

SUBURBAN 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



Central Park, Hotham Drive

Pacific Pines

Northern Gold Coast Sunday 4th May 2014 starts 9am-11am

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

Orienteering is all about the map, not the compass! Orienteering is the sport of navigating in unknown terrain using a detailed map. This event has short courses for youngsters in parkland, plus long courses through streets, reserves and parkland throughout Pacific Pines.

MTB Option: you are welcome to ride the longer courses at this event on a suitable off-road bicycle.

What do I need to do?

Bring your family on the day 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 street orienteering event plus easy parkland courses designed for youngsters. It's nothing like that boring compass exercise they made you do at school camp!

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