

TRYING IT OUT

ORIENTEERING ON YOUR OWN TERMS

There are many forms of orienteering, so regardless of your age, ambition and individual background, you are likely to find a form that suits you. You can run in urban environments or further out in the terrain; long or short distances; easy or advanced courses; by yourself or together with others. You are free to choose to orienteer at a certain point in your life, for a longer period of time, or perhaps a little bit now and then - it's all up to you!



naturpasset

This kind of session is made up of a large number of controls, carefully selected to give you a scenic experience as you go along. These controls are usually available between April and October and you can visit them as often as you wish. It's up to you if you want to walk, run, or sometimes even bike between the controls and you don't need any previous experience. All it takes is a bit of time, curiosity and will. Naturpasset is arranged by orienteering clubs around the country and is on offer at around 400 locations throughout Sweden.

motionsorientering

This is an event that offers orienteering in easily accessible areas, with courses of varying levels of difficulty and length that you can choose to do with or without timing. There is always an instructor on site that can help you choose a course and make sure you have everything you need.





hittaut

These events are very similar to Naturpasset, with controls of various levels of difficulty. Online you have your own account and here you can register and compare the taken controls with others – your mum, friend och colleague. What makes these events stand out is that the activity is always located in and around urban areas. You are able to find the control by foot, bike or wheelchair. Focus at this activity is digital tools and the location of the controls.

 For more information:
www.orientering.se

TRYING IT OUT THROUGH COMPETING

Competing is a good and fun way to see if orienteering is your cup of tea.

Generally, there are two classes of orienteering – competition class and open classes. There are always open classes at competitions that you can sign up for on the spot and start whenever you want.

Over 700 competitions are organised throughout Sweden each year.

TRYING IT OUT THROUGH JOINING ONE OF OUR 600 ORIENTEERING CLUBS

Contacting your local orienteering club is a very easy way to try orienteering. Many clubs offer try-it-out sessions or courses for beginners and the level of activity and engagement is completely up to you. There is no better way to develop as an orienteer than joining a club, and a membership in a club is a basic requirement for entering competitions. There are 600 orienteering clubs spread across Sweden, from Kiruna in the North, to Malmö in the South and everywhere in between.