Welcome to the Athletics and Recreation Orienteering Course, an interactive solo-activity that combines navigating points on a map with physical activity. Below are a list of instructions you will need to begin your “Journey through the Valley”!

**What You Need**

- In order to complete the activity participants will need the following:
  - Official UTSC Orienteering Map document (QR Code)
  - Timer and Compass app on phone
  - Appropriate Footwear and Athletic wear for trails

**How It Works**

- Participants are to begin the course at the Start Location (Bottom of the UTSC path). Once ready to embark, start the timer on your phone, and proceed to the first Control Point indicated at the start location, referencing your compass app and the map provided.

- Once you reach the first Control Point, document the Emoji in a message, and proceed to the next point as indicated on the current control point marker. Repeat this process until you have documented all map points.

- After visiting and documenting all control points, you must then proceed to the finish – once you have arrived, stop your timer and message the sequence of Emojis along with your finished time to the UTSC Athletics and Recreation Facebook account.

- Participants that complete the course and submit their score will be entered in a draw to win gift cards, Athletics and Recreation swag bags and other great prizes! Winners will be drawn monthly, at which point a new course will be set up, with different control points!

If you have any questions about the activity, email Luke Galka, Program Ambassador – luke.galka@utoronto.ca