Flagg Mountain Orienteering Course

Name | Start Time | Finish Time

A: 52 feet
Flagg Mountain Orienteering Course

The Flagg Mountain Orienteering Course in the Weogufka State Forest is a permanent beginner’s course. It has been set up for instruction and map reading. Along the course are five checkpoints or controls with unique punches. The wooden markers have an orange and white indicator. You are to start at the Ranger Cabin, the Start Point on the map, then go from control point to control point until you have all five and then finish back at the Ranger Cabin. The controls were set up to be somewhat of a loop trail but you can plan your course to reach them in any order. Many of the markers are near points of interest including the CCC Fire Tower, some ruins, and the oldest tree in the park.

**Bonus Course Activity**

Measuring Tower Height With a Stick:
As a bonus, try using the following technique to find the height of the Tower. The answer is on the other side. With a straight stick in hand move several yards away from the Flagg Mountain Fire Tower (make sure to stay on ground that is level with the base of the tower). Stretch out your arm and hold the stick up toward the tower. Move away from the tower until your view of the entire height of the tower is within the height of the stick. With the top of the tower at the top of the stick mark the bottom with your thumb. Then turn the stick by 90 degrees keeping your thumb at the base of the tower. Note where the tip of the stick hits the earth and measure the distance from this point to the tower. That measurement is the height of the tower.

Orienteering Tips for Beginners

**Before you take the course:**
1. **Dress appropriately** — Take into consideration the weather and the terrain. None of the markers on this course are in dangerous locations but they are off trail a little ways.
2. **Gather supplies** — Make sure you have this map. You can pick it up at the Ranger Cabin or online. Other items to consider are a compass, whistle, first aid kit, and water.
3. **Let someone not with you know you are taking the course and your planned route.**
4. **Plan a safety or panic direction** for if you become lost.

**During the course:**
1. **Study the map at the starting point.** Orient the map according to landmarks and physical features around you. You may use a compass to help navigate.
2. **Find the first control site.**
3. **Punch the control card** connected to the map.
4. **Continue finding all five control points.**
5. **Finish** back at the Ranger Cabin/Starting point.

**Reflection Point:** There is a bench with a view to rest and relax on the way to the Shelter on the Blue Trail. This is not a part of the course, but worth the extra hike.

**Damage?** Please report any damage to the markers, punches, or Reflection Point bench to Trail Life USA Troop AL-0236 at info@frazertraillife.org or the Flagg Mountain Caretaker.

Lukas Morgan, Trail Life USA Adventurer and Course Creator

The Flagg Mountain/Weogufka State Forest is owned and operated by the Alabama Forestry Commission in conjunction with The Alabama Hiking Trail Society
Sunny Eberhart, Caretaker
Joe Jones, Asst. Caretaker

This course was a Servant Leadership Project for the Trail Life USA Freedom Award. It was completed with the cooperation of the Alabama Forestry Department, Flagg Mountain Caretaker, and the Area Trail Life USA leadership.