

YHJS 2025 France tour

This was my first YHJS tour and, in fact, my first time travelling abroad without my parents. We set off early in the morning and travelled to France through the Channel Tunnel, arriving at our accommodation in Fontainebleau in the evening.

The following week passed in a blur of forest training at a variety of locations, including Rocher des Sablons, Carte de Monastère, and Rocher de la Dame Jouanne. The terrain was lovely although in some of the forests there were lots of boulders which made navigation tricky. We also took part in several competitions, including the French Night Championships at Le Bell Trap (Nemours) and the French Sprint Championships at Cesson-Vert-Saint-Denis.

In addition to this, we learned how to review and evaluate our runs to see what went well and what could be improved. We also learned how to plan our own routes, which helped us become more confident and independent.

As well as orienteering, we had a day of climbing boulders in the forest and sightseeing in Fontainebleau. Overall, the trip really helped my independence and improved my orienteering, as well as being an amazing experience that I hope to have again next year.



