

# Ātiu Creek Regional Park Orienteering Map



## Save our kauri forests

They are dying from kauri dieback disease. It spreads by soil movement. Act now to help stop it.

Please help prevent the spread of kauri dieback disease: clean your shoes and equipment before AND after visiting kauri forests.

Visit [kauridieback.co.nz](http://kauridieback.co.nz) or call **0800 NZ KAURI (695 2874)** for more information.

### How to get there

Ātiu Creek Regional Park is 113km or 90 minutes drive from central Auckland. Journey north on State Highway 1 to Wellsford. Turn left at the Caltex station and service centre onto Port Albert Road. Follow the signs to the park. The property lies on the Kaipara Harbour, on the Okahukura (Tāpora) Peninsula. Please note there is no vehicle access beyond the main car park to Solomon's Bay. Please refer to the park map for walking or mountain bike details on distance, direction and time.

## What is orienteering?

Orienteering is a challenging outdoor adventure sport that exercises both the mind and body. The aim is to navigate (on foot or mountain bike) between control points marked on a unique, highly detailed orienteering map while deciding the best route to complete the course in the quickest time.

Orienteering can either be a highly competitive individual sport or, when family or friends do a course together, a totally recreational activity. It is suitable for all ages, fitness and experience levels. No special equipment is needed to start with, just comfortable outdoor clothing and footwear. Compasses are not essential for beginners and most people quickly master the necessary map reading skills.

Retrieved from [obop.org.nz](http://obop.org.nz)



### How do I get involved in orienteering?

Contact your local orienteering club by visiting [nzorienteering.com](http://nzorienteering.com) and checking the club directory.

This course was developed by the North West Orienteering Club.

Visit [aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz) or call **09 301 0101** for more information.



## How do I start?



The map is designed to help you navigate the landscape by showing features like contour lines, roads, fences and vegetation. Look at the map legend before you start to identify these features.



Turn the map so that the vertical arrows point roughly to North and it is lined up with some of the main features such as the coast, roads, or big hills.



Identify the triangle on the map which indicates the start and finish point.

## What am I looking for?

Each control point you are looking for is a 12cm x 12cm sign like this.

It will have the same number on it as on the map. Use the space provided to record the letters on each marker. If you get lost and find another control point, you can use this to identify where you are on the map. All are on obvious features such as on the top of fence posts.



## How long will this course take?

It depends on how fit you are and whether you are competing with your friends and family or enjoying a non-competitive challenge. You can choose to find all 40 markers if you are very fit and have a full day, or you may choose your own course with any number of control markers. It can take you roughly five to ten minutes to find each control point if you are moving at a walking pace.

**Challenge your group to a race and see who can find the most control markers the quickest!**

## Preparing for orienteering

To enjoy orienteering, you will need to be prepared to walk or run on farmland and in the bush. The land may be rough underfoot. When you cross fences, do this at a corner or main post; cross locked gates at the hinge end. Please leave all gates as you found them.

- Wear comfortable outdoor clothes and jogging or walking shoes.
- Wear a hat and sunscreen, but be prepared for rain and cold.
- Take drinks, and a snack.

## Control markers

1		21	
2		22	
3		23	
4		24	
5		25	
6		26	
7		27	
8		28	
9		29	
10		30	
11		31	
12		32	
13		33	
14		34	
15		35	
16		36	
17		37	
18		38	
19		39	
20		40	