

New to orienteering? Here's some tips



Keep the map lined
up to north

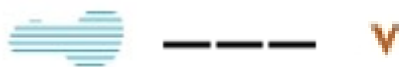
scale 1:10000, contours 10m
500m

Know the scale

1:10,000 1cm on map = 100m on the ground
1:7,500 1cm on map = 75m on the ground



Fold the map
Thumb on map
where you are



Know what the symbols mean
(see other side of this card)



It is OK to walk
You can lose more time
by running in the
wrong direction



Dib each control in
order with your timer



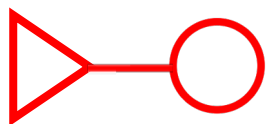
Orienteering is not the same as
using a smartphone or road atlas



**When you finish always go to
download so that a search is not
sent out for you**

A few symbols you need to know

A full key is on the next page



Start ——— Control – 50 metre circle



Finish



Small path



Larger path



Road



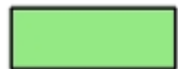
Contours showing the shape of the land



Open land



Runnable woodland



Thicker woodland



Fence - crossable



Fence – not crossable



Stream



Marsh



Uncrossable area e.g. buildings, gardens



Out of bounds –
Do not enter or you will be disqualified

A key to these symbols is also usually on the map

ISOM 2017 Orienteering Map Symbols

Land forms

	Contour
	Index contour
	Form line
	Slope line
	Contour value
	Earth bank
	Earth wall
	Ruined earth wall
	Erosion gully
	Small erosion gully
	Knoll
	Small knoll
	Small elongated knoll
	Depression
	Small depression
	Pit
	Broken ground
	Very broken ground
	Prominent landform feature

Water and marsh

	Uncrossable water
	Shallow water
	Waterhole
	Uncrossable river
	Crossable watercourse
	Small crossable watercourse
	Minor/seasonal water channel
	Narrow marsh
	Uncrossable marsh
	Marsh
	Indistinct marsh
	Well, fountain or water tank
	Spring
	Prominent water feature

Man-made features

	Paved area
	Wide road
	Road
	Vehicle track
	Footpath
	Small footpath
	Less distinct small path
	Narrow ride
	Visible path junction
	Indistinct junction
	Railway
	Power line, cableway or skilift
	Major power line
	Bridge/tunnel
	Footbridge
	Wall
	Ruined wall
	Impassable wall
	Fence
	Ruined fence
	Impassable fence
	Crossing point
	Area that shall not be entered
	Building
	Canopy
	Ruin
	High tower, Small tower
	Cairn, Fodder rack
	Prominent line feature
	Prominent impassable line feature
	Prominent man-made feature

Rock and boulders

	Impassable cliff
	Cliff
	Rocky pit, Cave
	Boulder, Large boulder
	Gigantic boulder
	Boulder cluster
	Boulder field
	Dense boulder field
	Stony ground: slow
	Stony ground: walk
	Stony ground: fight
	Sandy ground
	Bare rock
	Trench

Vegetation

	Open land
	Open land with scattered trees/bushes
	Rough open land
	Rough open land with scattered trees/bushes
	Forest: easy running
	Vegetation: slow running
	Undergrowth: slow running
	Vegetation: walk
	Undergrowth: walk
	Vegetation: fight
	Vegetation: impassable
	Forest runnable in one direction
	Cultivated land
	Orchard
	Vineyard
	Distinct cultivation boundary
	Distinct vegetation boundary
	Prominent large tree
	Prominent bush or tree
	Prominent vegetation feature

Overprinting symbols

	Start
	Control point
	Control number
	Marked route
	Finish
	Out-of-bounds boundary
	Crossing point
	Out-of-bounds area
	Out-of-bounds route
	First aid post, Refreshment point

Technical symbols

	Magnetic north line
	Registration mark
	Spot height

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Copies of these map symbols and of the IOF pictorial control descriptions can be downloaded from www.maprunner.co.uk

The ISOM 2017 specification can be downloaded from www.orienteering.org

