

# **Lunch-time orienteering on menu**

**In a new initiative to enhance the prominence of orienteering, a series of events will be held on Edinburgh streets leading up to World Championships in July.**

Participants are being encouraged to “come and give the sport a go” during lunch-breaks starting on Thursday 18 January at Festival Square, Lothian Road. This event is specifically geared towards those based in the city centre and want an active adventure away from their work screens.

Louise Adams, Development Officer, Scottish Orienteering Association, said: “Orienteering is an exciting and challenging outdoor sport that exercises mind and body. The aim is to navigate between control points marked on a specially made orienteering map. In competitive orienteering, the challenge is to complete the course in the quickest time choosing your own route.

“For our city centre events, there is no stress on the competitive side – it’s all about learning a new skill and getting outside and active.

“If you like exploring new places, getting off the beaten track, enjoy looking at maps or simply want to add variety to a run or walk, then orienteering could be for you.

“It doesn’t matter how young, old or fit you are, as you can choose a course to suit you and go at your own pace.

“Two series of events were hosted last year and these received lots of positive feedback, with many of our competitors participating in all the events.

“One competitor told us ‘lunch orienteering has made it more worthwhile to go in (to the office) on those days’.”

The events at Festival Square will run for four consecutive lunchtimes, with starts between 12 and 1.30pm, before heading to the Meadows on 15 February for another four weeks.



The new initiative offers the chance to escape from the office for some sport and return refreshed.



From July 11-16 Edinburgh will be host to the world sprint orienteering championships  
Participants are being told to expect a blend of excitement

and challenge as they navigate through the surrounding urban network and will find themselves immersed in the thrill of discovering new places. On offer will be a long course of 5-5.5km and a short course of 3.5-4km.

[To keep up to date with when and where events are happening and for information on how to sign up, click here](#) or [here](#).



Lunchtime orienteering offers a short course (3.5-4km) and a

longer version (5-5.5km).