

# Welcome to the Durand Eastman Permanent Orienteering Course

## WHAT IS ORIENTEERING?

Orienteering is an activity that involves using a map to locate controls (flags) at selected points in the park. Permanent course controls are brown or white fiberglass or wood posts. Purple circles on the map show the general control location. The clues give more precise information. Each control is numbered and has a code letter. When you find a control, write the

code letter in the corresponding numbered box on your punchcard. When you have found 20 or more controls, send the punchcard to the Rochester Orienteering Club for an award. You may visit the controls in any order over several visits to the park.

## HINTS FOR BEGINNERS

1. Before starting, familiarize yourself with the map legend and scale. The scale gives some idea of distance from one point to the next. *If you want to be more accurate, try "pace counting" (100 meters equals about 65 paces depending on your stride).*
2. Begin with the "easy" controls - those that are near major trails or obvious features (or start from the parking circle on Log Cabin Road indicated by a triangle on the map). If you become lost, return to the last point that is familiar. Note: some controls are difficult and not all are needed to complete the punchcard.
3. Keep your map turned (oriented) to north either by using a compass or by matching features on the map with features on the ground. By folding your map and holding it with your thumb firmly at your current location, you'll avoid having to re-locate every time you look back at the map.
4. Be sure to bring a pen or pencil. A compass is not necessary but may be helpful in locating the more difficult controls. *An inexpensive compass (\$10 - \$15) with a rotating baseplate and a needle that settles relatively fast is fine for beginners.*
5. Most of the yellow on the map is a golf course. **Please be courteous to golfers and avoid crossing any fairways.**
6. Man-made and vegetation features shown on the map may have changed since printing.
7. If any of the controls are missing or damaged please note on your punchcard.
8. **Please observe all park rules and policies.**
9. Have fun!

## CONTROL CLUES

### Easy

1. Trail & road junction
2. Trail junction
9. Trail junction
13. Trail bend
14. Trail bend
16. Trail junction
17. Trail junction
20. Bridge
21. Trail & stream crossing

### Medium

3. Edge of swamp
4. Shallow re-entrant\*
5. Spur\*\*
7. Stream junction
12. Trail & stream crossing
15. Hilltop
19. Clearing, north edge
23. Trail end

### Difficult

6. Re-entrant\*
8. Stream junction
10. Spur\*\*
11. Saddle\*\*\*
18. Re-entrant\*
22. Hilltop
24. Rootstock  
(Fallen tree)

\* A small valley cutting into a hillside. \*\* A piece of land protruding from a hill. \*\*\* A ridge between two hills.

*This Permanent Orienteering Course is a cooperative venture of the Monroe County Parks Department and the Rochester Orienteering Club.*

## MORE INFORMATION

If you enjoyed your experience and want to do more orienteering in different places, contact the Rochester Orienteering Club hotline recording **377-5650**. The club sponsors orienteering events in other parks and forests throughout the year including canoe and ski orienteering. Permanent course map kits of Letchworth State Park and Mendon Ponds County Park are also available. Visit the club web site at <http://roc.us.orienteering.org/> or through the U.S. Orienteering Federation site <http://www.us.orienteering.org/> with a link to ROC.

**Rochester Orienteering Club permanent course punch card**

Mark the corresponding letter code in each box when you visit the control.

Complete the reverse side, add postage, and mail when complete.

33	34	35	36	37	38	39	40
25	26	27	28	29	30	31	32
17	18	19	20	21	22	23	24
9	10	11	12	13	14	15	16
1	2	3	4	5	6	7	8

**THIS FORM IS ONLY TO BE USED BY  
THOSE COMPLETING THE GPS COURSE**

From: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Course:

Durand    Letchworth

Mendon    Webster

Used GPS Unit

Other \_\_\_\_\_  
\_\_\_\_\_

Comments:

Affix  
Stamp  
Here

*Rochester Orienteering Club*  
c/o Tom Cornell  
340 Deming Road  
Rochester, NY 14606