# Elevate your fitness this year: Try Orienteering!

**Looking for a sport that is versatile and encourages you to use your mind while incorporating and building core fitness? Join thousands across the country and become an orienteer!**

Awaken your sense of adventure this year and try orienteering! All you need to get started is a map, some appropriate footwear and a sense of adventure. You can either take part solo or get your mates on board and see who can make to the finish first!

## Level up your fitness with us

Your aim is to navigate around all the points on a special map. There are no set routes, and you can walk, run or race your way through a course. In competitive orienteering, the aim is to get around the course in the quickest amount of time.

If you are looking to mix up your fitness regime with a sport that brings a sense of adventure and purpose, orienteering is for you! Try it for the thrill and experience that sense of accomplishment.

Our clubs

We have orienteering clubs based all over the country who are ready to welcome you into the sport. Many of these host come and try it events through to weekly training sessions and events where you socialise, learn new skills and explore new areas around you. You do not need to be a club member to attend an event and can find information about local ones and how to sign up on a club’s website. There will always be a course for beginning adults (Orange) and juniors (Yellow) at these events.

Orienteering is much more than just a sport, it’s a community of passionate and like-minded individuals!

Find your local club today to learn how you can get involved.

[link to club finder]

OR

Use this section to enter more specific information about how newcomers can get involved in your club directly. Advertise your upcoming come and try it events, how much it costs for newcomers to attend an event/activity if they have not got a membership etc. Don’t forget to link to your club’s website.

Explore the great outdoors for less

If you are bored of the gym, being stuck indoors and paying monthly membership fees, then it’s time for you to reframe your fitness regime.

There is a bank of orienteering courses set up ready for you to take advantage of across many local parks and green spaces, right through to places like the Scottish Highlands and urban surroundings. You can search for permanent orienteering courses and virtual (GPS based) courses online.

If you don’t want the hassle of printing or purchasing a map, you can simply download them straight to your phone using an app called Maprun. Here you will find hundreds of virtual orienteering courses (GPS) waiting for you to try throughout the UK and Ireland. Visit the Go Orienteering website for a list of virtual orienteering courses.

Most of these courses are either free to try or carry a small one-off charge allowing you to explore the great outdoors at a time and pace convenient to you.

So, what are you waiting for?! This year, it’s time to set your sights on a new target and try orienteering. See you on the course!