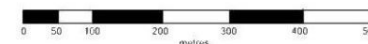


# Rising Sun

## Country Park

Scale 1:10000

Contours 5m



x Bench, post, signpost

o Hide made from branches



Out of Bounds area  
do not enter

### Descriptions

Start: Track End - Trail Post

20 Crossing Point, SW Side

21 Track Junction - Trail Post

22 Path Junction - Fence

23 Pond Side - Post

24 Hedge End - Post

25 Gateway - Trail Post

26 Track Junction - Hedge

27 Gateway

28 Pond S. Side

29 Seat

30 Track N. Side - Low Post Top

31 Fence - Trail Post

32 Bridge

33 Summit Trail Post

34 Path Junction - Trail Post

35 Thicket - Post Top

36 Gatepost

37 Seat

38 Seat (previously 39)

Finish: Track End - Trail Post

Based on Ordnance Survey mapping  
with the permission of the Controller of Her Majesty's Stationery Office.  
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Resurveyed by Fred Miller Jan-Mar  
2023, with help from George Hare

Possession of this map gives no right of access for Orienteering or any other purpose.  
Representation of a track or path does not indicate a right of way.  
Permission must be obtained from the Landowner.  
Copyright - Newcastle and Tyneside Orienteers (2023)

# LEISURE ORIENTEERING AT RISING SUN COUNTRY PARK

A permanent orienteering course organised by Newcastle & Tyneside Orienteers and supported by North Tyneside Council



This Permanent Orienteering Course has been developed to give you a chance to try a non-competitive or leisure form of the sport of Orienteering, using your map reading skills to navigate round a course of markers or controls.

Your challenge is to visit the markers ("controls") of your chosen course in the correct order, noting the code letters in the squares of your control card in the order of visiting each marker. The aim is to choose and follow the best route out of those that are possible.

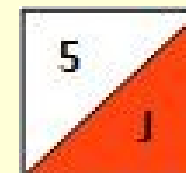
## THE MAP

Study the map carefully to find out the meaning of the symbols. Yellow shows open ground. White indicates passable plantation, Green shows thick planting. Main tracks and paths are shown. Brown shows hard stand. Black dots show boulders. Brown contour lines show land shapes. Red hatching indicates fields that are out of bounds.

Note the buildings and parking area. These are big features and will help you 'orientate' the map (hold it so it matches the lie of the land).

The large arrow marks the direction of Magnetic North on the map.

**Red Circles** with an accompanying number are marked on the map. These circles represent the permanent marker "control" and the number is shown on each control. Each control has its own description. Controls look like this:



The **Red Triangle / Double Circle** on the map marks the start and finish for all the courses. It is recommended that you start and finish near the gate to the Visitor Centre compound (Start marker on a Trail Post at the track end)).

We hope you enjoy your taste of Orienteering. Its great attraction is that it can be as leisurely or as strenuous as you like.

Your local club Newcastle & Tyneside Orienteers (NATO) organise events to suit all ages and levels of ability. All are welcome to come along and take part. Members of the club range from children aged 3 up to adults aged over 80, so whether young or old, orienteering is a great way to see the countryside, improve your fitness and make new friends.




## CONTROL DESCRIPTIONS

Start: V. Centre Gate/Track End	24 Hedge End	29 Seat	34 Path Junction Trail Post
20 Fence End, Road Crossing	25 Trail Post, Gateway	30 Path Junction	35 Thicket, N.W.Side. Post Top
21 Trail Post, Track Junction	26 Track Junction	31 Trail Post, Path Junction	36 Gatepost
22 Fence at Path Junction	27 Gateway Fence	32 Bridge End	37 Seat
23 W. Post, Pond, South Side	28 Pond, South Side	33 Summit Trail Post	Finish: V. Centre Gate/Track End



*This course has been planned by Newcastle and Tyneside Orienteers in accordance with normal orienteering practice. However, it is not possible for the planner or the site managers to keep a constant eye on the area. Users must, therefore, accept that neither the planner nor the site managers can be held responsible for any accidents, injuries, losses or damage which may occur whilst orienteering. In particular you must keep clear of water features.*

The numbered squares show order of visit not the control index number.  
Enter the letter found on the marker.

 <a href="https://www.newcastleorienteering.org.uk">https://www.newcastleorienteering.org.uk</a>			Name _____			Finish _____			
			Course _____			Start _____			
			Start Time _____			Time Taken _____			
21	22	23	24	25	26	27	28	29	30
11	12	13	14	15	16	17	18	19	20
1	2	3	4	5	6	7	8	9	10

### Suggested Courses

Short Course: 2.5 km. Easy

Start/Finish: Track End by Visitor Centre Gate  
26, 24, 25, 36, 37, 21, 27, 28, 20

Long Course: 4.3 km. Moderate difficulty

Start/Finish: Track End by Visitor Centre Gate  
then 26, 22, 23, 24, 25, 36, 37, 35, 34, 33, 21,  
38, 31, 30, 27, 29, 28, 20

Personal Course: Start at any point then visit  
your choice of controls in any order.

For details of other permanent courses,  
orienteering events and club membership:

<https://www.newcastleorienteering.org.uk>

Downloadable course maps from

<https://www.goorienteering.org.uk/>