
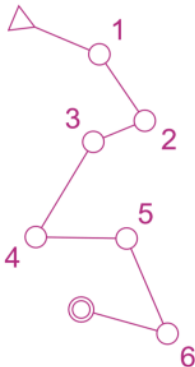


# High Meadow Dover

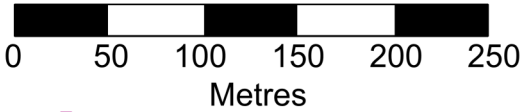


<p><b>Location/Parking</b> Noahs Ark Road Dover, postcode CT17 0NL. Entrance is up concrete steps opposite Anselm road. Parking on the road. W3W/// puzzle.stow.foal</p>	<p><b>Permanent Orienteering Course</b> The course is represented by a Start a Finish and a number of checkpoints or controls. At each control you will find a permanent marker attached to a post. Visit as many of the checkpoints as you can in any order.</p>	<p>△ Start ○ Controls ◎ Finish</p> <p> permanent marker</p>						
<p><b>Facilities</b> None</p>	<p><b>Find Your Way / Virtual Orienteering Courses</b></p>							
<p><b>Start/Finish location</b> On the concrete steps at the Noahs Ark entrance. <u>Note</u>: as the start/finish is near the middle of the area , once you have started, be careful not to approach (within 20m) the entrance to avoid registering a "finish" before you are ready.</p>	<p>No physical controls - your position is recorded by your smartphone's GPS using an app called <b>MapRun6</b>. Download for free onto your Android or iOS device. Simple registration (name etc). Select <b>'Events near me'</b> or press <b>'Select Event'</b> and navigate to: - UK &gt; Find Your Way &gt; FYW Kent &gt; High Meadow. There are 3 linear courses to choose from and a 60 min score course.</p>							
<p><b>About the Map</b> Scale is 1:4,000 so is larger than Ordinance Survey. (1cm on map represents 40m on the ground). Map also shows more detail – fences, knolls, depressions, distinctive trees, and uses different colours to aid navigation – yellow is open land, white is runnable woodland, light through to dark green represents woodland that is increasingly difficult to pass through.</p>	<table border="1"> <tr> <td data-bbox="1088 671 1559 719">A - Short / easy</td> <td data-bbox="1559 671 2092 719">0.9km, 6 controls</td> </tr> <tr> <td data-bbox="1088 719 1559 759">B - Medium</td> <td data-bbox="1559 719 2092 759">1.8km, 13 controls</td> </tr> <tr> <td data-bbox="1088 759 1559 799">C - Long / more challenging</td> <td data-bbox="1559 759 2092 799">2.9km, 19 controls</td> </tr> </table>		A - Short / easy	0.9km, 6 controls	B - Medium	1.8km, 13 controls	C - Long / more challenging	2.9km, 19 controls
A - Short / easy	0.9km, 6 controls							
B - Medium	1.8km, 13 controls							
C - Long / more challenging	2.9km, 19 controls							
<p><b>Safety</b> The Park is bounded and intersected by fencing and presents few hazards. You will need to use gates as you move through the park - please leave the gates as you have found them. Specifically watch out for: - trip hazards, steep slopes and uneven ground - stinging nettles, brambles and wild parsnip (contact with sap can cause rash/blisters) - the area is sometimes grazed with Konik horses (there will be notices on gates with details) - other park users and dogs</p>	<p>See "How To" pages for help and phone setup at <a href="https://www.findyourwayvo.org.uk/how">https://www.findyourwayvo.org.uk/how</a> (see QR code) You can use the map on your phone, but it is easier to use a paper map Print the maps overleaf.</p>							
<p><b>Links to other activities</b> If you enjoyed the Permanent Course or the Find Your Way activity, there are many others to try in Kent - goto <a href="https://www.findyourwayvo.org.uk/southeast/maps">https://www.findyourwayvo.org.uk/southeast/maps</a>. For details of orienteering events in Kent visit <a href="http://www.saxons-oc.org">www.saxons-oc.org</a> Watch out for courses on Whinless Down appearing shortly</p>	<p>Once the course is selected, click <b>'Go to Start'</b> and head to the red triangle. The triangle will go green and your phone will bleep to register you have started.</p> <p>For the <u>linear</u> courses, make your way to Checkpoint 1 (the virtual control) and each of the other controls <u>in number order</u>. The circle will go green and your phone will bleep each time you successfully find the control. Once you have visited all controls, head to the finish, (the double circle) for your final bleep.</p> <p>For the <u>Score</u> course, you can do as many controls as you like and in any order before heading to the finish control.</p> <p>Note: the Start and Finish are in the same place, so the triangle and double circle are on top of one another.</p> 							
<p><b>Results</b> Click on "Show Results" on the app and you can see how you did! Can you complete the course faster or try a longer, more difficult course?</p>								

# High Meadow

Scale 1:4000, Contour interval 5m

1 cm on the map equals 40m on the ground



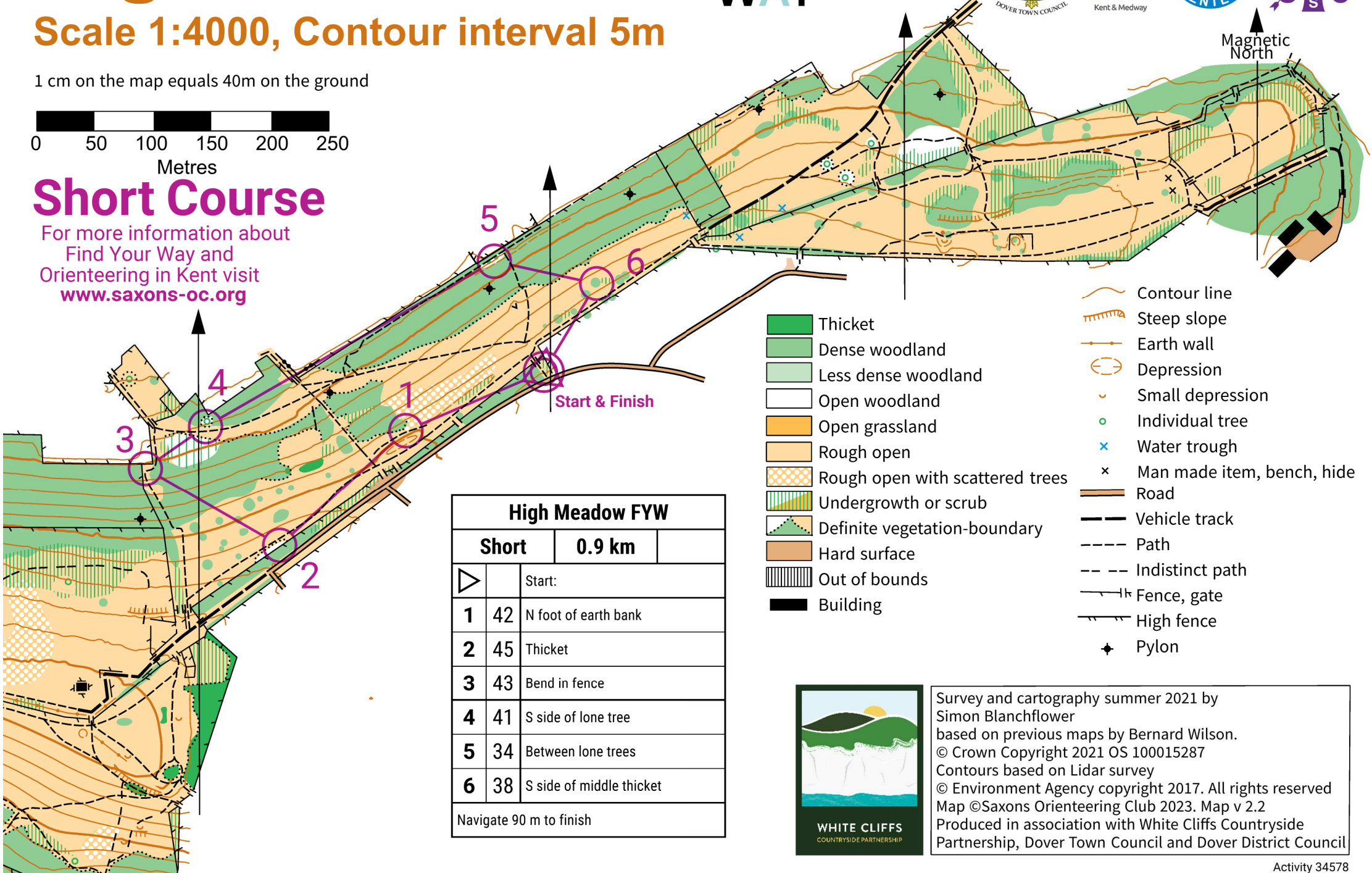
## Short Course

For more information about Find Your Way and Orienteering in Kent visit [www.saxons-oc.org](http://www.saxons-oc.org)

