

# BLANDFORD FORUM

SAT 1 APRIL 11AM-2PM  
MILL DOWN CAR PARK, DT11 7SH



[WWW.WIMBORNE-ORIENTEERS.CO.UK](http://WWW.WIMBORNE-ORIENTEERS.CO.UK)



## New orienteering course launches at The Milldown in Blandford

A new orienteering course is opening at The Milldown, Blandford DT11 7UF at 11am on Saturday the 1 April.

Anyone can take part, anytime. The initiative aims to encourage residents and visitors to increase physical activity and embed the use of green spaces for activity and recreation. The course is a blend of rural and urban with open grassland where birds of prey and other wildlife may be seen.

The course is laid with small plaques with letter codes at various points. Using a Maprun6 app or a waterproof map, you can walk or run the course with the aim of gaining maximum points from as many plaques as possible. Maps can be downloaded and printed from the Wimborne Orienteers website or borrowed from Blandford Forum library or Tourist Information Centre.

“The new Milldown Orienteering Course is another beneficial asset for our town. Located on the edge of the town, the views from this course show off our lovely Dorset countryside.

This, and the Stour Meadows course, gives residents and visitors a choice of locations in which to exercise – at no cost – and have fun, which is essential for our fitness, health and wellbeing” said Mayor of Blandford Forum, Cllr Colin Stevens.

According to the NHS, being active can reduce your risk of major illnesses such as heart disease, stroke, type 2 diabetes and cancer. Research shows it can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress,

depression, dementia and Alzheimer's disease. Spending time outside and in nature is also great for your mental wellbeing.

More information about the Milldown orienteering course is available by visiting [www.wimborne-orienteers.org.uk/](http://www.wimborne-orienteers.org.uk/)

### **Notes to editors**

To find out more about the health benefits of exercise visit <https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>.

For more information about Public Health Dorset and our services please visit <https://www.publichealthdorset.org.uk/>.

For more information contact [phdcomms@dorsetcouncil.gov.uk](mailto:phdcomms@dorsetcouncil.gov.uk)