



DORSET SCHOOL GAMES MOVE IT WEEK  
ORIENTEERING



**Get outdoors and explore during Move It Week.**

To enjoy orienteering in your local area, download MapRun6 or Oriento & you're ready to walk, run or jog.



**It's easy to get started, simply:**

- Download the apps (free from the app store)
- Start the app, it will register the location and show you the nearest route to you
- Choose your route & visit that area
- Follow the route, your phone will register when you reach a marker point
- Repeat this process around the route until you have completed it
- If you'd prefer a paper map, download and print from the app

We've suggested a few courses around Dorset that are easily accessed and suitable for all. No equipment is needed & all routes are manageable distances for all the family

**Suggested routes for MOVE IT WEEK:**

App	Area	Course
Oriento	Portland	<u>Underhill</u>
Oriento	Weymouth	<u>Lodmoor Country Park</u>
MapRun	Bridport	<u>Wayfarers Course</u>
MapRun	Sturminster Newton	<u>POC Short Line</u>
MapRun	Gillingham	<u>Gillingham</u>
MapRun	Blandford	<u>Stour Meadows</u>
MapRun	Wimborne	<u>ByTheWay Short</u>
MapRun	Christchurch	<u>Christchurch Maprun line</u>
MapRun	Bournemouth	<u>Boscombe Short</u>
MapRun	Poole	<u>Poole Park Safe Orange</u>
MapRun	Wareham	<u>Wareham</u>

**Why not give it a try and share with us how you get on: Twitter @DorsetGames or Instagram Dorset School Games**

**Interested in doing more - <http://www.wimborne-orienteers.co.uk>**