FIN YOUR WAY



Magnetic North



- Thicket
- Dense woodland
- Less dense woodland
- Open woodland
- Open grassland
- Rough open
- Rough open with scattered trees
- Undergrowth or scrub
- Definite vegetation-boundary
- Hard surface
- Out of bounds
- Building
- Contour line
- Steep slope
- Earth wall
- Depression
- Small depression
- Individual tree
- Water trough
- Man made item, bench, hide
- Road
- Vehicle track
- Path
- Indistinct path
- Fence, gate
- High fence
- Pylon

High Meadow FYW		
Short	0.9 km	
		Start:
1	42	N foot of earth bank
2	45	Thicket
3	43	Bend in fence
4	41	S side of lone tree
5	34	Between lone trees
6	38	S side of middle thicket
Navigate 90 m to finish		

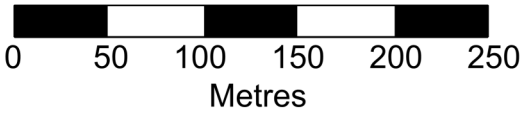


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# High Meadow

Scale 1:4000, Contour interval 5m

1 cm on the map equals 40m on the ground



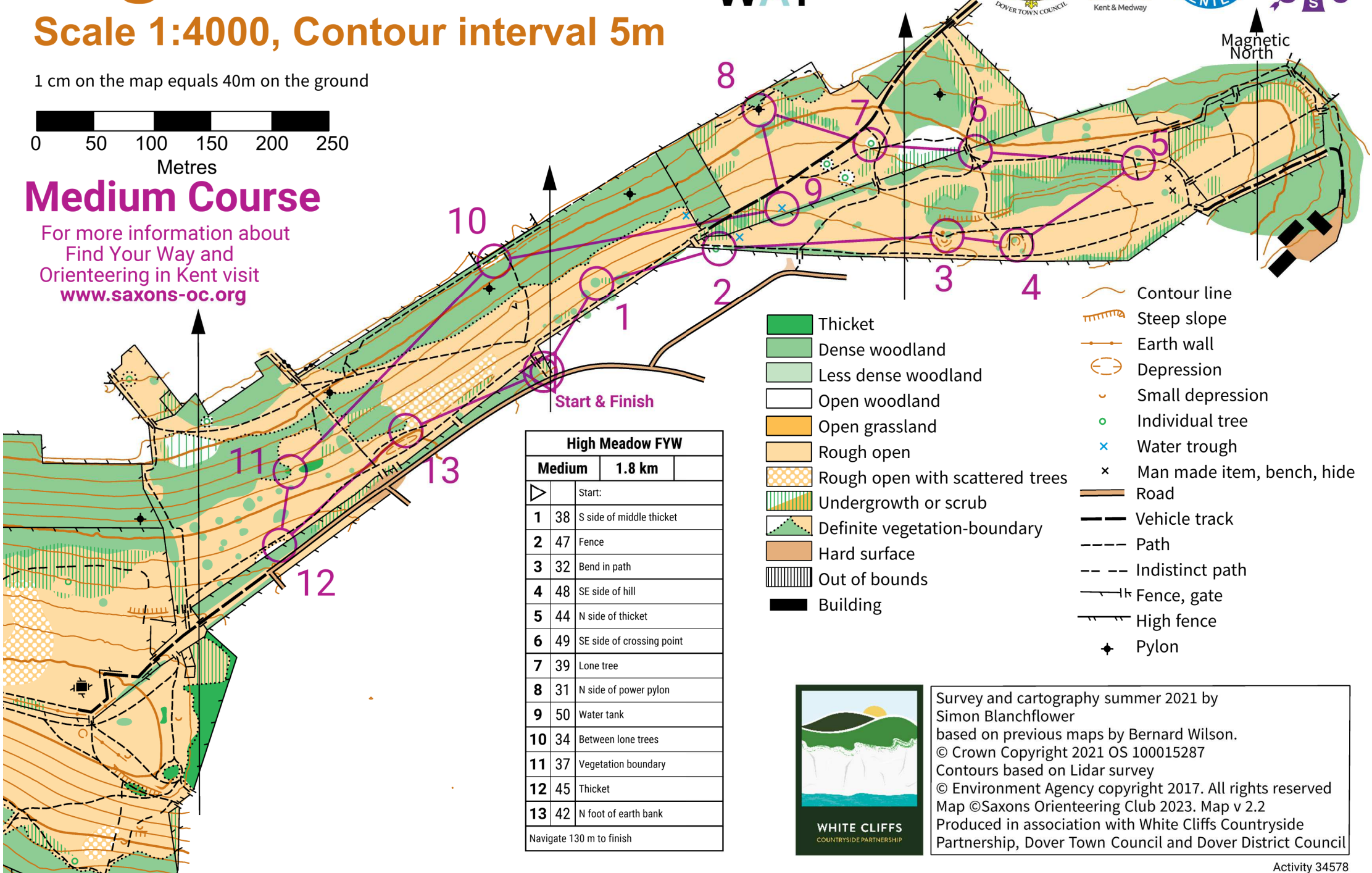
## Medium Course

For more information about Find Your Way and Orienteering in Kent visit [www.saxons-oc.org](http://www.saxons-oc.org)

FIN YOUR WAY



Magnetic North



High Meadow FYW	
Medium	1.8 km
Start:	
1	38 S side of middle thicket
2	47 Fence
3	32 Bend in path
4	48 SE side of hill
5	44 N side of thicket
6	49 SE side of crossing point
7	39 Lone tree
8	31 N side of power pylon
9	50 Water tank
10	34 Between lone trees
11	37 Vegetation boundary
12	45 Thicket
13	42 N foot of earth bank
Navigate 130 m to finish	

- Thicket
- Dense woodland
- Less dense woodland
- Open woodland
- Open grassland
- Rough open
- Rough open with scattered trees
- Undergrowth or scrub
- Definite vegetation-boundary
- Hard surface
- Out of bounds
- Building
- Contour line
- Steep slope
- Earth wall
- Depression
- Small depression
- Individual tree
- Water trough
- Man made item, bench, hide
- Road
- Vehicle track
- Path
- Indistinct path
- Fence, gate
- High fence
- Pylon

