

Orienteering map of

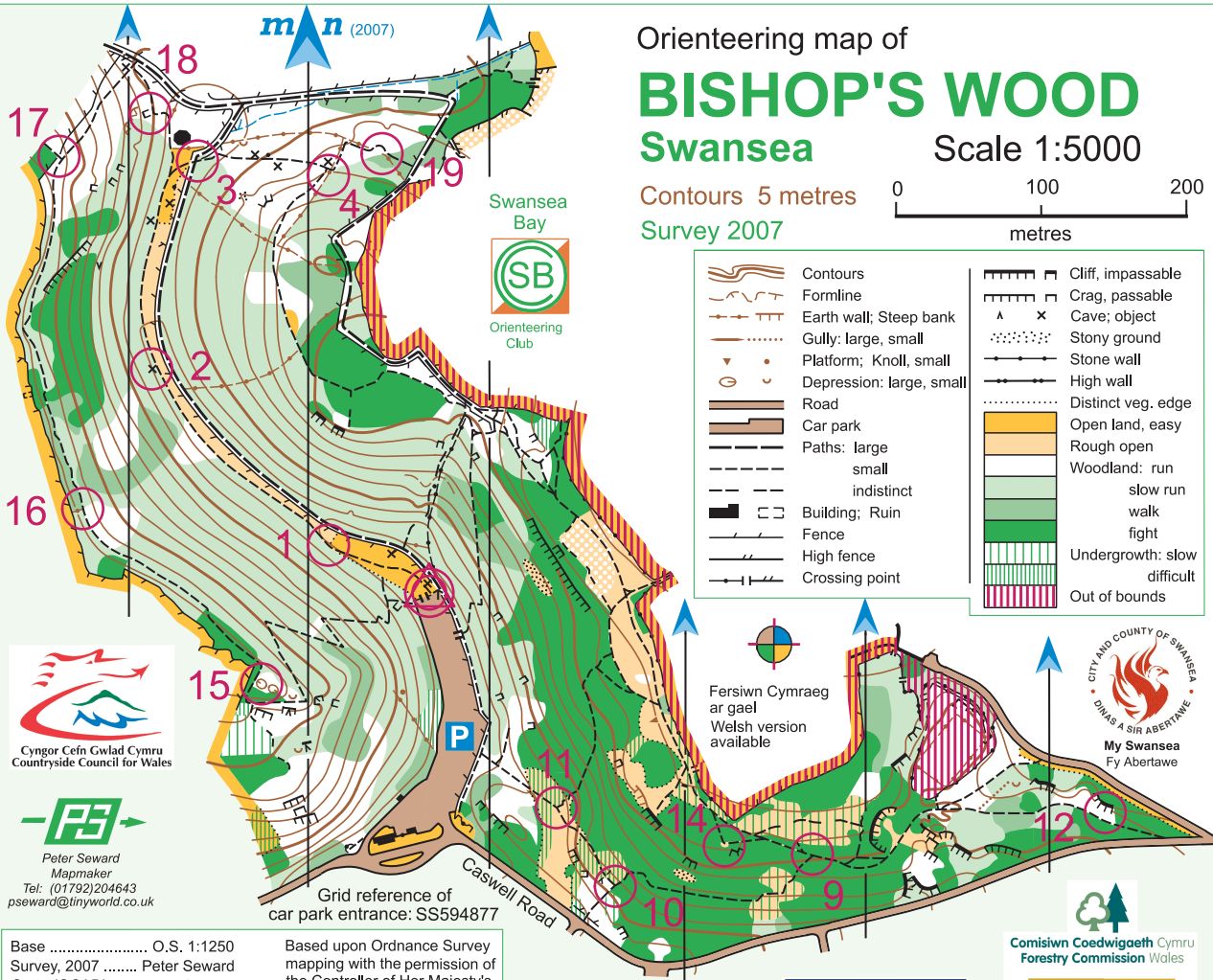
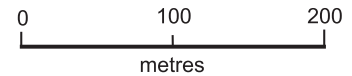
BISHOP'S WOOD

