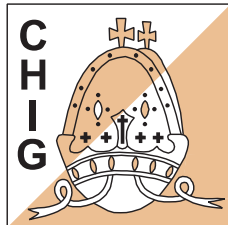
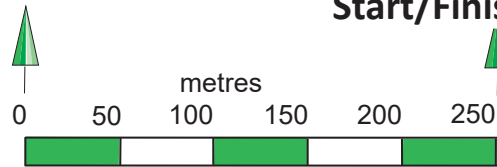


Roding Valley Recreation Ground

Orienteering Map

Scale: 1:4000



Start/Finish/Changeover

Magnetic North

LEGEND

- tree canopy - run
- slow run
- walk
- impassable
- mown grass
- rough grass land
- paved surface
- built up area
- ditch, stream
- river, bridge, pond
- unsurfaced footpath
- fence, gate, wall
- fence - do not cross
- hedge - do not cross
- building, canopy
- table, other objects
- seat, distinctive trees
- hill, knoll

For more information on orienteering, visit the website of
Chigwell & Epping Forest Orienteering Club
www.chig.org.uk

Senior Course
Red Line

4 x 2.8km Lap

Junior Course
Blue Line

3 x 1.6km Lap



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