

# 定向 · 郊野

## Orienteering: into the Country Parks

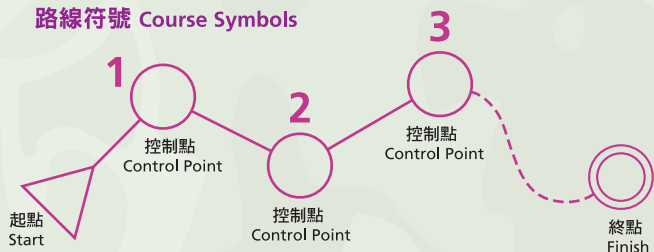
定向運動能考驗參加者的體能及地圖閱讀能力，亦是接觸大自然的好方式。歡迎參與「定向·郊野」，利用定向地圖於各郊野公園定向路線尋找控制點，完成不同難度的路線。

Orienteering is a sport that challenges participants' fitness and map-reading abilities, and is a great way to experience nature. Join us in *Orienteering: into the Country Parks*. With the help of an orienteering map, visit controls in various Country Parks Orienteering Courses and complete preset courses of varying challenge levels.

## 1 主要定向模式 Key Orienteering Formats

- 1 越野式 — 順次序到訪地圖上顯示的所有控制點  
Cross-country – Visit all controls according to the order marked on the map
- 2 奪分式 — 在特定時之內（建議 1-1.5 小時）到達地圖上最多的控制點  
Score – Visit as many controls as possible within a set time (Suggested: 1-1.5 hours)

### 路線符號 Course Symbols



## 2 了解圖例 Understand Legend

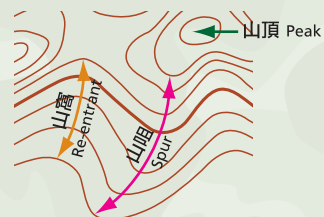
### 植被 Vegetation



### 人造特徵 Manmade Features



### 地貌 Landforms



更多圖例資訊：  
More on Legend:



## 3 正置地圖 Set Map

觀察實際環境的特徵把地圖轉至相關方向。拇指可放在地圖上並指著自己的即時位置。

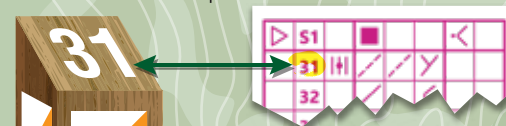
Observe on-site features and align the map in the same direction. Hold the map with thumb pointing at your current position.



## 4 尋找控制點 Find Controls

起點、控制點及終點均以一米高的木柱標示。到達控制點後，可利用控制點提示確認。

1-metre poles are installed at Start, Controls and Finish. Upon arrival at a control, confirm with the number marked in descriptions.



定向地圖及路線均由香港定向總會設計，並由漁農自然護理署建設及保養。

Orienteering maps and courses are designed by the Orienteering Association of Hong Kong and are maintained by the Agriculture, Fisheries and Conservation Department

郊野公園定向路線：  
Country Park  
Orienteering Courses:



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