

Sewall Woods Permanent Orienteering Course

There is a permanent orienteering course in Sewall Woods in Wolfeboro, NH. In order to use this course, you will have to download the map and these instructions. You will then have to get to the start of the course which is at the Cross Country (XC) parking lot for Sewall Woods. **Directions to start area:** Coming from the South, you come into Wolfeboro on Rt. 28 and then keep straight through town on Rt. 109. After the center of town, the Wolfeboro Inn will be on your left. Immediately after the Wolfeboro Inn, Sewall Rd. is on your left. Turn left onto it. Go about 100 yards and turn right onto Pleasant St. Then go about 200 yards and turn left onto Clow Rd. Go about 200 yards and turn right into the parking lot. The road becomes unpaved after the parking lot.

The course is designed so that beginners can enjoy it as well as experienced orienteers (and those in-between). At each control point, marked with a pink circle on the map, there are two 4 inch square markers, one on each side of a tree, generally on the north and south sides. It means that if you are coming from the west or east, it may be hard to see the markers. The markers are about 8 ft off the ground and can be seen from a distance but they are smaller than the normal orienteering "bag" or marker. It may be useful for you to go to the first control point and see a sample of one of the markers.

See the clues for control descriptions indicating that the control (or marker) is "at the junction of stone walls", "at a trail junction", or on the "at the foot of a cliff". These help you to find the control once you get near where it is.

For people just starting orienteering, it is recommended that you visit the first 10 controls first. These are easier controls than the ones numbered 11 – 25. People just starting orienteering may want to challenge themselves and just try to find the first ten controls. However, it may be that reading the discussion of how to find the controls (as you look at the map) would help you to understand what is involved. This may also make your first orienteering adventure more fun. You may also want to take the discussion of finding the controls with you so you can read along as you go from one control to the next. Perhaps, it is best to at least have the discussion with you so if you need it, you can consult with it. At the present time, there are punches on the trees at all but #1 so you can be rewarded by punching the edge of your map when you reach the control. (Small children like this!)

How to get to controls 1 – 10:

- 1) Start at the warming hut for the cross country course and follow the trail north, then around the bend headed west. In about 50 yards, you will get to a trail junction, turn right (north) and follow the trail past one junction to a place where there are lots of trails converging. The control is on a pine tree on the left side of the trail. (Just beyond the control on the right, there is the “elephant tree”, a tree that has a trunk that came up about three feet then went horizontally for about three feet and then goes up again. Kids like to sit on it.)
- 2) From #1 to #2, keep following the main trail, headed north. It quickly turns left to a trail junction. The easiest way to go is to go straight (west), then bear right at the first trail junction, go across the bridge and then bear right again. You will see a stone wall on your right. Follow that stone wall to the stone wall junction. Make a punch in your control box on the right side of the map. (There is no punch at #1 because it is right on the trail.)
- 3) From #2 to #3, keep walking along the stone wall to the north until you get to the trail. Turn left on the trail and then bear right at the trail junction. The trail keeps turning right and then starts turning left. Keep looking on the left side of the trail for an area with a lot of stones. The control is on the north side of the stony area about 40 yards off the trail. Punch if you desire.
- 4) From #3 to #4, keep going north on the trail and you will get to a trail junction. It may be hard to see because the main trail has gravel on it and the other trails don't. Bear left at this junction and very quickly, you will see a trail to the left (that doesn't have gravel). Turn left and walk until you see rocks on the left side. There are reasonably thick woods (dark green) on the right before you get there. If you get to another trail junction, you have gone too far.
- 5) From #4 to #5, continue on the trail to a trail junction, bear right and continue until you get to a trail junction, turn 90 degrees right, and then bear left onto a trail that goes through a stone wall. Look for a rocky area on the left.
- 6) From #5 to #6, you have two routes. One is you can go back out toward the trail you were walking and then walk the stone wall southeast to the control or you can walk the trail back to the junction where you were before and keep walking until you see a stone wall. You then turn right along the wall to the control.
- 7) From #6 to #7, if you walked down the stone wall, you will turn left along the stone wall you just met and go to the trail. If you walked the trail, retrace your steps to the trail. In both cases, when you reach the trail, turn right and go to the second junction. It will be the first place you can make a 90 degree left turn onto another trail. Walk this trail for about 40 yard and find a stone wall. Turn right and walk the stone wall to its end.
- 8) From #7 to #8, when you were walking along the stone wall to #7, you may have seen another stone wall 10 yards farther north. Follow this stone wall for about 80 yards going east until you see a short stone wall of about 30 yards going to the left off the main stone wall. Walk to the end of this short stone wall and then look about 45 degrees to the right of straight ahead. You will see a small hill, it is small, only about 5 feet taller than the area around it. It is about 80 yards away. That is where #8 is found.

- 9) From #8 to #9, return the way you came, to the south, cross the stone wall and then find the trail. Turn left on the trail and walk to a trail junction. Turn right and go to the bend in the trail. At the bend, go right to the rocky ground.
- 10) From #9 to #10, return to the trail and follow it to a junction, go straight over the bridge (you were here on the way to #2), bear left at the next trail junction, then bear right at the following trail junction and you will get back to #1. In the summer, the trail that goes right tends to be very grassy and not mowed. You can take this trail and then when you reach a stone wall, turn left to the control. However, it may be better to take the left trail (headed in about the same direction, south) and walk until there is no more "green" or thick vegetation on your right. Then, turn right to the control on the end of the small hill.
- Now, return to your car or go back out and find some more controls. You might also go home, look over what you did and then come back another day.

Clues where the controls are placed in the circle:

- 1) Trail junction
- 2) Junction of stone walls
- 3) Rocky ground
- 4) Rocky ground
- 5) Rocky ground
- 6) Junction of stone walls
- 7) NE end of stone wall
- 8) Small knoll/hill
- 9) Rocky ground
- 10) West side small knoll/mound
- 11) 1 meter boulder
- 12) Foot of 1.5 meter cliff
- 13) SW end of stone wall
- 14) Pit/small depression
- 15) Root stock/roots of upturned tree
- 16) Depression
- 17) 1 meter boulder
- 18) 2 meter boulder
- 19) NW .7 meter boulder
- 20) SE end of stone wall
- 21) NW .7 meter boulder
- 22) .5 meter boulder
- 23) 1 meter boulder
- 24) NE end stone wall
- 25) Reentrant/ small valley