

ORIENTEERING

About Little Bennett Regional Park

Little Bennett is the largest natural gem of Montgomery County. Among its 3,700 acres, over 20 miles of trails lead you to and through quality forests, meadows, and streams. This vast park is home to many historic sites, and an abundance of native plants and animals. We invite you to visit often, hike our trails and camp in the campground. Explore! Enjoy!

NOTE: The starting point of the course is in the Little Bennett Campground. During the camping season, April 1 - October 31, or weekends in the off-season, park off of Route 355 and hike in to the Hawk's Reach Activity Center. If you're camping here, or weekdays during the off-season, you may park at Hawk's Reach Activity Center. For further explanation, please call 301-528-3430.



Hawk's Reach Activity Center. The start and finish location are at the telephone pole in this photo.



About Orienteering

Orienteering is both an adventurous game *and* sport. We've placed wooden posts or "checkpoints" in the woods, each with their own unique number. Using the map on the reverse of this brochure, find the checkpoints shown in purple, and in numerical order. When you find a post, double-check the number on it to be sure you're in the right place! There are different courses for different skill levels, but all give you one thing: . . . adventure!

About Quantico Orienteering Club

Quantico Orienteering Club promotes the enjoyment and preservation of the outdoors through the recreational activity of orienteering. Our nonprofit group hosts orienteering events open to all in parks throughout the greater Washington DC region most weekends from September to June. Participants may walk or run, go solo or in groups of any size, as they look for checkpoints placed in the park especially for that event. All events include courses for all skill levels, from family-friendly to elite adventure racer. Free beginner instruction is always available.

Visit us at <http://qoc.us.orienteering.org>



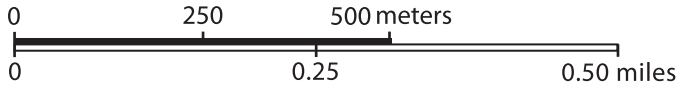
Little Bennett Regional Park

With a map in hand,
you head into the woods.
Can you find the checkpoints?
Find Yourself . . . **Orienteering!**



Intermediate

Map Scale 1 : 10 000
Contour Interval 5 m



Legend

- undergrowth, slow running
- undergrowth, difficult to run
- open land
- semi-open land
- rough open land
- forest
- vegetation: slow run
- vegetation: difficult run
- vegetation: fight
- distinct vegetation edge
- paved road
- parking area
- dirt or gravel road
- vehicle track
- footpath
- small path
- indistinct path
- narrow ride
- power line, high tower
- high fence
- fence
- ruined fence
- stone wall
- ruined stone wall
- impassable cliff
- passable rock face
- boulder, rock pile
- rocky ground
- man-made object
- building, ruin
- index contour
- contour, 5 meters
- form line, <5 meters
- slope line
- earth bank
- earth wall
- knoll, small knoll
- depression
- small depression, pit
- gully, small gully
- root stock; with trunk
- crossable stream
- small stream
- seasonal stream
- pond
- marsh
- indistinct marsh
- spring
- individual tree



- Start
- Checkpoint
- Finish
- Start and Finish



Look for posts like these - they are your checkpoints.

This is the **clue sheet** - it helps you find checkpoints and tells you the post number.

Difficulty	Length	Climb
Intermediate	3.3 km	130 m
Start	POST#	
1	13	small reentrant (valley)
2	12	ditch trail junction
3	10	ditch
4	9	man made feature
5	7	ditch junction
6	4	man made feature
7	3	man made feature
8	1	ditch trail junction
200 m		Distance from your last checkpoint to the finish.

Helpful hint: Study your map while going to your checkpoints - plan ahead.



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