



# Manchester & District Orienteering Club

Would you like to:

**LEARN** to map read, **EXERCISE** mind and body, **FEEL** the thrill of success,  
**RUN** through stunning scenery, **RISE** to the competitive challenge,  
**EXPERIENCE** an exciting adventure, **ENJOY** the fun atmosphere of a big event,  
**EXPLORE** beautiful and interesting new places ?

## ORIENTEERING

provides all these things and more for everyone of any age or ability

### Introductory Events at Lyme Park, Disley

- Why** If you enjoy the outdoors, a physical challenge and learning new skills then this could well be the sport for you, your friends and family.
- What** Manchester and District Orienteering Club are hosting **four events especially to introduce newcomers to the sport.** We are hoping to see plenty of new faces eager to be shown how to map read and tackle our carefully planned courses.
- Who** **Everyone is welcome, any age and any ability.** A range of easy courses varying in length from 2km to 7km will be available. Experienced orienteers will be at hand to advise and help you.
- When** **Tuesday 28<sup>th</sup> April 2009**  
**Thursday 7<sup>th</sup> May 2009**  
**Tuesday 12<sup>th</sup> May 2009**  
**Thursday 21<sup>st</sup> May 2009**  
anytime between 5.30pm and 7.00pm.  
We are happy for you to come to one or more, or all of our events.
- Where** The entrance to Lyme Park is on the A6 just West of Disley, grid ref. [SJ 964823](#). The orienteering centre will be clearly signed from the car park. It will be in the courtyard by the cafe and toilets.
- Cost** Entry to Lyme Park, a National Trust property, after 4.30pm will be free. For beginners, participation fees will be £1.
- What to bring** No special equipment is required, only outdoor clothing and suitable footwear. The park authorities request that spiked shoes are not worn, however studded footwear is allowed.

**For more information on these events please contact**

**Peter Lomas on 0161 483 4332, or email [intro2009@mdoc.org.uk](mailto:intro2009@mdoc.org.uk)**

**For information on Manchester and District Orienteering Club and orienteering in general, visit our website - [www.mdoc.org.uk](http://www.mdoc.org.uk) or contact *British Orienteering* - [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)**

