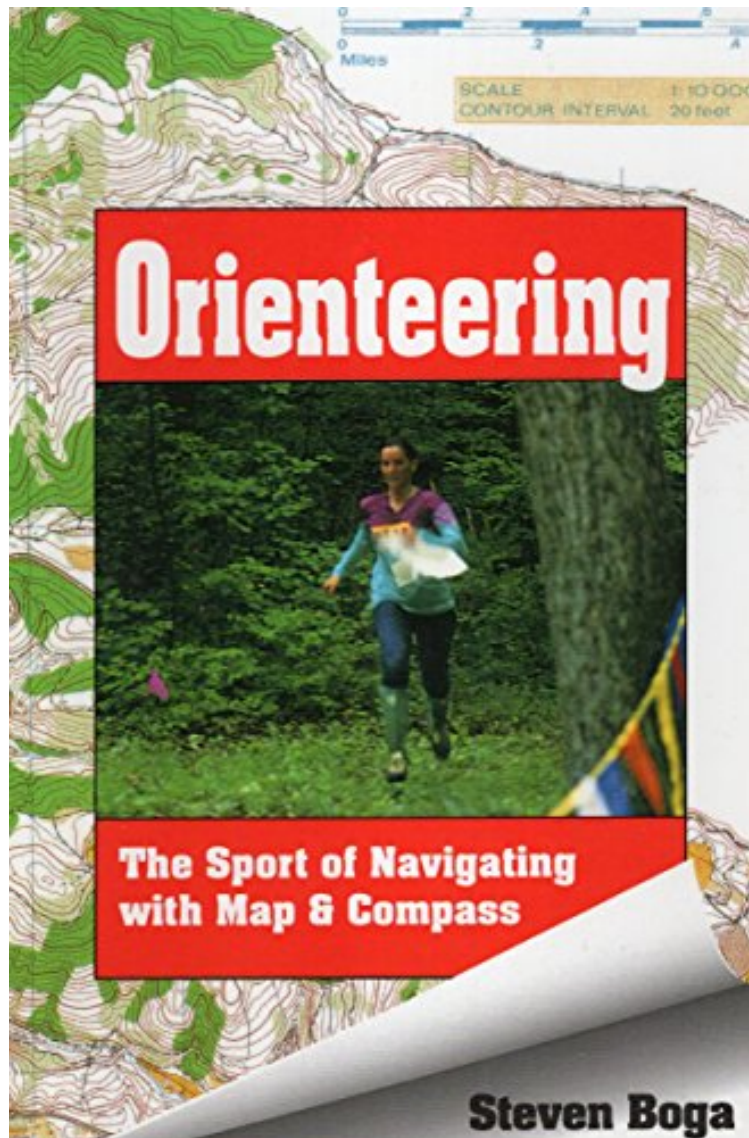


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# Orienteering: The Sport of Navigating with Map Compass

Steven Boga

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I don't know about you, but I kind of stumbled on orienteering by accident and I never really had anyone to teach me the finer points or coach me along. Fast forward a few years and someone finally started giving me some pointers, which made a HUGE difference in my performance, after which I picked up this book to do some further learning. This book does an excellent job of outlining basic strategy and helps you make sure you have your head right while you're out there, and if you're not aware, orienteering is definitely a thinking sport. If you feel like your orienteering knowledge base has some holes in it, I definitely recommend this book.

Map and compass reading, programs and courses, skills quizzes and exercises, conditioning and nutrition advice, and rules for competitors.