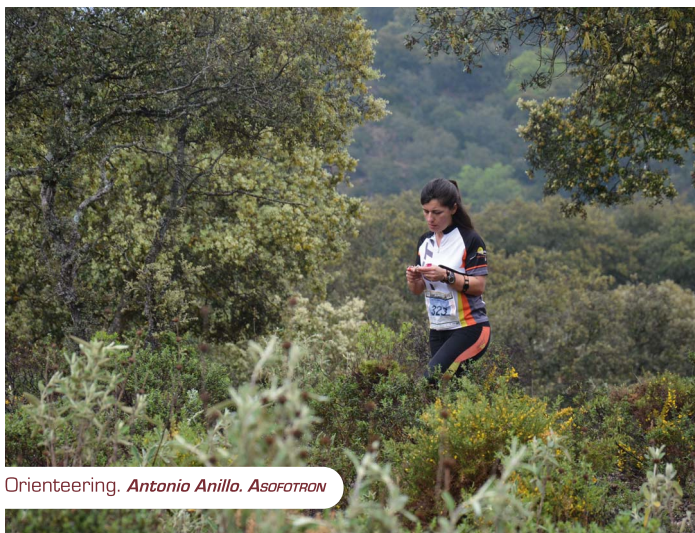




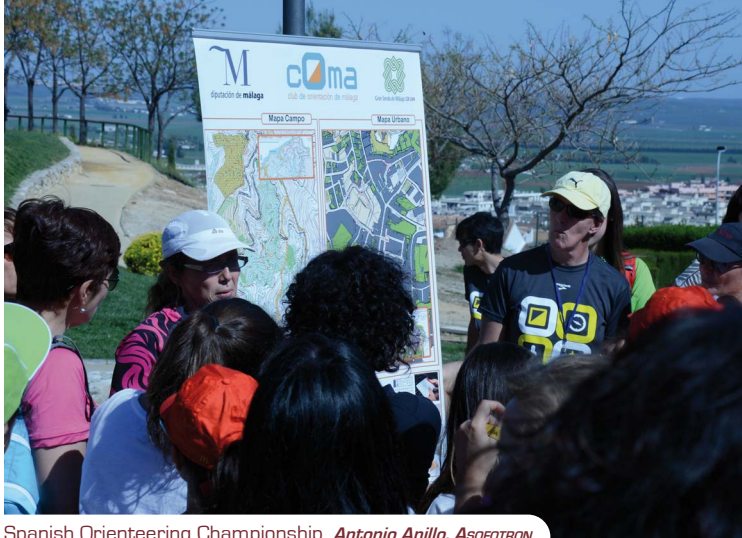
Orienteering

Orienteering is an outdoor sport in which participants are only given a topographical map and a compass and need to find some control points. Orienteering races are organized regularly and competitors need to navigate from arranged point to point moving at speed. Despite these races are part of organized leagues such as *Liga Andaluza*, *Liga Española* or *Circuito Provincial de Málaga*, anyone is eligible to participate in any of them.

These races require a specially prepared orienteering map with extra details to help the competitor to navigate through the competition area and to find the control points. You can check the event calendar on this webpage www.clubcoma.org to find out more information about the scheduled races in the province of Malaga.



Orienteering. *Antonio Anillo. ASOFOTRON*



Spanish Orienteering Championship. *Antonio Anillo. ASOFOTRON*

Permanent orienteering courses which have permanent control points are set up to practise this sport without having to wait for an organized event. There are two permanent courses in project. One in the pine wood in Montecorto and the second in Jimera de Líbar. More information about the maps can be found in the Town Hall.

It is an ideal sport to practise with the family, without the pressure of the competition, as you will develop the orienteering and map-reading skills, basic knowledge to practise safely any other outdoor activity. Furthermore, this is a golden opportunity to interact with nature.

Technical maps are currently available to practise orienteering in the open woodland called Dehesa del Mercadillo (Ronda) and in the villages of Montecorto, Arriate, Jimera de Líbar, Cortes de la Frontera, El Colmenar (Cortes de la Frontera), Genalguacil y Benarrabá.

REQUIRED EQUIPMENT

- Compass
- First-aid kit
- Water
- Mobile phone
- Orienteering map
- Clothes based on the season of the year.

SPECIALISED COMPANIES

www.clubcoma.org

www.fedo.org



11. ORIENTEERING

VIDEOS

Video called *La Orientación en la Educación* (Learning in orienteering) from the *Federación Española de Orientación* (Spanish Orienteering Association) with an interesting educational approach to this sport.

<https://www.youtube.com/watch?v=ifLev2-xHqs>



Video about the orienteering race called Bandoraid 3.0, the Spanish Championship of adventure sports (*Campeonato de España de Raids de Aventura*) held in the Serranía de Ronda since 2012.

<https://www.youtube.com/watch?v=n0reanT1XH8>



ATTENTION

- ✓ Please, respect the signs.
- ✓ Take all litter home and respect nature.
- ✓ In summertime, there is a high risk of fire. Do not set any fire.
- ✓ Livestock farming is a vital economic activity in the Serranía de Ronda. Therefore, you are asked to take due care to close gates and respect livestock. ■

Technology in sports. *Antonio Anillo. ASOFOTRON*





Local race. *Antonio Anillo. ASOFOTRON*



How to use the guide

David Barrera



The Serranía de Ronda is a great place for active tourism with a wealth of possibilities within your reach. This guide delves into fourteen of the main activities and each of them has a different icon and colour to make searching easier.

Each pursuit is divided into different sections to organise the wide range of information offered. These sections are:

- **DEFINITION.** It consists of a general description of the activity as well as the most interesting tourist attractions and resources available in the Serranía de Ronda to practise it. It is been considered convenient to include an information sheet ►

for some activities such as Iron Way, climbing, canyoning and the network of viewpoints with extra details. All the other pursuits have been considered as a whole.

- **REQUIRED EQUIPMENT.** It has been specified compulsory equipment for a personal protection and technical requirements to practise the activity. If you decided to rely on a specialised company, it will provide the necessary equipment.
- **TO FIND OUT MORE.** It is a section with a wide variety of essential bibliography about the activity in the Serranía de Ronda as well as with links to specialised web pages to find out more information.
- **VIDEOS.** It is a collection of links to check out institutional and private videos which will show you the different experiences you can live in the Serranía de Ronda before plunging into it.
- **SPECIALISED COMPANIES.** It is a full list of specialised companies focused in active tourism.
- **ATTENTION.** It is a summary of rules and advices which need to be taken. They could be general rules, like litter collection, or more specific advices, as checking on the weather forecast before practising canyoning. ■

Cherry Blossom. *Felipe Crespo*



