

FIND OUT MORE

Orienteering is an exciting and challenging outdoor sport that exercises mind and body. The aim is to navigate between control points marked on an orienteering map.

It doesn't matter how young, old or fit you are, as you can run or walk making progress at your own pace on the courses planned to suit you.

Mole Valley Orienteering Club is based in south London and east Surrey.

Join us and find out more about orienteering events near you.

We also run other permanent orienteering courses nearby. Maps can be downloaded from our website.

www.mvoc.org









WHAT IS ORIENTEERING?

Orienteering is a run or walk with a difference. You use a map to find your own way to various checkpoints or "control sites" whose locations are described in the list (below). Their position is indicated on the map by the centre of each red circle. On the ground there are wooden posts, with red and white markings, bearing the corresponding number and a letter unique to each site.

You can visit the controls in any order and look for just a few or complete them all.

You will cover approximately 4km if you visit all the controls. At each control, check that it is the one you are seeking by looking for the number on the post. Then write down the unique letter to record that you have found it.

The map has been specially prepared by Mole Valley Orienteering Club, and details useful for navigation are represented clearly. The colours and symbols used are unique to orienteering and are explained in the legend. The scale is 1:4000, which means that 1cm on the map is equivalent to 40m metres on the ground.



Start Distinctive tree

- 1 Distinctive tree, north east side
- 2 Knoll, south side
- **3** South eastern distinctive tree, north side
- 4 Hedge, inside corner
- **5** Copse
- 6 Bridge, north side
- 7 Spring
- 8 Wall, inside corner
- 9 Between distinctive trees
- 10 Path junction
- 11 Distinctive tree, west side
- 12 Distinctive tree, west side
- 13 Lake, east side
- 14 Distinctive tree, west side
- 15 Distinctive, south east side





ENJOYING BEDDINGTON PARK

Beddington Park was originally part of a deer park attached to Carew Manor. The estate was sold in 1859 to Canon Alexander Henry Bridges, the wealthy rector of Beddington, who carried out a great deal of planting including the shelter belt along the north side of the park and the round spinneys within it. Most of the older trees date from his time. Beddington Park includes an early 18th century octagonal brick dovecote with a nearby bridge over the River Wandle made of terracotta. Beddington Park is a site of considerable archaeological importance and contains many earthworks which are probably of mediaeval and later dates. You will see these features and more as you enjoy the permanent orienteering course.

The River Wandle runs through the Park and there are patches of woodland and a lake which has been recently dredged. Inside the Park you will find the Pavilion Café and an old church. Its open spaces are used for a wide variety of sports.

Beddington Park has recently benefitted from a £3.7m grant from The National Lottery to restore, conserve and enhance its appearance.

We remind everyone enjoying the permanent orienteering course that they should not spoil other people's enjoyment of Beddington Park and to respect the 'out-of-bounds' areas.

HOW TO GET HERE

Beddington Park is located between Wallington and Hackbridge in the London Borough of Sutton. Hackbridge station is 300m to the north west and there is parking off the A237 (London Road). The Pavilion Café's postcode is SM6 7NN.





