



Trail-Orienteering at Mason Neck State Park

Calling all adventure enthusiasts! QOC is thrilled to announce our first-ever **Trail-O** demonstration event at Mason Neck Park in Fairfax, Virginia. Come visit with Trail-O experts from the Capital Region Nordic Alliance ([CNRA](#)), including our dear friend **Daniel Heimgartner**, to learn about and experience an innovative orienteering challenge suitable for all, including those who may struggle with the physical challenge of regular Foot-O.

What to Expect

- **10 AM–Noon** – Digital Orienteering using Soundscape Community (**iOS only**): Designed for blind or low vision individuals, but we encourage everyone with an iPhone to give this novel take on our favorite sport a try.
- Here are links to sites that further explain Soundscape:

[What is Soundscape?](#)

[Blog about Soundscape Orienteering](#)

[Get the Soundscape app on your iPhone](#) (Sorry, the app is not available on Android)

[A short video explaining how the Soundscape app works](#)

[A short video of a Soundscape Orienteering event](#)

- **12:30–2:30PM** – Traditional Trail-O: According to the International Orienteering Federation (IOF) website, this discipline has been developed to offer everyone, including those with limited mobility, the opportunity to participate in a meaningful orienteering experience.

Trail-O involves precise reading of the map and terrain. Participants must correctly identify decoys and appropriate controls shown on a map. Events are typically held on trails and are accessible to participants with physical disabilities. There is no timing between points, nor are there any route choices. Accuracy in reading the controls is the objective of this orienteering variation.

Here are links to sites that further explain Trail-O:

[IOF Trail-O site](#)

[A short video about Trail-O from British Orienteering](#)

[A full page of resources](#) (including an doc introducing Trail-O to experienced foot orienteers)

What to Bring

Participants should come prepared with the following items:

- Though not completely paved, the area we are using for the Soundscape and Trail-O events are flat and wheelchair accessible.
- Comfortable outdoor clothing and footwear
- Water bottle and snacks
- Your iPhone for Soundscape orienteering
- A compass for Trail-O (Loaners available)
- Although dogs are allowed on leash at Mason Neck State Park, due to the limited space we have to work in, we ask that only service dogs attend the Soundscape and Trail-O and event.

Fees

- The fee for either of these events is \$10/person or \$15/pp for both.
- All entries are individual entries.
- There will be two check-in windows per event, and a maximum of 15 registrations per check-in window.
 - Soundscape check-ins are at 10:00am and 11:00am
 - Trail-O check-ins are at 12:30pm and 1:30pm
- If you choose to take part in both the Soundscape and Trail-O demonstrations, you most likely will not have enough time to run a Foot-O course.
- **There is a \$10 per car park fee. Parking is limited. Please carpool if you can.**

How to Register

- See the “ACCESSIBLE EVENTS” link in the Registration section of the main event webpage.