fight         |
| High fence, Gate           | Pit, Platform (non-IOF)         | Undergrowth: Slow run |
| Fence                      | Pond (uncrossable)              | Undergrowth: Walk     |
| Wall, Stone slab           | Wet depression, Narrow marsh    | Settlement            |
| Distinct vegetation change | Stream, Ditch, Source           | Out of bounds         |
| Building, Parking area     | Hedge, Rootstock, Distinct tree |                       |