Gold Coast Australia PARADISE LOST ORIENTEERS PLQ

Come and try PARK ORIENTEERING

Ideal family activity : all welcome : suitable for all ages and abilities training available : compasses for hire : courses for youngsters



Biggera Creek Parks

Labrador, N Gold Coast 9am-11am Sunday 2nd March 2014

\$5-7 senior \$4-6 junior \$14-20 family

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. You can treat it as a competitive sprint or as a stroll in the park. Orienteering is an ideal family recreation - it gets you out of the house on a regular basis and our events are designed to cater for all ages and abilities.

What do I need to do?

Bring your family and friends on the day between 08:30 and 10:30, bring a few dollars, carry water, wear sensible shoes and sun protection.

Bring a compass if you have one, although compasses are not required for park orienteering.



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!

Gold Coast event programme at <u>www.oq.asn.au/events</u> select Club = Paradise Lost, Year To = 2015 Gold Coast's orienteering club <u>www.oq.asn.au/paradise-lost-orienteers</u> Call Mark **0404 50 99 24** Keep in touch <u>www.facebook.com/ParadiseLostOrienteers</u> Drop us a line **paradiselost@oq.asn.au**