**How to download and install UsynligO (this is optional to allow you to time your run and get alerted by your mobile phone when you have visited a control)**



The virtual orienteering mobile app is called 'UsynligO' which has been developed by a Norwegian (hence the name, which means 'InvisibleO' in Norwegian).  It is used extensively in Scandinavia - and already has over 1400 locations available worldwide, ranging from Urban Sprints to the most complex of remote forest terrain!

We have chosen to use it for its simplicity - it is easy for us to get maps to you quickly - and more importantly it is easy to use as an orienteer.

Why use the app?:

* The app tracks your location via GPS and vibrates and makes a sound when you have found the next control point (it also plays a different sound when you hit the wrong control).
* Beginners can get help whilst doing a course, as it is possible to ask the app for hints (direction and distance).
* It gives you a set of results at the end - showing your time and splits - useful in training
* You can share your results if you want and compare them to others on the same course
* It's fun! It even plays a little fanfare when you finish the course!

More details about the app and how to download it are available here:

<https://usynligo.no/about>

The app is available for both iPhone and Android - the links to download it directly are below:



