

# Orienteering at Cromwell Valley Park

Welcome to the Orienteering Course at Cromwell Valley Park. The course is a loop, approximately 1.5 miles long, with 10 control points. It is considered a beginner's course, and covers moderate terrain through varied meadow, forest and stream habitat. The trail includes several of the historical features of the Park. The course begins and ends at the kiosk by the Willow Grove Farm parking lot.

The orienteering points at Cromwell Valley Park are wooden posts, standing about thirty inches above the ground. The tops of the posts are painted orange and white, and are marked by a letter and a number. When you arrive at a control point, you write down the letter to prove that you have been there. When you get all ten letters from the points, unscramble the letters to spell out a phrase related to wildlife at the park.



Beginning at the Willow Grove parking lot kiosk, you will use the map (available at the Park's web site or at the Willow Grove Nature Education Center) to proceed to each control point in numerical order. Once you have reached marker #10, return to the kiosk to complete the course. Each control point is located somewhere within the circle on the map. Should you have difficulty finding a control point, here are a few clues:

- #1 is around the parking lot.
- #2 is by the slave graveyard.
- #3 is near the foot bridge.
- #4 is by the Sherwood House.
- #5 is near the waterfall.
- #6 is on the high point.
- #7 is by the well.
- #8 is near the lime kiln.
- #9 is in the field near the bluebird boxes.
- #10 is along the trail south of Mine Bank Run.

Good luck, and enjoy our beautiful park!

