

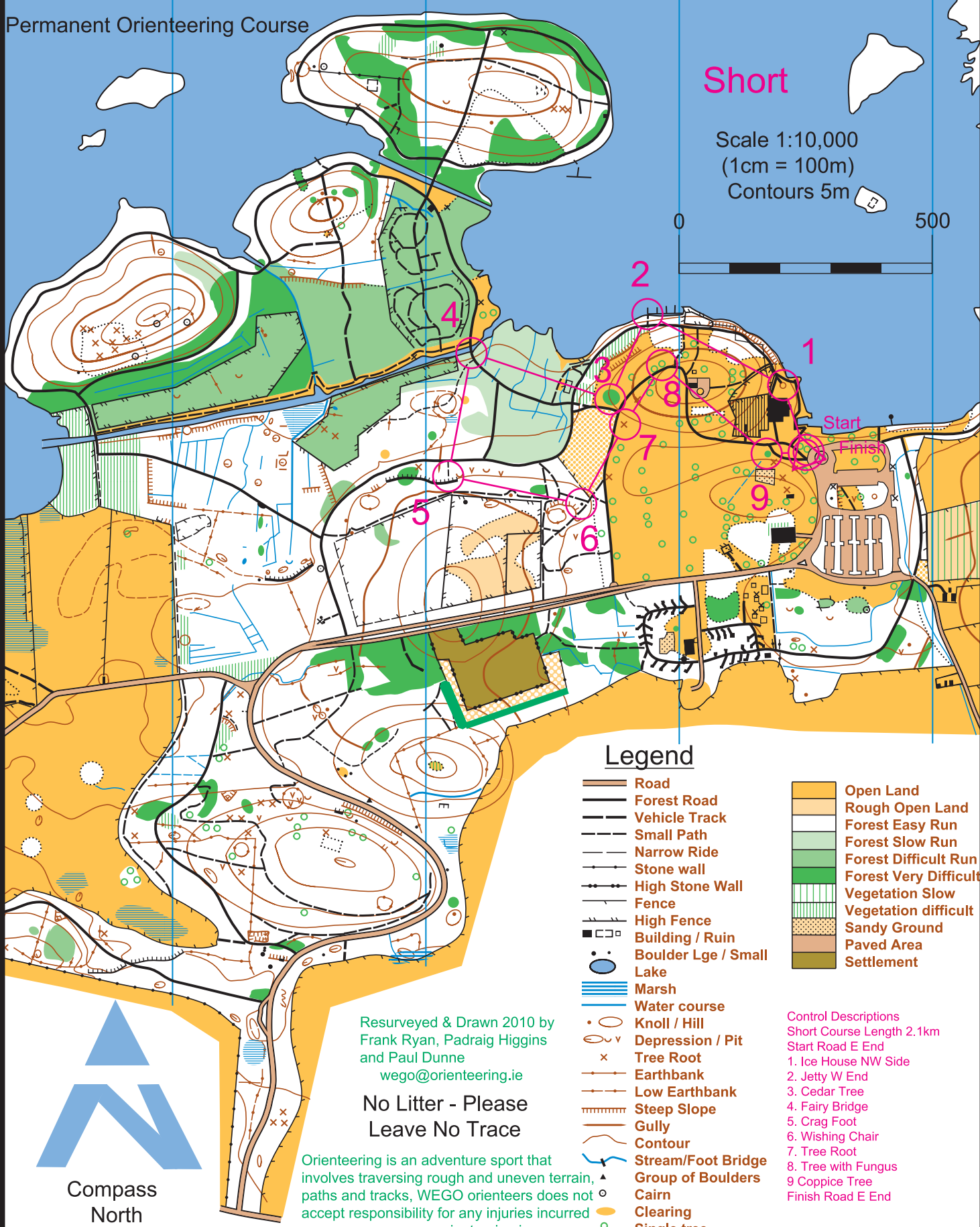
LOUGH KEY FOREST PARK

Permanent Orienteering Course

Short

Scale 1:10,000
(1cm = 100m)
Contours 5m

0 500



Legend

- | | | | |
|--|---------------------|--|---------------------------|
| | Road | | Open Land |
| | Forest Road | | Rough Open Land |
| | Vehicle Track | | Forest Easy Run |
| | Small Path | | Forest Slow Run |
| | Narrow Ride | | Forest Difficult Run |
| | Stone wall | | Forest Very Difficult Run |
| | High Stone Wall | | Vegetation Slow |
| | Fence | | Vegetation difficult |
| | High Fence | | Sandy Ground |
| | Building / Ruin | | Paved Area |
| | Boulder Lge / Small | | Settlement |
| | Lake | | |
| | Marsh | | |
| | Water course | | |
| | Knoll / Hill | | |
| | Depression / Pit | | |
| | Tree Root | | |
| | Earthbank | | |
| | Low Earthbank | | |
| | Steep Slope | | |
| | Gully | | |
| | Contour | | |
| | Stream/Foot Bridge | | |
| | Group of Boulders | | |
| | Cairn | | |
| | Clearing | | |
| | Single tree | | |
| | Bush | | |

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**No Litter - Please
Leave No Trace**

Orienteering is an adventure sport that
involves traversing rough and uneven terrain,
paths and tracks, WEGO orienteers does not
accept responsibility for any injuries incurred
www.wego.orienteering.ie

Control Descriptions
Short Course Length 2.1km
Start Road E End
1. Ice House NW Side
2. Jetty W End
3. Cedar Tree
4. Fairy Bridge
5. Crag Foot
6. Wishing Chair
7. Tree Root
8. Tree with Fungus
9. Coppice Tree
Finish Road E End



Find the controls in the order shown on the map - Write the numbered code on the marker post in the corresponding box below

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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Orienteering – Primary School Level

Lough Key Forest Park

Your Name

Today's Date



There are 9 controls for you to find on this Eco trail

coillte
OUTDOORS

Control Point 1 – Ice House

At this control you can see an ice house. Ice houses were originally invented in Persia in order to store ice throughout the year. In Ireland they were usually associated with houses attached to large estates and had other uses.

1. Can you name one perishable food stored in ice houses.
2. What invention made ice houses obsolete .
3. Why was the ice house built underground.

Answer: Each worth 5 points.

1. _____

2. _____

3. _____



