

# Trail Orienteering – an Outdoor Sport for All

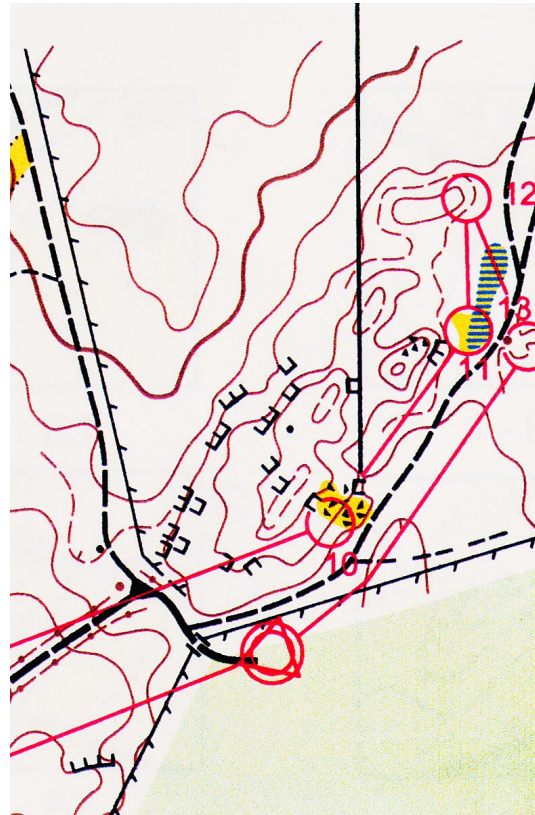
[www.trailo.org](http://www.trailo.org)

Trail orienteering is a sport offered to people with widely differing physical abilities, including those with severely restricted mobility, who all compete on equal terms.

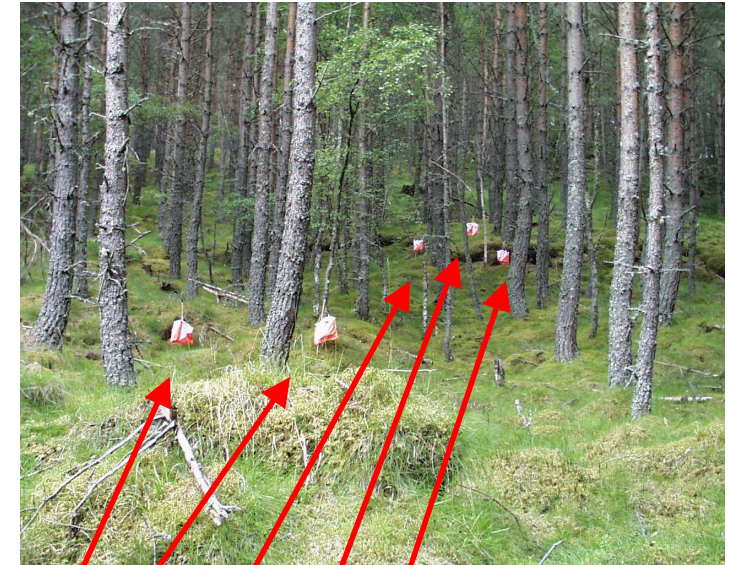
Competitors travel along a track or marked route and study clusters of control markers placed in the terrain. They are issued with a very detailed map, and control descriptions. With these aids they must decide which (if any) of the markers relates to the feature depicted by the centre of the circle. Movement up and down the track is permitted but no one may approach the control markers in the terrain.

The markers are designated A - E, as seen from left to right while at a decision point marked on the track, and the result must be recorded by marking the relevant box on the special control card.

Some controls have a maximum time for this decision making and the actual time taken is recorded to act as a tie breaker for those with the same number of points for correct decisions.



Detail from competitors' map



A B C D E

View of Control 13



Competitors studying Control 13, with a Foot Orienteering marker in the foreground

9	A-D	J		
10	A-D	▲▲▲		○
11	A-E			○
12	A-D	○		○
13	A-E	●	○	○

Control descriptions (as used internationally in all Orienteering competitions)



1 - E13

Solution Map showing decision point on track and actual marker positions

E	E	E	E	E	E
D	D	D	D	D	D
C	C	C	C	C	C
B	B	B	B	B	B
A	A	A	A	A	A

**TOF** TRAIL ORIE  
 NAME...KARÉN...PARK  
 COURSE...E... CLUB...GCR...STAR

Part of control card