

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

Coombabah Lakelands



Northern Gold Coast
Sunday 31st August 2014
starts 9am-11am

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

Coombabah Lakelands
Northern Gold Coast
3.2km² flat marshy bushland
City of Gold Coast Natural Area
Pacific Motorway to Rain Tree Glen
7.1km : 10min

Pacific Mwy [M1] exit 62
Gold Coast Hwy Helensvale Sth
Helensvale

stop 300749
Pine Ridge Rd at Coombabah Rd route 5
Rain Tree Glen 700m
Pine Ridge Rd 1.3km

Gold Coast Hwy 5.1km

Rain Tree Glen off Pine Ridge Rd Coombabah 4216 Gold Coast
Brisway 728 E14
Gregory's GC 29 C11
UBD GC 18 H1
-27.92,153.77

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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; 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 as well as faster adults. It's nothing like that boring compass / pace-counting exercise they made you do at school camp.

Directions and details www.oq.asn.au/events/753

More events - usually 9am-11am; check online for details before setting off:

- ☑ Sunday 7 Sept - Central Park, Pacific Pines - Park O + Street/Reserve O
- ☑ Tuesday 23 Sept - Eddie Kornhauser Res, Elanora - School Holiday Programme
- ☑ Thursday 25 Sept - Musgrave Park, Southport - School Holiday Programme
- ☑ Sunday 28 Sept - Schuster Park, Tallebudgera - Park O - flat open parkland
- ☑ Tuesday 30 Sept - Pizzey Park, Mermaid Waters - School Holiday Programme
- ☑ Thursday 2 Oct - Botanic Gardens, Benowa - School Holiday Programme

Event programme at www.oq.asn.au/events Club = Paradise Lost, Year To = 2015

Learn about the orienteering club of the Gold Coast www.paradiselost.org.au

Keep in touch www.facebook.com/ParadiseLostOrienteers

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

