











Open 9.30am – 3.30pm, Monday to Friday (until 4.30pm in the school holidays) 10.30am – 3.30pm, weekends

Sunday Summer Music

Northumberland Park Bandstand

Last Sunday of each month

April to September

1pm-3pm



Relax and enjoy a range of music performed by local artists, live from the recently rebuilt bandstand. Check park notice boards or the North Tyneside Parks Facebook page for full listings nearer the date.

northumberland.park@northtyneside.gov.uk









LEISURE ORIENTEERING IN NORTHUMBERLAND PARK

This permanent orienteering course has been organised by Newcastle and Tyneside Orienteers and is supported by North Tyneside Council.

ABOUT ORIENTEERING

This permanent orienteering course has been developed to give you a chance to try a noncompetitive or leisure form of the sport of orienteering, using your map reading skills to navigate round a course of markers or controls.

Your challenge is to visit the 'controls' or markers of your chosen course in the correct order, writing down the code letters in the corresponding square as you visit each marker.

THE MAP

Study the map carefully to find out the meaning of the symbols. **Yellow** shows open ground. **White or green** shows tree/bush planting. Main tracks and paths are shown. **Brown** shows hard stand. **Black dots** show boulders. **Brown contour lines** show land shapes. Note the buildings and the lake. These are big features and will help you 'orientate' the map (hold it so it matches the lie of the land).

The large arrow marks the direction of Magnetic North on the map.

Red circles with an accompanying number are marked on the map. These circles represent the permanent marker 'controls' and the number is shown on each control. Each control has its own description. See below for picture of a control. The number is that shown on your control description list. The letters will vary and you record the one(s) in the position(s) indicated on your control card.



The **Red triangle** on the map marks the start and the finish for all the courses. It is recommended that you start and finish at the Visitor Centre. **Red lines** //////// mark OUT OF BOUNDS areas. Please observe these and respect and keep off cultivated and rockery areas.

CONTROL DESCRIPTIONS

26 Path end/Tree	35 Vegetation Edge/Tree	43 Tree
27 Fence	36 Crag S. face	44 Bin
28 Path Junction/Tree	37 Post	45 Path bend/Bin
29 Seat	38 Path Junction/Tree	46 Path junction/Tree
30 Tree	39 Bridge S. end	47 Sign
31 Post	40 Hedge end/Tree Stump	48 Small building
32 Path Jct./Tree N.side	41 Bin	49 Path junction/Tree
33 Sign E.side	42 Crag end	50 Fence Junction S.W. side
34 Fence end		

Course A: 1.0 km. Easy ~ 11 controls

Start/Finish at Visitor Centre then 41, 43, 42, 37, 28, 36, 32, 30, 33, 34, 39

Course B: 1.5 km. Medium ~ 20 controls

Start/Finish at Visitor centre then 41, 40, 27, 26, 33, 30, 35, 32, 31, 38, 37, 29, 42, 45, 44, 46, 49, 47, 48, 43

Course C: All controls in any order or make up your own.

We hope you enjoy your taste of orienteering. Its great attraction is that it can be as leisurely or as strenuous as you like.

Your local club, Newcastle and Tyneside Orienteers (NATO), organises events to suit all ages and levels of ability. All are welcome to come along and take part. Members of the club range from children aged 3 up to adults aged over 80, so whether young or old, orienteering is a great way to see the countryside, improve fitness and make new friends.

Details of other permanent courses, as well as orienteering events and club membership, can be found at

www.newcastleorienteering.org.uk www.britishorienteering.org.uk/pocs

www.newcastleorienteering.org.uk

Navigating from
Tyne Banks to Tweed

Remember the Country Code

Please observe the OUT OF BOUNDS areas

Take your map home and do not litter the countryside

This course has been planned by Newcastle and Tyneside Orienteers in accordance with normal orienteering practice. However, it is not possible for the planner or the site managers to keep a constant eye on the area. Users must, therefore, accept that neither the planner nor the site managers can be held responsible for any accidents, injuries, losses or damage which may occur whilst orienteering.

Orienteering		Name Course							
Newcastle and Tyneside Navigating from Tyne Banks to Tweed			Start Time Finish Time				Time Taken		
http://www.newcastleorienteering.org.uk		The control markers at this venue have four code series for use on successive visits. Indicate below which series is used on this card.							
19	20	21	22	23	24	25	Codes chosen:(circle) Upper Left Upper Right Lower Left Lower Right		
10	11	12	13	14	15	16	17	18	
1	2	3	4	5	6	7	8	9	
	4		Nama						
Newcastle and Tyneside Navigating from Tyne Banks to Tweed http://www.newcastleorienteering.org.uk		Name Course							
		Start Time Finish Time Time Taken The control markers at this venue have four code series for use					or use on		
19	20	21	successive visits. Indicate below which series is used on this card. 22 23 24 25 Codes chosen:(circle)						
					-	20	Upper Left Upper Right Lower Left Lower Right		
10	11	12	13	14	15	16	17	18	
1	2	3	4	5	6	7	8	9	
	1		Name Course						
Orienteering Newcastle and Tyneside		Name Course Start Time Finish Time Time Taken							
Navigating from Tyne Banks to Tweed http://www.newcastleorienteering.org.uk			The control markers at this venue have four code series for use on successive visits. Indicate below which series is used on this card.						
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