



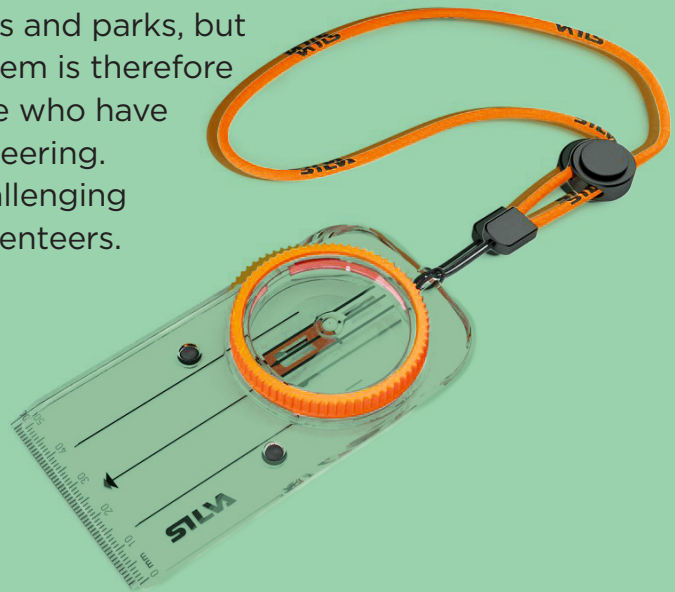
ORIENTEERING IN YOUR OWN NEIGHBOURHOOD

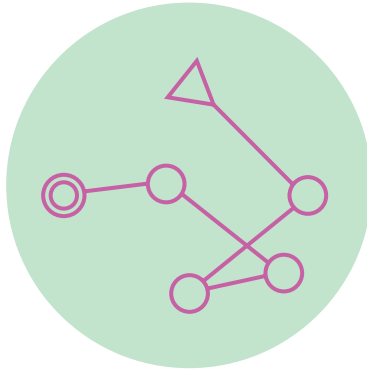
hittahem

ORIENTEERING

Orienteering means navigating the terrain with a map and compass. More and more people are discovering how fun it is to exercise both the body and the brain!

We want to talk briefly here about the basics of orienteering and about Hittahem, an orienteering activity for everyone. In Hittahem you will find courses in residential areas and parks, but not in large forests. Hittahem is therefore a perfect activity for those who have not previously tried orienteering. The courses also offer challenging routes for experienced orienteers.





What is orienteering?

Did you know that you are orienteering every day when you want to find a new place? You take note of a description, compare it with reality, look out for a landmark to aim for. Eventually you arrive – perhaps to meet a friend or enjoy a beautiful view.

Orienteering as a sport is all about the same thing – moving around, finding the right way, getting to the finish and sharing the experience with others.

An orienteering course consists of a start, a series of controls to be visited in the correct order, and a finish. The controls are marked with circles on the map and with orange-white flags in the terrain.

It is possible to do orienteering in both the forest and city, all environments have their challenges. Competitions are usually arranged in new places but it is great to do orienteering in the same place several times. Orienteering is a great way to discover your neighbourhood or different parts of Sweden!

A sport for life

Young or old, beginner or experienced – orienteering is a sport that suits everyone. Orienteering competitions usually include competition classes from 8 to 85 years, and you often see several generations taking part at the same time. Everyone can participate and do orienteering on their own terms, and it's never too late to start!

Orienteering is much more than exercise and competition – the social aspect is a big part of the sport. Many clubs organise soup nights and coffee alongside training sessions.

Lots of ways to improve

Orienteering allows you to practise many different things. You get to:

- learn how to search
- practice waiting your turn
- improve your motor skills
- improve your condition and strength
- practice numbers and numerical order
- have fun in nature
- meet new people
- gain self-confidence and a sense of responsibility





Did you know?

... There are about 550 orienteering clubs in Sweden that organise training, competition and taster activities.

... There are lots of opportunities to try orienteering, both in groups and on your own. Read more at the end of this brochure!