Control Point 2 – Jetty

A jetty is a place used to tie up boats and cruisers . A look at the old ordinance survey maps indicate a landing place for boats was here for over a hundred years. Along the lake edge you will find trees that are able to tolerate wet conditions .

1. What is the name of the lake beside this control point .
2. What is the vegetation growing on the ground beside the control . It also climbs up the trunk of trees.
3. Across the path from control is a tree the branches of which are used as a Christmas decoration. What is it . Clue, it has red berries.

Answers : Each worth 5 points.

1. _____

2. _____

3. _____



Control Point 3 – Unusual Tree Species

Within a few metres of this control point is a very tall tree with an unusual pattern of spreading branches .This is a non native conifer tree . Non-native species come from another country or climate and they are not natural to the area they have been introduced to. This is a western red cedar tree from the west coast of north America .

1. Why is there no growth under the tree.
2. What has happened to the lower branches over time making the tree so wide.
3. This is a conifer tree . What does the word "conifer" mean.

Answer: Each worth 5 points.

1. _____

2. _____

3. _____



Control Point 4 - Fairy Bridge

This stone bridge was built many years ago from local stone. This is often called a hump backed bridge because it had to be constructed that way to carry the load . Steel and concrete beams are now used and bridges can be built on the flat.

Have a look at the pattern of stonework and the time it must have taken to construct the bridge without the aid of diggers or tractors .

1. Is the bridge crossing over a river or canal.
2. Can you find when the bridge was built? (have a good look)
3. The climate is having an effect on the stone pillars of the bridge. In what way?

Answers: Each worth 5 points.

1. _____

2. _____

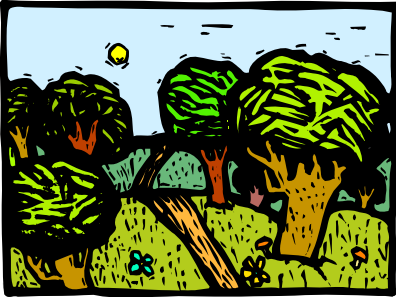
3. _____



Control Point 5 – Habitat

A habitat is a place where a plant or animal lives, this is a woodland habitat. What plants and animals do you think live here? Some you will be able to see and some you will only be able to see traces of.

Can you list three living things that live in this forest habitat? You will score five points for each answer, but remember that you might be asked what animal and plant traces you saw!



