

# Mahurangi 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](http://obop.org.nz)



## TIDAL WARNING

Note that markers 1-11 are separated from markers 12-20 by the Te Muri estuary. The Te Muri estuary can only be crossed two hours either side of low tide. Tide times are posted on the noticeboard at the car park near the entrance. Check tides before you start the course.

### Think safe and be water safe.

Watch your young ones near the water.

### How to get there

Mahurangi West is 51km (50 minutes) from central Auckland. Drive north on State Highway 1 via the northern gateway toll road. Turn right into Mahurangi West Road (approximately 5km north of the tunnel) then right into Ngarewa Drive. Follow Ngarewa Drive to the end.

## 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 on the facing page 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 20 control points if you are very fit and have a full day, or you may choose to find control points 1 to 11, or 12 to 20, or a combination of the numbers. It will take you roughly five minutes to find each control point if you are moving at 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

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3	
4	
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11	
12	
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