National Trust news release

For immediate use

**Explore Lyme in a Different Way**

The National Trust has teamed up with British Orienteering and Manchester District Orienteering Club to provide a challenging event that will give you the chance to explore Lyme in a whole new way.

The National Trust Orienteering Challenge, which is a part of a national series, takes place on Saturday 20 February and is what is known as a “score” event. This is where you have to use your navigational skills to find as many control markers as you can to win as many points as you can in 60 minutes. Extra points can be gained by completing special challenge controls where your mind will be tested as well as your body!

Chris Dunkerley, Lead Ranger at Lyme is really looking forward to the event “Orienteering is a great way of introducing people to parts of the park that they may not have visited previously. It is also a fun way to keep fit and healthy in the beautiful surroundings of Lyme. The idea of this particular event is for it to be fun and to appeal to experienced orienteers, families as well as complete novices”.

You don’t need any previous experience of orienteering but you will need be 16 or over and have a base level of fitness to get you around the course. Booking is essential and can be done online at [www.fabian4.co.uk](http://www.fabian4.co.uk/default.aspx?EventID=1387)

For anyone under 16 or who would like to try a gentler introduction to orienteering, there will also be a novice course of approximately 2.5k for anyone to try, no need to book, just come along on the day.

For interviews or more info, contact Claire Disley claire.disley@nationaltrust.org.uk

For more info on Lyme visit www.nationaltrust.org.uk/lyme