



# Orienteering: The Sport of Navigating with Map and Compass

By Steven Boga

Stackpole Books. Paperback. Book Condition: new. BRAND NEW, Orienteering: The Sport of Navigating with Map and Compass, Steven Boga, Orienteering's unique mix of fun, fitness, mental challenge, and immersion in natural beauty make this the perfect sport for kids and adults alike. Orienteering reveals more than how to read a map and compass, it explains all the skills needed to compete in this exciting outdoor sport. With information on beginners' programs, orienteering course levels, equipment needs, and conditioning advice, as well as skills quizzes, exercises, strategy tips, this comprehensive guide is essential for orienteers of any age and skill level.



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