

All fields Out of Bounds except for the use of the field edge N. from #22

# RISING SUN COUNTRY PARK

Scale 1:10,000  
Contours 5m

Magnetic North, 2013



[www.newcastleorienteeing.org.uk](http://www.newcastleorienteeing.org.uk)

Grid reference of Visitors centre: NZ702695  
 Survey: John S. Dixon  
 Resurvey: Martin Green Nov. 2007  
 Cartography: John Crosby  
 Blended: Peter O'Malley  
 Updated 2013 by Jeremy Lacey & Andy Clarke  
 Version 2013/1



Permission of this map gives no right of access for orienteering or any other purpose (obtained from the relevant landowner).  
 Representation of a track, or path, does not indicate a right of way.

### SPECIAL SYMBOLS

- x Seat, Post
- o Manhole cover

	Open Land		Forest - Run
	Rough Open land		- Slow Run, Runnable in one direction
	Rough Open land with Scattered Trees		- Walk, Runnable in one direction
	Settlement		- Fight, Runnable in one direction
	Hard Standing		Undergrowth
	Out of Bounds		- Slow Run
	Tarmac Road		- Walk
	Forest Road		o Cairn, Ruin
	Track		T Tower, Shooting platform
	Large Footpath		Gate, Stile
	Small Footpath		Distinct Vegetation change
	Indistinct Footpath		Crag, Impassable, Passable
	Forest Ride		Rock Pillar, Rocky Pit
	Ruined Wall		Boulder - small, large
	Fence - Crossable		Boulder Field, Boulder Cluster
	Fence - Uncrossable		Building - large, small
	Gate, Stile		T Tower, Shooting platform
	Distinct Vegetation change		o Cairn, Ruin
	Crag, Impassable, Passable		
	Rock Pillar, Rocky Pit		
	Boulder - small, large		
	Boulder Field, Boulder Cluster		
	Building - large, small		
	T Tower, Shooting platform		
	o Cairn, Ruin		

### Start: Gateway to Visitor Centre

- 20 Old post, W.side
  - 21 Fencepost, Top
  - 22 Stile, N.side
  - 23 E.Post, Pond, S.side
  - 24 Hedge End
  - 25 Fence Junction, Top
  - 26 Track Junction
  - 27 Path Junction
  - 28 Pond S.side
  - 29 Seat
  - 30 Path Junction
  - 31 Fence Junction
  - 32 Track, foot of incline
  - 33 Trail Post
  - 34 Post, Path Jct
  - 35 Thicket, NW side
  - 36 Gatepost
  - 37 Seat
  - 38 Clearing
  - 39 Thicket, W.side
- Finish: Gateway to Visitor Centre

	Pond, Wet Pit
	Stream, Footbridge
	Ditch
	Linear Marsh
	Marsh, Small marsh
	Indistinct Marsh
	Contour
	Form line
	Earth Wall
	Low Earth Wall
	Gully/Dry Ditch
	Knoll, Depression, Pit

Based upon the Ordnance survey mapping with the permission of the controller of Her Majesty's Stationery Office.  
 Crown Copyright  
 Licence No. 43423U.  
 British Orienteering Event No. 64912  
 Copyright, Newcastle and Tyneside Orienteers (2013)





## LEISURE ORIENTEERING AT RISING SUN COUNTRY PARK

A permanent orienteering course organised by Newcastle and Tyneside Orienteers and supported by North Tyneside Council.

### ABOUT ORIENTEERING

This Permanent Orienteering Course has been developed to give you a chance to try a non-competitive or leisure form of the sport of orienteering, using your map reading skills to navigate round a course of markers or controls.

Your challenge is to visit the markers ('controls') of your chosen course in the correct order, noting the code letters in the squares of your control card in the order of visiting each marker. The aim is to choose and follow the best route out of those that are possible.

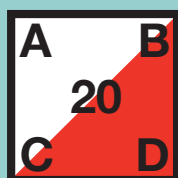
### THE MAP

Study the map carefully to find out the meaning of the symbols. **Yellow** shows open ground. **White** indicates passable plantation, **Green** shows thick planting. Main tracks and paths are shown. **Brown** shows hard stand. **Black dots** show boulders. **Brown contour lines** show land shapes. **Red hatching** indicates that all fields are out of bounds, except the field edge north of #22.

Note the buildings and parking area. These are big features and will help you 'orientate' the map (hold it so it matches the lie of the land).

The large arrow marks the direction of Magnetic North on the map.

**Red Circles** with an accompanying number are marked on the map. These circles represent the permanent marker 'control' and the number is shown on each control. Each control has its own description. Controls look like this:



The **Red Triangle / Double Circle** on the map marks the start and finish for all the courses. It is recommended that you start and finish beside the gate to the Visitor Centre compound.

# CONTROL DESCRIPTIONS

20 Old Post, West side

21 Fence Post Top

22 Stile, North Side

23 E. Post, Pond, South Side

24 Hedge End

25 Fence Junction

26 Track Junction

27 Path Junction

28 Pond, South Side

29 Seat

30 Path Junction

31 Fence Junction

32 Track, Foot of incline

33 Trail Post

34 Post, Path Junction

35 Thicket, N.W. Side

36 Gatepost

37 Seat

38 Clearing

39 Thicket, West Side

## Short Course: 2.3 km. Easy

Start/Finish: Visitor Centre Gate then 20, 28, 27, 37, 36, 24, 23

## Long Course: 3.4 km. Easy

Start/Finish: Visitor Centre Gate then 23, 24, 25, 36, 35, 34, 33, 31, 30, 29, 28

## Third Course:

Start/Finish at the Visitor Centre Gate then all controls in any order.

We hope you enjoy your taste of orienteering. Its great attraction is that it can be as leisurely or as strenuous as you like.

Your local club, Newcastle & Tyneside Orienteers (NATO), organise events to suit all ages and levels of ability. All are welcome to come along and take part. Members of the club range from children aged 3 up to adults aged over 80, so whether young or old, orienteering is a great way to see the countryside, improve your fitness and make new friends.

Details of other permanent courses, as well as orienteering events and club membership, can be found at [www.newcastleorienteering.org.uk](http://www.newcastleorienteering.org.uk)

Many permanent courses have downloadable maps from

[www.britishorienteering.org.uk/pocs](http://www.britishorienteering.org.uk/pocs) (filter 'North East' and scroll through the list)

## Remember the Country Code

## Please observe the OUT OF BOUNDS areas

## Take your map home and do not litter the countryside

This course has been planned by Newcastle and Tyneside Orienteers in accordance with normal orienteering practice. However, it is not possible for the planner or the site managers to keep a constant eye on the area. Users must, therefore, accept that neither the planner nor the site managers can be held responsible for any accidents, injuries, losses or damage which may occur whilst orienteering.



[www.newcastleorienteering.org.uk](http://www.newcastleorienteering.org.uk)

Navigating from  
Tyne Banks to Tweed