

| Waldorf sprint |     |        |     |     |     |     |
|----------------|-----|--------|-----|-----|-----|-----|
| Long           |     | 3.3 km |     |     |     |     |
| └─── 30 m ───→ |     |        |     | △   |     |     |
| ▷              |     |        | ┌─┐ | └─┘ |     |     |
| 1              | 140 |        | ■   |     |     | └─┘ |
| 2              | 135 |        | ┌┐  |     |     | ◀   |
| 3              | 122 |        | ┌─┐ |     |     | └─┘ |
| 4              | 134 |        | ┌─┐ |     |     | ○   |
| 5              | 111 |        | ✱   |     |     | └─┘ |
| 6              | 114 |        | ┌─┐ | └─┘ | └─┘ |     |
| 7              | 118 | ←      | ┌─┐ |     |     | └─┘ |
| 8              | 133 |        | ◇   |     |     | ○   |
| ○─── 0 m ───→  |     |        |     | △   |     |     |
| 9              | 123 |        | ■   |     |     | └─┘ |
| 10             | 124 |        | ☼   |     |     | ○   |
| 11             | 125 | →      | ┌─┐ |     |     | └─┘ |
| 12             | 126 |        | ┌─┐ |     |     | └─┘ |
| 13             | 127 |        | ┌─┐ |     |     | └─┘ |
| 14             | 116 |        | ■   |     |     | └─┘ |
| 15             | 128 |        | ∨   |     |     | ○   |
| 16             | 120 |        | ◈   | ◈   |     | └─┘ |
| ○─── 50 m ───→ |     |        |     | △   |     |     |
| ▷              |     |        | ┌─┐ |     |     | └─┘ |
| 17             | 146 |        | ■   |     |     | └─┘ |
| 18             | 113 |        | ▨   |     |     | └─┘ |
| 19             | 121 |        | ┌─┐ |     |     | ○   |
| 20             | 110 |        | ┌─┐ |     |     | └─┘ |
| 21             | 108 |        | ┌─┐ |     |     | └─┘ |
| 22             | 140 |        | ■   |     |     | └─┘ |
| 23             | 107 | ↗      | ⬆   |     |     | ○   |
| 24             | 129 | ←      | ┌─┐ |     |     | ○   |
| 25             | 105 |        | ┌┐  |     |     |     |
| 26             | 104 | ↘      | ┌─┐ |     |     | └─┘ |
| 27             | 103 | →      | ┌─┐ |     |     | ✓   |
| 28             | 130 |        | ■   |     |     | └─┘ |
| 29             | 131 |        | ┌─┐ | ■   |     | ◀   |
| 30             | 132 |        | ☼   |     |     | ○   |
| 31             | 119 |        | ┌─┐ |     |     | ○   |
| ○─── 0 m ───→  |     |        |     | △   |     |     |
| 32             | 128 |        | ∨   |     |     | ○   |
| 33             | 117 |        | ┌─┐ |     |     | └─┘ |
| 34             | 136 |        | ⬆   |     |     | ○   |

|            |     |     |     |     |
|------------|-----|-----|-----|-----|
| 35         | 137 | ┌─┐ |     | ○   |
| 36         | 138 | ┌─┐ |     | └─┘ |
| 37         | 139 | ┌─┐ |     | └─┘ |
| 38         | 109 | ■   |     | └─┘ |
| 39         | 141 | ■   |     | └─┘ |
| 40         | 106 | ■   |     | └─┘ |
| 41         | 142 | ↑   | ┌─┐ | └─┘ |
| 42         | 143 | ■   |     | └─┘ |
| 43         | 144 | ↙   | ┌─┐ | └─┘ |
| 44         | 145 | ←   | ■   | └─┘ |
| ○X 60 m X○ |     |     |     |     |