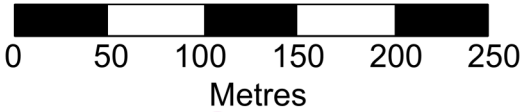


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# High Meadow

Scale 1:4000, Contour interval 5m

1 cm on the map equals 40m on the ground



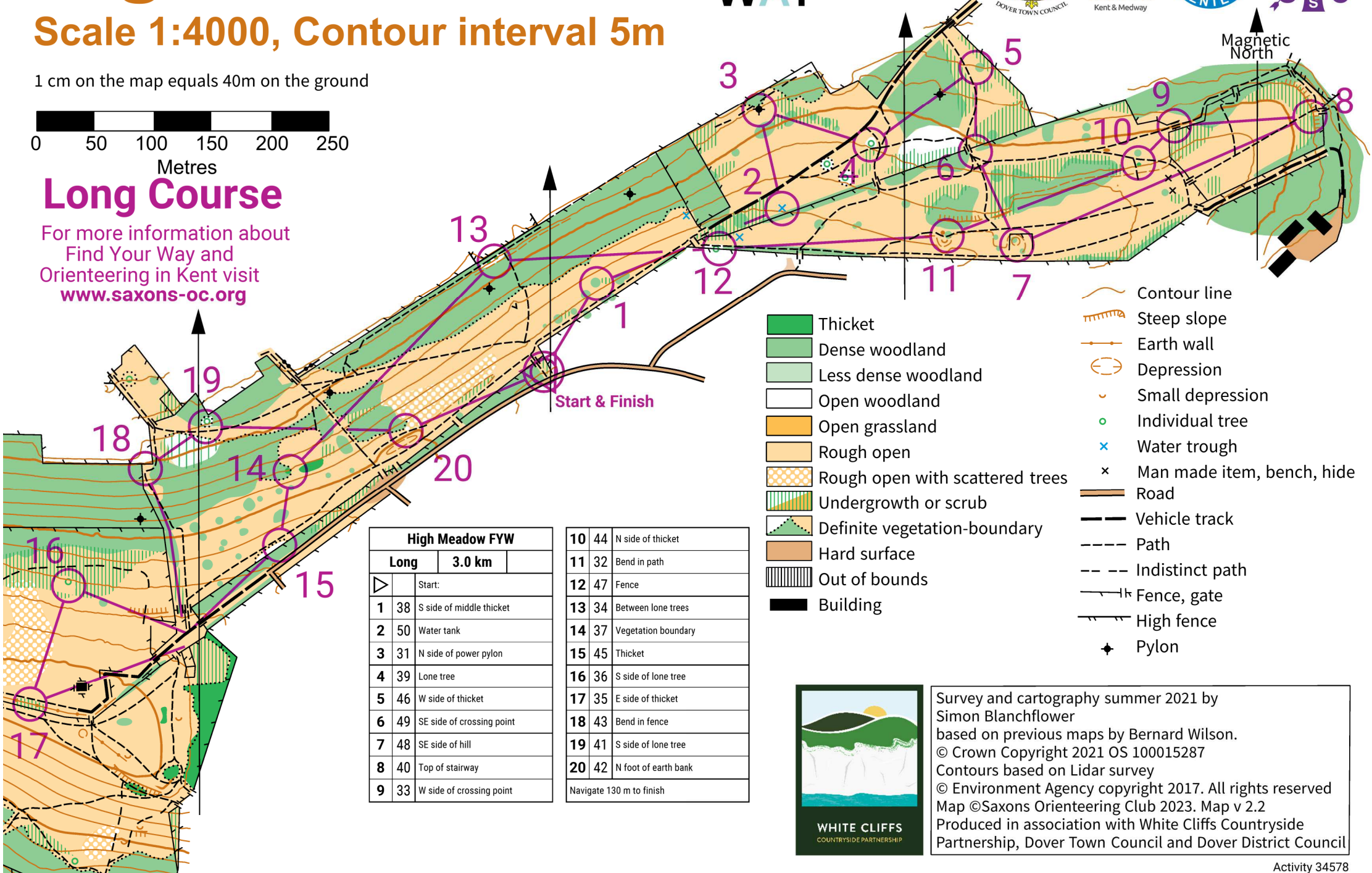
## Long Course

For more information about Find Your Way and Orienteering in Kent visit [www.saxons-oc.org](http://www.saxons-oc.org)

FIN YOUR WAY



Magnetic North



- Thicket
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- Open woodland
- Open grassland
- Rough open
- Rough open with scattered trees
- Undergrowth or scrub
- Definite vegetation-boundary
- Hard surface
- Out of bounds
- Building
- Contour line
- Steep slope
- Earth wall
- Depression
- Small depression
- Individual tree
- Water trough
- Man made item, bench, hide
- Road
- Vehicle track
- Path
- Indistinct path
- Fence, gate
- High fence
- Pylon

High Meadow FYW		
Long	3.0 km	
	Start:	
1	38	S side of middle thicket
2	50	Water tank
3	31	N side of power pylon
4	39	Lone tree
5	46	W side of thicket
6	49	SE side of crossing point
7	48	SE side of hill
8	40	Top of stairway
9	33	W side of crossing point

10	44	N side of thicket
11	32	Bend in path
12	47	Fence
13	34	Between lone trees
14	37	Vegetation boundary
15	45	Thicket
16	36	S side of lone tree
17	35	E side of thicket
18	43	Bend in fence
19	41	S side of lone tree
20	42	N foot of earth bank

