



Find your way at Lungshave



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"Find your way at Lungshave" is a alternative trip along the coast of Lungshave. It is an adventure in which the benefits is exciting knowledge about the nature in addition to fresh air and fun exercise.

The aim is to attract more people to orienteering and to provide an insight into Enøs many different habitats.

The leaflet can be used by individuals, families across generations, schools and tourists.

Learn more and find more routes near Næstved:
www.herlufsholm-orienteering.dk/find-vej.htm
or www.findveji.dk

What is "Find your way in Denmark"?

"Find your way in Denmark" is a simplified version of orienteering. One can easily walk the route instead of running. Most "Find your way in ..." -routes are in forests and natural areas while others are in cities and parks, and they take you around to places with interesting stories.

Participants in the project

This leaflet is produced by Herlufsholm Orienteering Club in cooperation with the Blue Flag Center "Fjordhuset" and Danish Orienteering Federation under "Find your way in Denmark."

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There are many options in "Find your way at Lungshave"

Hiking at Lungshave

Experience a diverse and beautiful coastal scenery. Discover a sculpted glacial landscape. Discover a unique habitat for several plants and animal species. "Find your way at Lungshave" leads you to a number of unique habitats that explains why the double coastline of Karrebæksminde is designated for international conservation area.

An obvious family activity

The short family trip of approximately 1.8 km contains 8 different markers. On each marker you can guess who or what is involved. You get 10 clues and you can guess as crazy you want along the way. Whoever guesses it first? You will get the answer by the 10th clue.

The trip can be completed at the picnic site by the Blue Flag Center "Fjordhuset".

Read more on <http://blaaflagcenter.dk>

The clues at each marker can be retrieved by downloading the app TravelTales and choose the trip "Lungshave". Your mobile will automatically play the story, when you find the marker.

Get TravelTales in Appstore or Google Play.

You can also play the clues directly from the Herlufsholm Orienteeringclub website.

For kids too

Some of the markers are placed easy to find for kids, and they can be accessed with a pram or stroller.

Find your way with GPS

If you have a GPS, you can use it to find the markers. If you want to challenge yourself, you can put the leaflet away and use the GPS only.

Quiz with your smartphone

Scan the QR-code and start a quiz-route. At each marker on the route, you get a question, that you can answer on your mobile. You can compete with others, and the system will manage your points.



Find your way at school

"Find your way at Lungshave" is suitable for use in teaching. It is possible for teachers to get access to upload your own routes. Read more on www.findveji.dk

How to:

Note the control letters of the marker in the table, or use the punch control at the marker. Register your markers on findveji.dk and join **Hall of Fame**.

The map

An orienteering map displays many details, marked with various map symbols.

North is always up on the map, and the scale in this case is 1:5000, which means that 1 cm on the map is 50 meters in reality.

You can download the map in this leaflet from the websites mentioned on the opposite page.

Starting points – Parking

There are two starting points:

- **Start at Blue Flag Center "Fjordhuset". The Start-marker is placed by the large information board.**

55° 10' 33.47" N

11° 39' 16.10" E

- **Start from the parking area on left hand side just after passing the bridge to Enø.**

55° 10' 34.59" N

11° 38' 57.60" E

Coarse length

Starting from the Blue Flag Center "Fjordhuset", the coarse measures approx. 1.8 km.



Lungshave

find vej i...



1 : 5.000



Contour interval
2.5 meter

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Marker no.	1	2	3	4	5	6	7	8
Description	Road junction	Dense thickets, SE-corner	Sand surface, S-edge	Marsh, North edge	Earth wall bend	Mowed grass area, E-corner	Bench	Dense thickets, NE-corner
GPS	55° 10' 37,45" N 11° 38' 59,33" E	55° 10' 34,2" N 11° 38' 49,8" E	55° 10' 32,05" N 11° 38' 54,16" E	55° 10' 16,44" N 11° 39' 06,35" E	55° 10' 20,96" N 11° 39' 26,21" E	55° 10' 28,13" N 11° 39' 43,77" E	55° 10' 34,17" N 11° 39' 26,35" E	55° 10' 35,67" N 11° 39' 16,58" E
Code or control punch								

-  Paved road
-  Road
-  Vehicle track
-  Foot path
-  Small path
-  Fence, High fence
-  Settlement, Building
-  Permanently out of bounds
-  Boulder, Boulder cluster
-  Contour, Index contour
-  Form line
-  Knoll, Small knoll
-  Depression, Small depression, Pit
-  Earth wall
-  Lake, Pond, Water hole, Well
-  Small watercourse, Minor water channel
-  Marsh
-  Open land
-  Rough open land
-  Cultivated land
-  Paved area
-  Forest: Easy running
-  Forest: Slow running
-  Forest: Difficult to run
-  Forest: Very difficult to run



Danish Orienteering Federation