

A Week at Lagganlia: Our Report

We (Nell and Rae) have just got back from Lagganlia (orienteering camp for second year M/W14's who have achieved gold or championship standard). This is our experience of challenging terrain, new skills, new friendships – and lots of cake.



Orienteering for a whole week

Orienteering was the main focus of every day at Lagganlia. We visited a different area each day, experiencing a variety of terrain and technical challenges.

Most sessions took place in forests, including some fast but intricate forested sand-dune terrain. One day was just about sprint orienteering, providing a change of pace and a different type of navigation.

Although fitness was part of the week, the main focus was on improving map-reading and our navigation skills.



Learning new techniques

One training session focused on map simplification.

First we had to draw our own simplified version of a small course on the map. Then we went into the forest and tried to complete the course using only the map we had created but we still had a backup map in case we got lost!

It was a challenging activity, but it helped us think more carefully about which features really matter when navigating. By the end of the week, we were confident that our orienteering had improved.



Not just orienteering

For us, Lagganlia was not only about becoming a better orienteer. We also made new friends and enjoyed spending the week with other orienteers who we hadn't met before.

The food was really good as well, especially when we returned from training to find pieces of cake waiting for everyone - every single day, with a different cake to enjoy each time!





Our favourite part

The best memory from the whole week, we both agreed, was the night O.

It was so fun and there was music and glowsticks whilst we did our courses. It wasn't a competition but just a chance to run and have fun with your friends.

