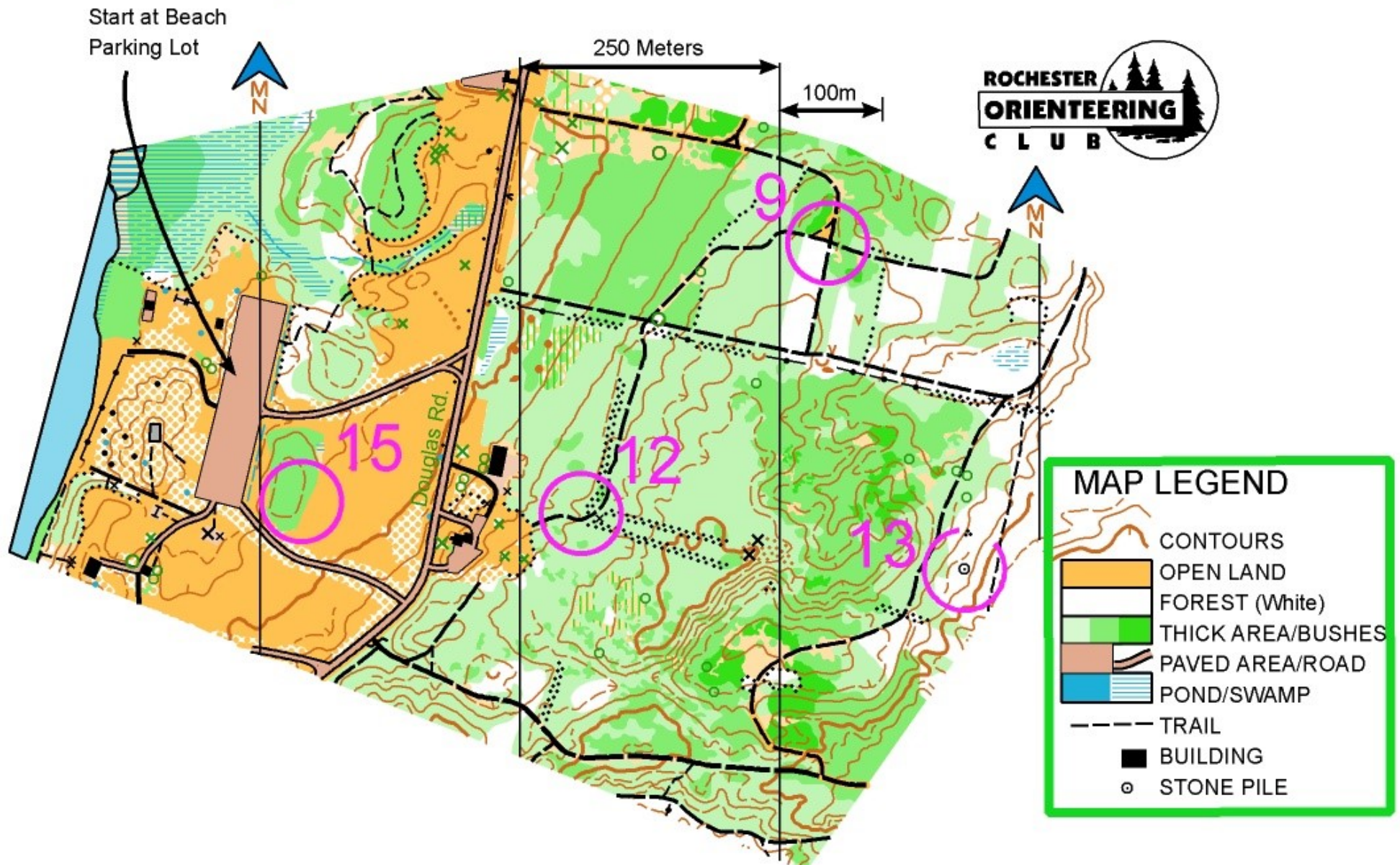


...a portion of Mendon Ponds Park



Orienteering is an activity that tests your mind and improves your health. This is a snippet from the Rochester Orienteering Club Permanent Orienteering Course in Mendon Ponds Park. If you enjoy the experience and want the rest of the map or want more information on the sport of orienteering you can go to our website: roc.us.orienteering.org, and order a full map.

Complete maps are also available at the Wild Wings Nature Center at Mendon Ponds and the Map Shop in Pittsford, NY. Permanent maps are also available for Webster Park, Durand Eastman Park, and Letchworth State Park. The start is at the Beach Parking Lot off Douglas Road. Have fun in the woods!