

# Bristol

& Bath, Brean & Berkeley,  
Brislington & Bradley Stoke,  
Blaise & Bedminster,  
Backwell & Beyond

**BOK** promotes and organises  
orienteeing events all over Bristol  
& surrounding areas

One of the largest and most active  
orienteeing 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 orienteeing  
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



[www.bristolorienteeing.org.uk](http://www.bristolorienteeing.org.uk)  
visit the web site for event details  
& latest news