Example: Bat

Answers: Each worth 5 points.

1. _____

2. _____

3. _____

Control Point 6 – Squirrels and their food



Two different species of squirrel live in Ireland's woodlands; the native Red Squirrel and the larger Grey Squirrel introduced from America. Numbers of red squirrels are rapidly declining in Ireland as the larger and stronger grey squirrels steal their food and take over their habitats. Squirrels like to live in conifer forests as pine and spruce seeds (one of their primary foods) are available throughout the Winter and contrary to popular belief, squirrels do not hibernate.

Did you know that red squirrels were taken from here in Lough Key and carefully brought over to county Mayo to help increase the population.

1. Can you identify what is in this picture underneath?
2. And are you likely to find one on the ground near this control and if not why not?
3. Are there grey squirrels in Lough key forest .



Answers: Each worth 5 points

1. _____
2. _____
3. _____

Control Point 7 – Tree Root

This tree root when examined can tell us a lot of information about the tree . Wide rings are associated with good growth and plenty of light for the canopy to maximise the rays of the sun for photosynthesis.

1. By counting the growth rings what does that tell us about the tree.
2. A tree root has two main functions Can you name one.
3. Was this tree cut down or was it blown over by the wind first. (clue, have a look at the roots)

Answers: Each worth 5 points

1. _____

2. _____

3. _____

Control Point 8 - Tree with Fungus

All of the branches and upper trunk of this tree has blown down in the storms. The last large branch blew down in October 2010. This tree was planted approximately 180 years ago. You will see fungal growth on the South and East sides of the tree.

1. What will the fungal growth and other forms of life do to this tree over time.
2. About 50 metres away you will see a high viewing tower. This was once the location of a big house . Can you find out the name of the house .
3. You have seen a lot of woodland habitats at the different stops along the route. What is the habitat near you that is not woodland .

Answers: Each worth 5 points

1. _____

2. _____

3. _____



Control Point 9 – Coppice tree and Leave No Trace

This is the root of an old tree with part of the trunk to the side. The new growth that has come from the tree is known as coppice growth.

This area is a hive of activity for children, with playgrounds and picnic area.

Have you heard of leave no trace principles .

Leave No Trace is an outdoor programme designed to promote and inspire responsible recreation in the outdoors through education and awareness. You all know to put your rubbish in a bin, but sometimes people think it's ok to drop certain types of rubbish in the forest and picnic areas like the one close by. Do you know how long it takes for the items pictured below to decompose? Match up the times with the items.



10-20
years



3-5
weeks



2-5
years

Each correct answer scores 5 points

Scoresheet

	Question	Part 1	Part 2	Part 3	Part 4	Part 5	Total
Q 1	Ice house				X	X	<hr/> 15
Q 2	Jetty				X	X	<hr/> 15
Q 3	Unusual Tree Species				X	X	<hr/> 15
Q 4	Fairy bridge				X	X	<hr/> 15
Q 5	Habitat				X	X	<hr/> 15
Q 6	Squirrels				X	X	<hr/> 15
Q 7	Tree root				X	X	<hr/> 15
Q 8	Fungus on tree				X	X	<hr/> 15
Q 9	Leave No Trace				X	X	<hr/> 15
Total							<hr/> 135

Primary Answer Sheet

	Answers				Total
Q 1	Ice house	Butter	Refrigerator	Coldness and away from sun	<u>15</u>
Q 2	jetty	Lough key	ivy	Holly	<u>15</u>
Q 3	Unusual Tree Species	1. No sunlight .2 Branches have rooted and grown. 3 Cone bearing.			<u>15</u>
Q 4	Fairy Bridge	canal	1836.	weathering	<u>15</u>
Q 5	Habitat				<u>15</u>
Q 6	Squirrels	1.Norway spruce Cone. 2 No Norway spruce trees at this control. 3. No			<u>15</u>
Q 7	Tree Root	1. Age of the tree	Anchor the tree or Absorb water from soil	Blown over by wind as roots are disturbed	<u>15</u>
Q 8	Tree with fungus	1. Rot and decay the tree.2 Rockingham House .3 Improved grassland.			<u>15</u>
Q 9	Leave no Trace	Banana = 3-5 w	Cigarette = 2-5 y	Bags = 10-20y	<u>15</u>
Total					<u>135.</u>