Navigate 130 m to finish

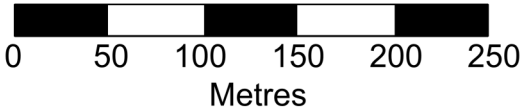


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# High Meadow

Scale 1:4000, Contour interval 5m

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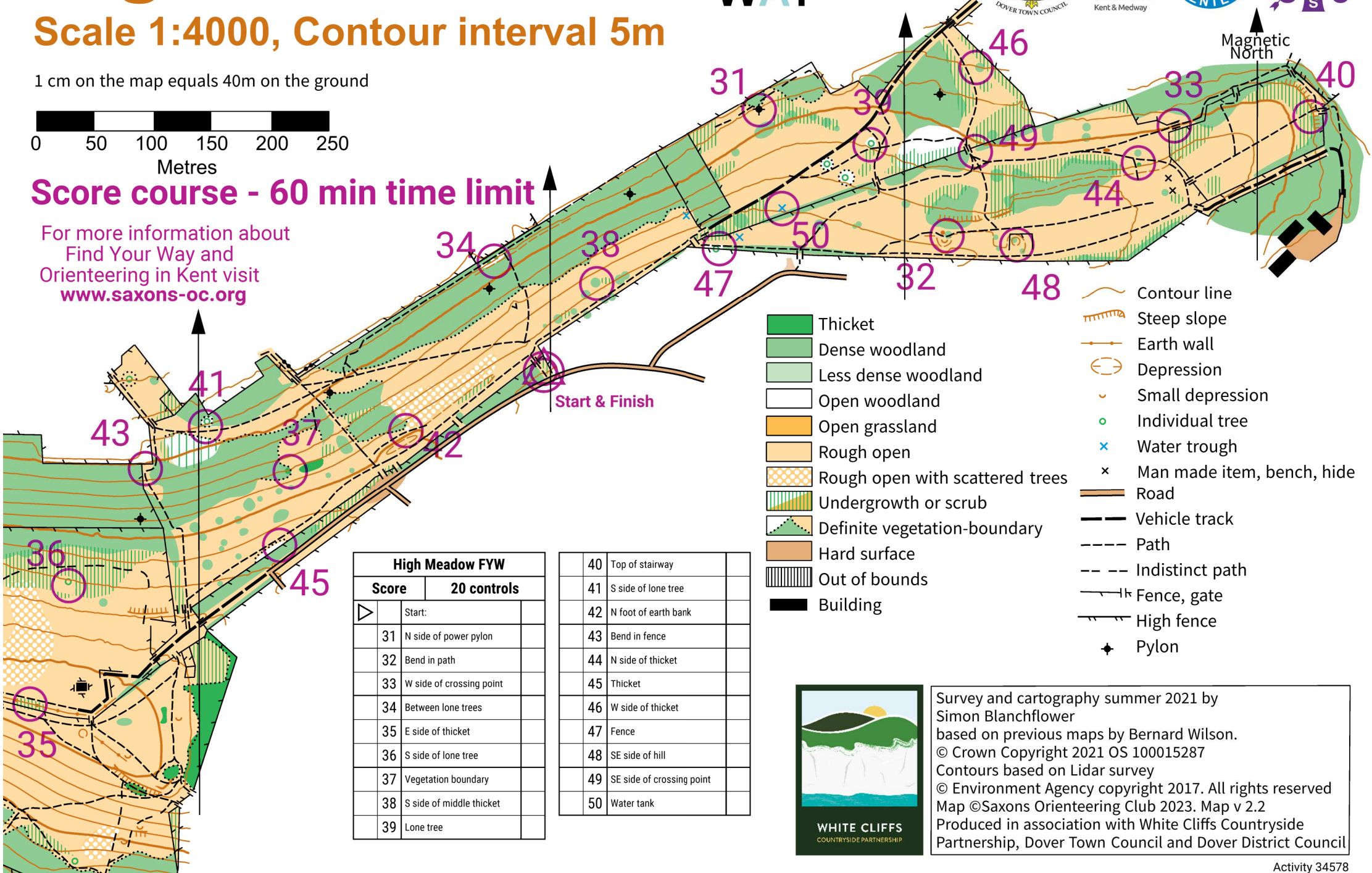
## Score course - 60 min time limit

For more information about Find Your Way and Orienteering in Kent visit [www.saxons-oc.org](http://www.saxons-oc.org)

FIN YOUR WAY



Magnetic North



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- Man made item, bench, hide
- Road
- Vehicle track
- Path
- Indistinct path
- Fence, gate
- High fence
- Pylon

High Meadow FYW	
Score	20 controls
Start:	
31	N side of power pylon
32	Bend in path
33	W side of crossing point
34	Between lone trees
35	E side of thicket
36	S side of lone tree
37	Vegetation boundary
38	S side of middle thicket
39	Lone tree

40	Top of stairway
41	S side of lone tree
42	N foot of earth bank
43	Bend in fence
44	N side of thicket
45	Thicket
46	W side of thicket
47	Fence
48	SE side of hill
49	SE side of crossing point
50	Water tank



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