Duder Regional Park Orienteering Map

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

How do I get involved in orienteering?

Contact your local orienteering club by visiting nzorienteering.com and checking the club directory.

This map was developed by the Counties Manukau Orienteering Club.

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** or call **0800 NZ KAURI (695 2874)** for more information.

How to get there

Duder Regional Park is 42km from central Auckland. Take State Highway 1 south and turn off at Te Irirangi Drive and bear left. At the fourth set of traffic lights turn right onto Ormiston Road and head towards Whitford. At the T-junction turn left into Whitford and right at the roundabout on to the Whitford-Maraetai Road. Continue through Maraetai and take the Maraetai Coast Road to Umupuia. The park is just to the south of Umupuia on North Road.

Visit **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 are tags like these:

It will have the same number on it as on the map. Tick the space provided on the facing page, to record the two letters from the marker plate and the number on the cow tag, against the appropriate control marker after you find it. 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 24 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 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!

Suggested Courses

Short (2.4km): 1, 2, 3, 4, 15, 12

Medium (3.6km): 1, 14, 4, 5, 8, 21, 22, 13, 11, 12

Long (5.1 km): 14, 5, 16, 6, 20, 19, 17, 21, 13, 12

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. Please do not cut through or enter 'out of bounds' areas as marked on the map

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

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