| Waldorf sprint                    |     |                                          |
|-----------------------------------|-----|------------------------------------------|
| Easy                              |     | 1.3 km                                   |
| 30 m to start                     |     |                                          |
| ▷                                 |     | Start: path junction                     |
| 1                                 | 101 | NW outside corner of SW building         |
| 2                                 | 102 | Bend in fence                            |
| 3                                 | 103 | SW end of E fence                        |
| 4                                 | 104 | NE end of SE fence                       |
| 5                                 | 105 | Gate                                     |
| 6                                 | 106 | N outside corner of building             |
| 7                                 | 107 | N side of NE lone tree                   |
| 8                                 | 108 | NE end of wall                           |
| 9                                 | 109 | SW inside corner of building             |
| 10                                | 110 | W end of stairway                        |
| 11                                | 111 | E end of tunnel                          |
| 12                                | 112 | SE foot of earth bank                    |
| 13                                | 113 | NE outside corner of paved area          |
| 14                                | 114 | Road junction                            |
| 15                                | 115 | N part of sandy clearing                 |
| 16                                | 116 | NE outside corner of building            |
| 17                                | 117 | Foot of stairway                         |
| 18                                | 118 | SE outside corner of W fence             |
| 19                                | 119 | W foot of stairway                       |
| 20                                | 120 | SE inside corner of sandy semi-open land |
| Follow tapes 50 m to map exchange |     |                                          |
| ▷                                 |     | Start: W end of path                     |
| 21                                | 125 | NE inside corner of E fence              |
| 22                                | 127 | SW inside corner of wall                 |
| 23                                | 137 | N part of semi-open land                 |
| 24                                | 126 | NW end of wall                           |
| 25                                | 134 | NE side of wall                          |
| 26                                | 121 | NE side of wall                          |
| 27                                | 139 | N inside corner of wall                  |
| 28                                | 131 | W inside corner of wall and building     |
| 29                                | 132 | N side of pond                           |
| Navigate 40 m to finish           |     |                                          |

| Waldorf sprint |     |   |        |   |   |    |  |  |  |
|----------------|-----|---|--------|---|---|----|--|--|--|
| Short          |     |   | 2.0 km |   |   |    |  |  |  |
| └───┐          |     |   | 30 m   |   |   | →△ |  |  |  |
| ▷              |     |   | ↗      | ↘ | Y |    |  |  |  |
| 1              | 139 |   | ↗      |   |   | ^  |  |  |  |
| 2              | 108 |   | ↗      |   |   | ↗  |  |  |  |
| 3              | 129 | ← | ↗      |   |   | ○  |  |  |  |
| 4              | 122 |   | ↗      |   |   | ↗  |  |  |  |
| 5              | 135 |   | Π      |   |   | <  |  |  |  |
| 6              | 124 |   | ☹      |   |   | ○  |  |  |  |
| 7              | 144 | ↙ | ↗      |   |   | └  |  |  |  |
| 8              | 134 |   | ↗      |   |   | ○  |  |  |  |
| 9              | 137 |   | ⊘      |   |   | ○  |  |  |  |
| 10             | 138 |   | ↗      |   |   | ↗  |  |  |  |
| 11             | 128 |   | ∨      |   |   | ○  |  |  |  |
| 12             | 133 |   | ◇      |   |   | ○  |  |  |  |
| ○───┐          |     |   | 0 m    |   |   | →△ |  |  |  |
| 13             | 132 |   | ☹      |   |   | ○  |  |  |  |
| 14             | 131 |   | ↗      | ■ |   | <  |  |  |  |
| 15             | 143 |   | ■      |   |   | ∨  |  |  |  |
| 16             | 142 | ↑ | ↗      |   |   | └  |  |  |  |
| 17             | 106 |   | ■      |   |   | ^  |  |  |  |
| 18             | 121 |   | ↗      |   |   | ○  |  |  |  |
| 19             | 111 |   | ✕      |   |   | └  |  |  |  |
| 20             | 110 |   | ↗      |   |   | └  |  |  |  |
| 21             | 101 | ↙ | ■      |   |   | └  |  |  |  |
| 22             | 136 |   | △      |   |   | ○  |  |  |  |
| 23             | 126 |   | ↗      |   |   | ↗  |  |  |  |
| 24             | 113 |   | ▧      |   |   | └  |  |  |  |
| 25             | 146 |   | ■      |   |   | └  |  |  |  |
| 26             | 127 |   | ↗      |   |   | └  |  |  |  |
| 27             | 119 |   | ↗      |   |   | └○ |  |  |  |
| ○X             |     |   | 70 m   |   |   | X○ |  |  |  |