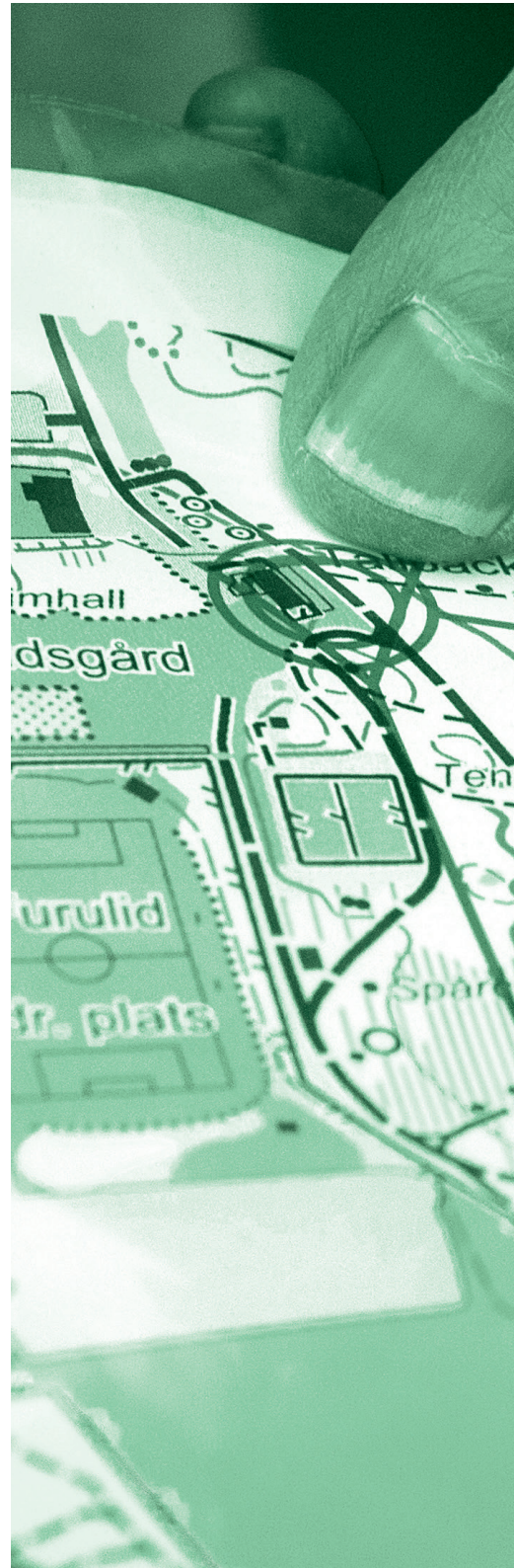
HITTAHEM

Want to start orienteering?

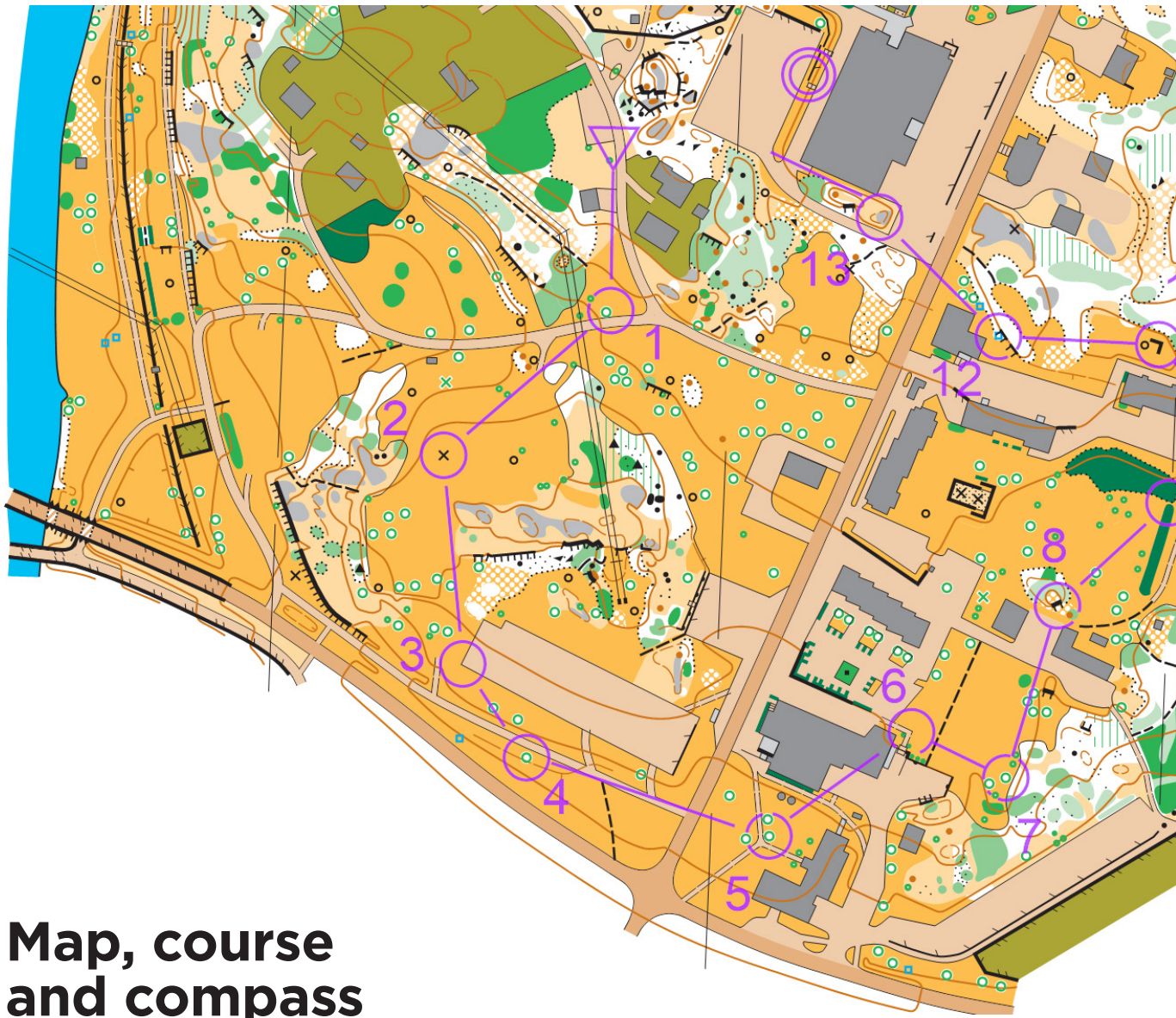
Hittahem is a new form of orienteering with courses in residential areas and parks that are both safe for beginners and a challenge for seasoned orienteers. Run alone or with friends, get help from others with more experience, and discover your neighbourhood in a new way! Hittahem is free; you can borrow all equipment on the spot. The only thing you need to bring yourself is long pants and comfortable shoes. If you need help getting started, leaders will be there to support you.



