Orienteering courses at Kinadapt – with iOrientering

1. When participating in the activity, it is strongly recommended that you carry in a backpack: compass, cell phone, whistle, water bottle, snacks and first aid kit.

2. Before starting the activity, inform someone close to you of the time you plan to leave the forest.

3. You need to install the iOrienteering application on your smartphone.

4. You must pay the access fee to Kinadapt. Contact Kinadapt for the info: Kinadapt.com. 450-834-4481.

5. Choose the course you are interested in

   1: Beginner, Technical difficulty (TD) 1, 2.7km, 11 controls, 80 m elevation
   2: Beginner, TD2, 4.1km, 11 controls, 100 m elevation
   3: Intermediate, TD3, 4.3km, 11 controls, 135 m elevation
   4: Advanced, TD4, 5.5km, 13 controls, 260 m elevation
   5: Advanced, TD4, 7.8km, 20 controls, 340 m elevation

   Map is 1:10000 scale, 5 m contours. The controls are white cylinders with the scan code labels.

   Don't underestimate the difficulty of advanced courses. You can use the courses sequenc to build up your orienteering skills.

6. With the iO application scan the QR code found on the map of the chosen route in order to load the route in the application.

7. The starting point is at the point indicated by a triangle on the map. The clock starts only when you scan the QR code "Start". The same point is used for the Finish, with a different control.

8.

9. You must then go in search of the controls in the order indicated on your map.

10. When you have finished, you must go to the Finish control – the place indicated by 2 concentric circles in order to scan the QR code "End " and the stopwatch time will be stopped.

11. The application will offer you to share your result publicly or not. We encourage to share your results!

12. If you discover that a control is missing, notify Kinadapt staff.

Running is good, but thinking at the same time is better!