



ORIENTEERING



A thinking sport in the Environmental Park of Ilion ...

Participants use a special purpose map and a magnetic compass to navigate through the diverse terrain (forest, hills, lakes, etc.) of the Environmental Park in Ilion and visit, in sequence, control points that are indicated on the map. The course of control points is kept a secret from competitors before the start. Try this new activity which involves a huge mental element. There is no marked route - the orienteer must navigate with map and compass while running. The map gives detailed information on the terrain such as hills, ground surface, and obstacles. Participants need map reading skills, concentration and ability to make quick decisions on the best route while running.



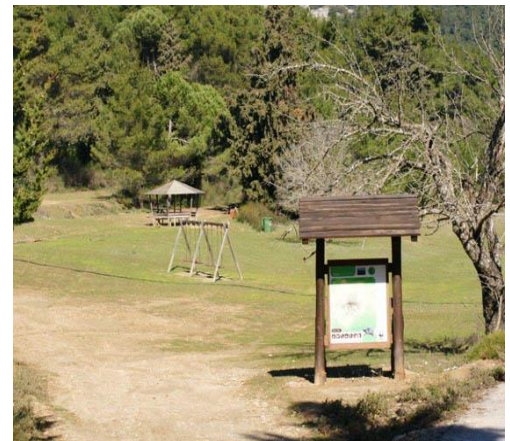
GROUP SIZE

12-15 people per Team
An English speaking facilitator is accompanying the team



DURATION

Approximately 3 hours



BENEFITS

- Balance between mental and physical exertion
- Increase aerobic capacity and cardiovascular strength
- Improve people's health and happiness