

# Orienteering at Arabia Mountain Provides an Educational Experience

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Arabia Mountain's Nature Center.

Palmetto, GA, September 28, 2002 – A new park video enhanced the orienteering experience during the Georgia Orienteering Club's event last weekend at Davison-Arabia Mountain Nature Preserve in Lithonia, GA.

Participants viewed the 15-minute video in the newly refurbished nature center prior to registering for the orienteering event.

The video reached a broad audience by using children reporters to interview experts about the history and ecology of Arabia Mountain, a 400 million-year-old rock crop known as a monadnock. Park ranger Mary Terry was on hand to answer questions and point out specific areas that orienteers should avoid, such as the fragile mosses and lichens, which are very susceptible to foot damage.

After viewing the video, first-timers attended beginning orienteering instructions with Laurie Searle, where they learned the basics of map reading, navigation, and the rules of the game.

“Orienteering at Arabia Mountain is a unique experience from any other park we use,” Laurie explained to the beginners, “because your course is set along bare rock instead of in the woods.” Since beginners rely on a well-defined trail system to navigate their course, Laurie made a special point of describing the rock cairns that are used to mark the trails.



Orienteering at Arabia Mountain is also challenging for advanced orienteers, as Kevin Haywood discovered while navigating an expert course.



The recent rain added challenges on the expert courses.

“The recent rains added several new creeks to the map, and added a waterfall to the scenic rocks of Arabia Mountain,” Kevin recalls. “The clear water in the creek produced an optical illusion and we all got a big surprise when the water came up to our waists!”

Whether beginner or advanced, participants enjoyed their orienteering experience at Arabia Mountain. And they came away with a better understanding of how to preserve the area while enjoying recreational activities.

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