FISH CREEK PROVINCIAL PARK

BOW VALLEY RANCH ORIENTEERING

RECOMMENDED AGES: 8 – 12 years old

YOU BRING: Printed Orienteering Maps (see attached), Pencils, control code answers (see next page)

ACTIVITY SUMMARY:

Using your printed maps and their map reading skills, participants try to locate the 8 control markers on this beginner’s course. At each marker they write down the 2 letter code (i.e.: AE) to prove that they found the control. No compasses are required.

ACTIVITY DETAILS:

1. Distribute 1 – 2 maps per group.

2. Help participates orient the map so north on the map and true north are aligned. Help them locate control marker #1 on the SW corner of the Visitor Centre. Have them write the control code (i.e.: EA) on their pieces of scrap paper.

3. Continue locating the rest of the control markers using the map, map legend and extra information provided on the back of the map. Encourage the PARTICIPATES to figure out the locations of the markers.

NOTE: Some markers are harder to locate then others. They are checked regularly and should be there; encourage participates to keep looking until they find them.

4. To stagger groups, send them 5 minutes apart and/or send every second group backwards (i.e.: every second group goes from #8 to #1 while others are going from #1 to #8).

PRE-VISIT ACTIVITY:

1. As a group review the ORIENTEERING map focusing on the symbols so the participates are familiar with reading a map.
2. Use a city map and have participates find the location of their homes, the day camp, Fish Creek Provincial Park, etc.

POST VISIT ACTIVITY:

Orienteering word search enclosed in this package.
FISH CREEK PROVINCIAL PARK

BOW VALLEY RANCH ORIENTEERING

ANSWERS TO CONTROL MARKERS:

1. EA
2. ED
3. EF
4. EC
5. EE
6. EB
7. EG
8. EH
WELCOME TO FISH CREEK PROVINCIAL PARK

To protect Park visitors and wildlife, please remember the following regulations.

1. Do not feed or harass wildlife. Stand quietly and observe instead.
2. Keep all pets leashed to protect them, wildlife and Park visitors.
3. Place litter in garbage cans. Carelessly discarded litter can injure or kill wildlife.
4. Picking, collecting, cutting, defacing or removal of any living or non-living material is prohibited.
5. Build fires in picnic area firepits only. Bring your own firewood; do not use materials found in the Park.

SAFETY TIPS

1. Watch carefully for hazards like uneven ground, holes, fallen branches, roots, stumps.
2. Around the creek, watch for eroded banks (summer) and thin ice (winter).
3. Stinging nettles cause a skin irritation that may last several hours. Avoid touching this plant.

CONTROL CARD

1. Building (S. W. Corner)
2. Path (Road Crossing)
3. End of Trail
4. Trail junction
5. Trail Junction
6. Depression
7. Fallen Tree Trunk
8. Fence Bend

ORIENTEERING

- You will be looking for red and white control markers. Each one has a different code. When you find the control marker, you write its two letter code in the appropriate box on the control card.
- Beside each box on the control card is a brief control description to help you.
- To begin, look at the Southwest corner of the Visitor Centre building and find the first control marker which is red and white. You'll see this marker has a CODE which is EA. Write this code in the first box on the CONTROL CARD located to the right on this page.
- Before you go to the second marker, face the Visitor Centre at the corner and hold the map in front of you. This correctly places the top of the map towards North. Try to keep the map this way, so that the top of it always points North.
- Now, the second control marker is about 250 metres down the path to the right. See if you can find it! Then mark its code in Box 2 of the control card.
- Have fun finding your own way to all 8 control markers!

For more information on this world-wide sport for people of all ages and ability levels contact:
Foothills Wanderers Orienteering Club
Phone: 270-7557
FISH CREEK ORIENTEERING WORD SEARCH

Enjoy this word search activity in your spare time. Cross off the words in the list below as you find them in the puzzle. Words can be forwards, backwards, up and down or diagonal.

R T R E I C A L G L E N N N S R U P S
N O R E H C A P S R E X H I B I T
R S C D E E R Z Z S E T T L E R S E
O Z O K F O X S L A M I N A E H Z R
C O N G L O M E R A T E C T T A B T
F C T Z H C N A R R Z S L B I S O N
E O R E I Z Z R E V A E B S H A W E
V W O Z S Y U E N Z H N P Z S W E C
R B L K T M R A F S W O C T S O S R
E O M P O U N D E V P B N W A L E O
S Y A Z R A Z V Z L Z A Z O R L T T
E S R Z Y Z I L A L U H O G I O I
R Z K W A T E R Z P A R K L L W Y S
P Z E E A G N I R E E T N E I R O I
B U R N S Y E G A B R A G D O G C V

Animals
Bat
Beaver
Bison
Bones
Burns
Chaps
Conglomerate
Control marker
Corn
Cowboy
Cows
Coyotes
Deer

Dog
Exhibit
Farm
Food
Fox
Garbage
Glacier
Glenn
Grass
Heron
History
Hull
Natives
Orienteering

Park
Plants
Poplar
Pound
Preserve
Ranch
Rock
Settlers
Shaw
Shelter
Spurs
Visitor
Water
Willow
Wool

Government of Alberta