



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 6th 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.

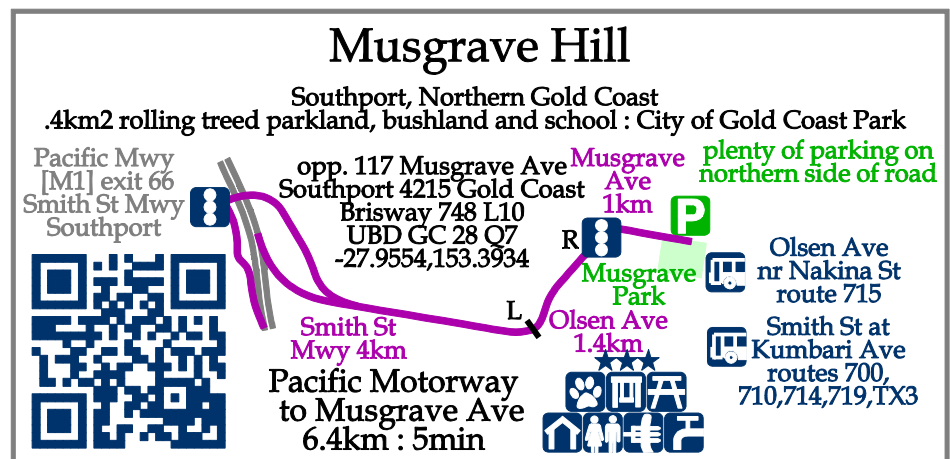
Orienteering is an ideal family recreation - it gets you out of the house on a regular basis and our events are designed to cater for all ages and abilities.

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