Swansea

Scale 1:5000

Contours 5 metres

Survey 2007



- | | | | |
|--|--------------------------|--|--------------------|
| | Contours | | Cliff, impassable |
| | Formline | | Crag, passable |
| | Earth wall; Steep bank | | Cave; object |
| | Platform; large, small | | Stony ground |
| | Knoll; small | | Stone wall |
| | Depression: large, small | | High wall |
| | Road | | Distinct veg. edge |
| | Car park | | Open land, easy |
| | Paths: large | | Rough open |
| | small | | Woodland: run |
| | indistinct | | slow run |
| | Building; Ruin | | walk |
| | Fence | | fight |
| | High fence | | Undergrowth: slow |
| | Crossing point | | difficult |
| | | | Out of bounds |



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Base O.S. 1:1250
Survey, 2007 Peter Seward
Carto (OCAD) Peter Seward
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BOF Map Regn No: WO-07-189

Grid reference of car park entrance: SS594877

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Fersiwn Cymraeg ar gael
Welsh version available



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

Orienteering in Bishops Wood

AIM. The aim in **orienteering** is to get around a course, made up of a series of control points, by working out a route between them from the map and then map-reading your way along the route and finding the controls.

THE MAP. This is a standard orienteering map; the symbols and colours are explained in the legend. The scale is 1:5,000 which means that 1cm on the map represents 50m on the ground, as shown by the scale line.

DISTANCES. The distance from one point to another can be worked out using the scale line on the map. When measuring on the ground, a metre is roughly one man-sized stride.

DIRECTIONS. Whichever direction you are going or facing, keep the map the same way round as the ground, i.e. **orientated**. When you go forward, features to one side on the map will be on the same side on the ground.

THE COMPASS. If you have one you can use it to **orientate** the map. The needle points to magnetic north. Use this to keep the north arrows on the map pointing north too. Also, the compass is especially useful for finding accurate directions across areas without paths, and to sort out which way to go at path junctions, etc.

How to use a baseplate compass for directions:

1. Place the edge of the compass's baseplate along the direction you want to go on the map.
2. Turn the capsule so that the parallel lines in it are in line with the north lines on the map.
3. Take the compass off the map and hold it in front of you, pointing forward. TURN YOURSELF with the compass until the needle is in line with the lines in the capsule.
4. Travel forward in the direction the front of the compass is now pointing.

CONTROLS and MARKERS. The locations of the controls are shown on the **map** by numbered circles in red, and a description of each is given below. The controls are marked on the **ground** by a post on top of which is a plaque with a red and white orienteering symbol. There is a number, which corresponds to the same control on the map, and a letter which you note down in the appropriate square on the control card at the side of your map to confirm your visit.

CONTROL DESCRIPTIONS:

Start	5.	-	10.	Path junction	15.	West Depression	
1.	Path bend	6.	-	11.	Path junction	16.	Earthwall/Path junction
2.	Object (Bench)	7.	-	12.	Crag, foot	17.	Gate
3.	Gate	8.	-	13.	-	18.	Crag foot
4.	Earthwall, foot	9.	Path junction	14.	Path bend	19.	Path/Earthwall junction

SUGGESTED COURSES. Starting and finishing just beyond the gate at the north end of Caswell Bay public car park, and is shown on the map with a red triangle on top of a double circle:

Orange 2.0 Km Start – 1 – 2 – 3 – 4 – 19 – 18 – 17 – 16 – 15 - Finish

OR see how many controls you can visit in a set time, say 30 or 45 minutes (a 'Score' event).

FURTHER ORIENTEERING OPPORTUNITIES. If you would like to do more orienteering contact the local club, **SWANSEA BAY ORIENTEERING CLUB**, by visiting the club's website at www.sboc.org.uk

ACKNOWLEDGEMENTS.

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