

## Come and try PARK 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



### Musgrave Hill

Southport / Labrador, northern Gold Coast Sunday 6<sup>th</sup> April 2014 starts 9am-11am

\$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.

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.

# Southport, Northern Gold Coast Akm2 rolling treed parkland, bushland and school: City of Gold Coast Park Pacific Mwy [M1] exit 66 Smith St Mwy Southport Olsen Ave Brisway 748 L10 UBD GC 28 Q7 -27.9554,153.3934 Olsen Ave nr Nakina St route 715 Smith St Mwy 4km Pacific Motorway to Musgrave Ave 6.4km: 5min Olsen Ave routes 700, 710,714,719,TX3

#### What do I need to do?

Note the date, bring your family on the day between 08:30 and 10:30, 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 **oq.asn.au/events** select Club = Paradise Lost, Year To = 2015
Learn about the Gold Coast's orienteering club **oq.asn.au/paradise-lost-orienteers**Keep in touch **facebook.com/ParadiseLostOrienteers**Drop us a line **paradiselost@oq.asn.au** Call Mark **0404 50 99 24**