

# Ōmana 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

Ōmana Regional Park is 40km from central Auckland.

Take State Highway 1 south and then take exit 437 for Route 10/South Eastern Highway towards the airport. Keep left at the fork and follow signs for Route 10 Howick/Pakuranga and merge on to the South Eastern highway. Turn right onto Ti Rakau Drive/ Urban Route 8. Turn left onto Chapel Rd/ Urban Route 5. At the round about take the 3rd exit onto Whitford Rd. At the next round about take the 2nd exit on to Pacific Coast Highway/ Whitford-Maraitai Rd. At the third round about take the 3rd exit to stay on Pacific Coast Highway/ Whitford-Maraitai Rd. Turn left onto Ōmana Beach Rd and then left again into Ōmana Regional Park.

## 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 map was developed by the Counties Manukau 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 marker plate with two letters like this:**



Record the two letters from the marker plate against the appropriate number in the table. Tick the space provided on the facing page to record each 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 (2km): GY, PM, PH, ZE, KG, PC, PW, KF, ZC

Medium (2.9km): AB, KF, PW, PC, HF, KA, HN, ZE, VY, DH, KG, CY

Long (3.8 km): VY, DH, HN, HW, KP, KT, PF, AG, DQ, PC, PH, PW, KF, AB

#### 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

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