Read more about Hittahem
on our website.







Map, course and compass

A map is a simplified and reduced view of a particular area. The scale of the map is a measure of how much the reality is reduced. Scale 1:5000 means that 1 cm on the map is 50 metres in reality. Symbols on the map show houses, footpaths, roads, playgrounds, hills, lawns and other clear features of the terrain that do not change very often. Orienteering maps are drawn the same way all over the world.






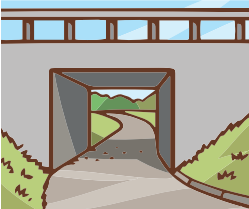

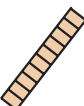






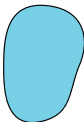



The course from start to finish

On the map, the orienteering course is printed in purple. It shows where the start, finish and course controls are located. The start is marked with a triangle. Each control is marked with a circle and a number indicating the order in which the controls are to be visited. The finish is marked with a double circle.



Map symbols

Here are some examples of map symbols that can be found on the Hittahem training map.

<p>Tree</p>	<p>Stream, ditch</p>	<p>Tunnel</p>
		
		
<p>Path, dirt road</p>	<p>Stairs</p>	<p>Boulder</p>
		
		
<p>Cliff</p>	<p>House, building</p>	<p>Lake</p>
		
		

The red needle of the compass always points north. By holding the map so that the north arrow on the map points in the same direction as the compass needle, you can find out in which direction you need to go to reach a control.



Right of Public Access

Thanks to the right of public access, everyone who lives in Sweden or is here to visit has the opportunity to spend time in nature. It is free to be in the forest, parks and outdoor areas. You are also allowed to pick flowers, berries and mushrooms and to camp for one night.

Do not disturb, do not destroy

The right of public access is particularly important for the sport of orienteering. It contains many rights, but also obligations. Everyone who spends time in nature is expected to show consideration for animals, nature and other people. The basic rule is not to disturb and not to destroy. Remember to take your rubbish home!

Orienteering strengthens both the body and the brain

Both Swedish and international studies show that orienteering not only improves physical health, but also the various functions of the brain. Practising how to read a map, use a compass and move between different controls stimulates and strengthens the part of the brain responsible for memory, navigation and mental mapping. In addition, research shows that people who do orienteering regularly suffer to a lesser extent from depression, stomach problems and dementia. The benefits apply to everyone, regardless of age, gender or level. It shows even more clearly that it is never too late to start orienteering!

Club sport is getting Sweden moving

According to the Swedish Sports Confederation, one in three Swedes is a member of a sports club, which makes the sport movement one of the largest popular movements in Sweden. In a sports club, people work voluntarily to contribute to the development of sports and for the community. As a member of an orienteering club, you will have the opportunity to get involved yourself, for example as a coach or member of the board, and you will also have the right to vote in the club and the association's annual meetings. With its democratic principles, Swedish club sport contributes to greater democracy in Sweden as a whole.

Train on your own with Hittaut

Locate checkpoints in urban environments and nearby forests, using a paper map or the Hittaut app. There are both easy and difficult checkpoints, and some are accessible to all. You can use Hittaut however and whenever you want during the season, which usually extends from May to October. Hittaut is free to use.



←
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about Hittaut!**



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Want to try orienteering?

Find clubs and your nearest
Hittahem activities on our website!

