

A Media Guide to Orienteering



Why Orienteering is News

Did you know that....

- The rainy Puget Sound in wintertime is home to one of the most active youth leagues in the nation for outdoor navigation?
- Local students from elementary school to high school frequently compete at the national level?
- The United States Junior Orienteering team has three youth from the Puget Sound area competing internationally?

And yet, every meet also includes recreational courses to welcome beginners. See why orienteering is growing in popularity among northwest families looking for excitement that everyone can participate in!



Introduction

Orienteering is a sport in which participants navigate to pre-set locations on a map, using only observations of their surroundings and a compass. It's a great way to explore the outdoors and exercise your mind and body all at the same time.

In the Northwest, it is not usual to see families, individuals with dogs or strollers, and youth in a competitive interschool solo league all participating in the same event at the same time on many of the same courses, making it an ideal outdoor family activity.



A Control

← Find this.
Right there. →
With only a map
and a compass.



Kids learning to love the outdoors

Orienteering: A Win For Everyone

Every participant carries a map of the park, including areas to explore and areas to avoid for environmental or safety reasons. At the end of the day, all the navigational objectives are permanently removed, eliminating all need for anyone to go there again.




For families, this is a way to enjoy the outdoors together in a low-cost, fun activity that teaches about awareness, planning, and taking charge.



For youth, this is a way to hang out with friends in a sport that values thinking and problem-solving. Good students have an advantage.



For naturalists, this is a way to showcase the park to the public in a controlled and sustainable way.

Out of bounds.
Stay out. 



Junior Orienteering In Washington State

Washington Interscholastic Orienteering League (WIOL) offers the opportunity for students of all ages to stretch their navigation skills through solo competition. Students learn to plan ahead and rely on their own decision-making abilities.

Individual scores are added together for middle-school and high-school teams, allowing competition at the school level.

The league runs from November to February each year, with the best schools and individuals progressing to the national meet.



- [An Introduction to WIOL](#)
- [WIOL Season Results](#)



Media Resources

What's Happening Now?

- [Cascade Events & Series](#)
- [Current Event Schedule](#)
- [Latest News](#)

Background Materials

- [Local Venues](#)
- [Sample Permanent Courses](#)
- [Sample Meet Courses](#)
- [Sample photos](#)
- [Club Contacts](#)

