

Bristol & Bath

Brean & Berkeley, Brislington
& Bradley Stoke, Blaise &
Bedminster, Backwell & Beyond
BOK promotes and organises
orienteering events all over Bristol
& surrounding areas

One of the largest and most active
orienteering clubs in the country

Regular training & social events
Bi monthly newsletter
active web site, constantly updated

Newcomers always welcome



Orienteering

a challenging outdoor adventure
sport that exercises both the
mind and the body. The aim is to
navigate between control points,
marked on a special orienteering
map, and decide the best route to
complete the course in the quick-
est time. It does not matter how
young, old or fit you are, as you
can run, walk or jog the course and
progress at your own pace.

Orienteering can take place any-
where from remote forest and
countryside to urban parks and
school playgrounds. It's a great
sport for runners, joggers and
walkers who want to improve their
fitness and navigation skills and for
everyone who loves the great out-
doors.

Join BOK
adventure sport
for all the family!

Klub

Klub is a Swedish word reflecting
the history and origins of the sport.
Orienteering is incredibly popular in
all the Scandinavian countries and
reflects their love of sport and the
great outdoors.

The summer informal events are a
great way to find out about this
exciting sport. Few other sports
involve the whole family like

Orienteering



[www.bristolorienteeing](http://www.bristolorienteeing.org.uk)
[.org.uk](http://www.bristolorienteeing.org.uk)

visit the web site for event details
& latest news