

Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds.



Orienteering

Forth Valley Orienteers invite you to our local training series 2013/14:

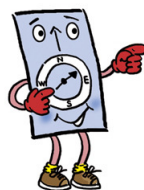
Sunday 29th Sept 2013 – Plean Country Park, near Larbert
 Sunday 13th October 2013 - Hermitage, Stirling University
 Saturday 16th November 2013 – Sauchie Crag, Stirling
 Sunday 2nd February 2014 - Callendar Park, Falkirk
 Sunday 2nd March 2014 – Beecraigs, Linlithgow
 Sunday 23rd March 2014 - Colzium, Kilsyth

FREE COACHING! Club coach available at each event to help you get started with your navigation. Beginners and families welcome!
 Yellow course (easy, 2km) suitable for age 5+ (accompanied).
 Orange course (medium, 3km) suitable for age 13+.
 Green course (difficult, 5+km) suitable for adults.
 All beginners under 12 should be accompanied by an adult.
 Maps £5 adult / £3 junior (Members £3/£1.50)

Please go to www.fvo.org.uk to check final details before you travel and/or call 01506 824113 for more information.



www.britishorienteering.org.uk
www.fvo.org.uk



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