

**Sanctuary at Crowfield Farm and the Rochester Orienteering Club
Present an Orienteering Event at The Apple Shed in Newark, New York**

On Sunday, June 25, you will have an opportunity to take part in an orienteering event on land owned by the Wells family, operating The Apple Shed in Newark.

Orienteering is a sport using a topographical map and compass to find orange and white orienteering flags placed across the woods and fields. It develops and tests navigation skills as well as physical endurance. It can be competitive, but also allows for those who prefer to take their time enjoying the journey around the land and developing map reading skills. First-timers are welcome!

Courses will be set out in four degrees of difficulty, from beginners taking a short course of approximately 45 minutes walking, to advanced, taking up to two hours. Instruction will be available for those who have never done orienteering. All participants should allow at least 2 hours depending on the speed at which they choose to move through the course.

Cost of participation is \$6.00 per map, (\$3 per map for ROC members). Maps may be shared by a group, but it is recommended that no more than 3 people use a single map. Bring a compass if you have one. Some loaners available or compasses can be purchased on site. Dress for the weather and for all kinds of terrain and habitat. Bug juice and sunscreen are a good idea, water will be provided! Groups larger than 5 people please contact Steve at m1bobcat@msn.com or 315-331-8128 so that we can be sure to have enough maps. More information about orienteering is available on the ROC website at <http://roc.us.orienteering.org/> and also on the Sanctuary website at www.crowfieldsanctuary.org.

Directions to The Apple Shed:

Take Rt. 104 east to Sodus, then Rt. 88 south into Fairville. Turn right on Maple Ridge Rd., take about a mile and see The Apple Shed on the left.

Or

Take Rt. 31 east into Newark, Then Rt. 88 north into Fairville, turn left on Maple Ridge Rd., take about a mile and see The Apple Shed on the left.

If you get lost that day coming out, call Steve on cell phone 315-945-5559.