



Come and try ORIENTEERING

Ideal family activity : all welcome : suitable for all ages and abilities
training available : compasses for hire : run for your life, or just a stroll

Hinterland Regional Park

Mudgeeraba, Gold Coast

Sunday 15th June 2014

starts 9am-11am

\$5-7 senior \$4-6 junior

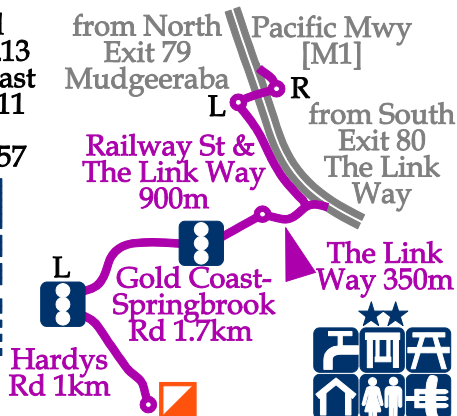
\$14-20 family



Hinterland Regional Park

Mudgeeraba, Southern Gold Coast
.8km2 rolling farmland & tracked bushland

40 Hardys Rd
Mudgeeraba 4213
City of Gold Coast
Brisway 807 M11
UBD 57 R7
-28.0928,153.3557



What is Orienteering?

It's all about the map, not the compass! Orienteering is the sport of navigating in unknown terrain using a detailed map. Orienteering is an ideal family recreation - our events are designed to cater for all ages and abilities.

What do I need to do?

Check online before setting off on the day.
Arrive between 08:30 and 10:30; wear sensible shoes and sun protection; bring water and a compass if you have one.
If you are planning to bring a group, please let us know so that we can print extra maps.

This is a low-key introductory event designed for novices and youngsters. It's nothing like that boring compass / pace counting exercise they made you do at school camp!

More Orienteering events (always check online)

Sunday 6th July 2014 - Albert Park, Broadbeach Waters - Park Orienteering

Sunday 3rd August 2014 - Pizzey Park, Miami - Park Orienteering

Gold Coast event programme at www.oq.asn.au/events select Club = Paradise Lost, Year To = 2015

Learn about the Gold Coast's orienteering club www.oq.asn.au/paradise-lost-orienteers

Keep in touch www.facebook.com/ParadiseLostOrienteers

Drop us a line paradiselost@oq.asn.au Call Mark 0404 50 99 24