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OrientWalking

a new step into the 21st century

EVENT ORGANIZATION AND
MANAGEMENT GUIDE



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1 WHAT IS ORIENTWALKING

OrientWalking is a unique sport that welcomes participants across all age groups, fostering inclusivity and facilitating exchanges across generations. Moreover, this initiative isn't just about promoting sports and physical activities; it's also aimed at reconnecting people with rural landscapes and the natural world. By doing so, we hope to contribute to environmental sustainability and combat climate change. This project represents a holistic approach to wellness, community, and environmental consciousness.

OrientWalking, derived from Orienteering, is a sport that not only encourages physical activity but also fosters a connection with nature in rural areas. By engaging in this activity, participants have the opportunity to rediscover and appreciate the often-overlooked beauty of rural landscapes near urban centers.

Advantages of OrientWalking

1. **Non-competitive nature:** The activity is enjoyed without the pressure of time, focusing on the experience rather than speed.
2. **Suitability for everyone:** Its non-competitive essence makes it accessible to both trained athletes and those who are new to physical activities.
3. **Inclusivity:** OrientWalking welcomes participants of all ages, genders, and backgrounds, fostering a sense of community.
4. **Safety:** Conducted at a walking pace, the sport minimizes the risk of injuries compared to more intense outdoor activities.
5. **Connection with Nature:** Being primarily set in natural landscapes like woods or mountains, it offers a unique opportunity to engage with the environment.
6. **Can be practiced in all seasons of the year.**





OrientWalking encourages us in a subtle way to exchange four walls and a comfortable chair for easy outdoor exercise.

It is about walking with a map and orientating yourself in space with a compass without keeping score. It can be defined as fitness walking with a map and a compass. It is also used by Nordic Walkers. (The map is placed in a special folder and can be attached to a stick.) It is an exploratory experience for everyone. It requires concentration, decision-making skills, map reading, imagining the terrain.

► How OrientWalking differs from orienteering

The emphasis is on recreational orienteering outdoors. Unlike competitive orienteering, this activity does not require any special technical preparation and does not focus on fitness. In fact, it is the perfect answer to the increasing demand and desire for outdoor trips with a different content, suitable for beginners and families alike. For those who like to have fun with orienteering and are not competitive or do not want to compete with others.

Aim of OrientWalking

OrientWalking is designed for personal well-being, both physical and mental, where we get in touch with nature and combine fun with sport, facilitated by free navigation through the terrain with a compass and a map using a mobile app.

► The aim is not to conquer a peak or a mountain hut, but to get to know the local countryside, cultural or natural attractions, and to get a bit of exercise in the process.

The fun for the hiker lies in navigation and solving orienteering problems. For younger participants, it could also be a challenge of orienteering as a treasure hunt.

How is it done

- OrientWalking can be done by an individual or by a group of any size.
- Everyone gets their own map to follow the route in the field.
- The points can be marked in order or on a score basis: each person sets their own way of collecting points. Checking the map is less frequent than in orienteering, which makes the observation of the surroundings all the more intense and experiential.
- You can choose different routes (easy, medium, hard) depending on the length of the route and the difficulty of the orienteering.
- The search time is arbitrary and the route can be completed at any time.



The ideal route is usually between 3 and 5 km for a short route, between 5 and 8 km for a medium route and more than 8 km for a long route.

► **Easy route:** 3 - 5 km, up to 1.5 hours

Involves walking along a number of paths with switchbacks and changes of direction. Points are set along the way.

► **Medium difficulty:** 5 - 8 km, 1,5 - 2,5 hours

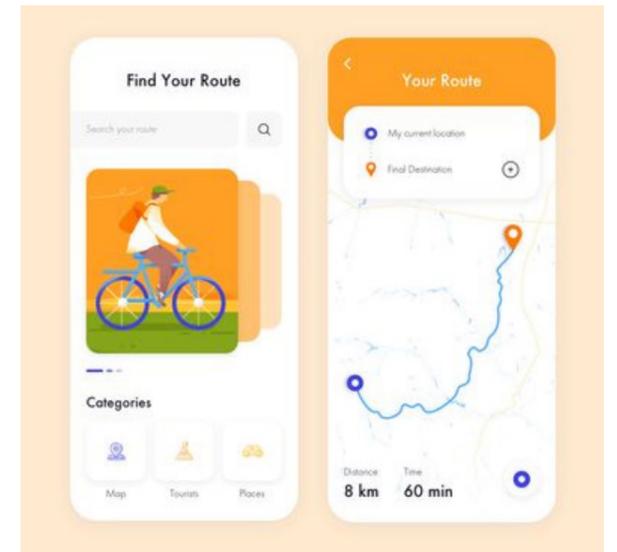
Involves walking along linear features (stone walls, various plantations, power lines, water channels, embankments, trees, typical relief features: ditches, etc.), crossroads, changes of route, transitions from one route to another, deciding between two possible route choices. Points are on or near the route.

► **Difficult route:** 10 - 12 km, 3 - 4 hours

Longer walking time between points, many route choices, route changes, short sections of walking at a specific angle. Points also set off-trail at certain terrain features.

The average person walks a kilometre in between 12 and 15 minutes. Taking into account stops for map reading, rest and snacks along the way, together with minor errors due to longer route choices, it takes about 20 minutes to walk a kilometre.

Until now, the map orientation at the waypoints has been based on a punch, a photo, a description, an electronic system... The app is under development; it will simplify the confirmation of arrival at the waypoints, and we will not need anything except a phone and a full battery.



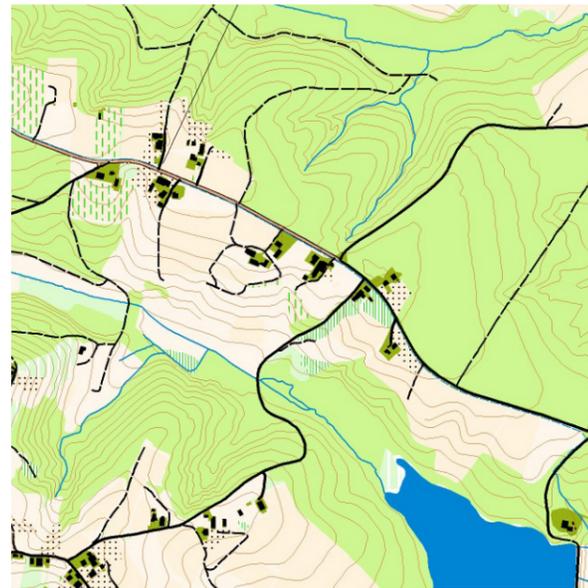
OrientWalking is suitable for various events, as it promotes the local environment and getting to know the place, its peculiarities and natural values, excursions, accompanying events (e.g. it is held in parallel with an orienteering competition for accompanying persons and spectators who just want to walk around the terrain while waiting for the competitors).

Permanent points (signs in the colours of the orientation flag, 15 x 15 cm, or prisms) can be placed in certain areas.

The activities are carried out on **maps** drawn for this purpose in standard scales: 1 : 5000, 1 : 7500, 1 : 10000, with an equidistance of 10 m. On flat terrain, also with an equidistance of 5 m or even 2.5 m. The cartographic map is simplified so that it is easier for the less skilled people to read it as well. OrientWalking can also be done on MTB-O maps, tourist maps of places, orienteering maps, small-scale maps, etc.

The symbols on the map are:

- settlements, houses with private land, asphalt and dirt roads, tracks, paths ...,
- built structures: bridges, walls, fences (passable, impassable), pillars, Christian markers, chapels, boundary stones, wells, water tanks ...,
- other structures: observation towers, animal feeders, huts, , stalls ...,
- water markers: lakes, ponds, rivers, streams, swamps, springs, fountains ...
- vegetation markers: easily traversable forest, less traversable to more difficult to traverse forest, impassable forest, isolated trees and shrubs in situ.
- relief features: most obvious features: peaks, hollows, caves, potholes ..., in the forest, fewer details are marked (such as holes or small sinkholes), except for the larger ones.



The symbols are collected in a legend, the scale is given linearly and numerically. They are drawn on the maps.

OrientWalking promotes pedestrian activities in urban environments. Their benefits are on a personal and social level. Motivational styles influence recreational walking but also excessive walking. In contrast, a lack of motivation discourages walking. Motivation to walk can also be an invitation to citizens to walk in exchange for shorter journeys.

OrientWalking is a free activity.

► What do I need to start OrientWalking?

It doesn't matter how you are dressed for OrientWalking. Leisure, sporty clothing and shoes is the best choice. In your backpack you will need a drink, a snack, a jacket, in colder seasons also a windbreaker, gloves and a hat.

OrientWalking may be organised by a number of organisations in the near future. Information about events will be published on the website.



OrientWalking in five sentences:

1. Movement outdoors; in the city, in the countryside, in the forest.
2. On your own terms, on your own time, at your own pace, for as long as you like; alone, with your dog or friends, with your family, with your colleagues at college or with your colleagues.
3. With the help of the app, discover your hometown, the tourist centre, the many paths of the forest or the park and the countryside.
4. We look for points on the ground, which we 'load' into the app beforehand. We are 'rewarded' with a sound for the landmarks we find (famous houses and churches, imposing trees, bridges, other objects in nature: a bench, an observatory, a religious sign, a footbridge, etc.).
5. Non-competitive, as the time is not recorded, it is the time spent in nature that counts.



How can I start OrientWalking? What do I have to know before I start? What do I need to know about OrientWalking?

Reading a map with points marked on it will not be much different from the tourist city maps of all kinds that are available at Tourist Information Centres. We need to pay attention to the basics: which direction is north, we need to know the scale of the map to get an idea of the distances and estimate the walking time, and of course we need to know what the signs and colours mean. All this can be learnt and remembered in a short time.

This is followed by loading the application with the points in a some sort of sequence. The audio confirmation - arrival at a particular target - can be customised as desired - either a signal in the immediate vicinity of two metres, five metres or even more. What is a suitable route length? As we set beforehand. We can also shorten the route ahead of time. But believe it or not, once we have tried and had a few successful zings, the desire is to complete the route in full.

OrientWalking is a completely 'new' recreational discipline. A network of maps is in the making. So you can set different objectives for each activity on the same map: cultural

and natural sights in different sequences. The possibility for recreation during a busy sedentary weekday is thus a daily occurrence. The system archives the routes walked and processes them statistically.

OrientWalking is for every day and every season. There is no bad weather, all you need is suitable footwear and clothing. After a few weeks of recreation, the body is just crying out for activity. If you walk in good company, the weather is of secondary importance.

It's time for a new step,
OrientWalking.