

## 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

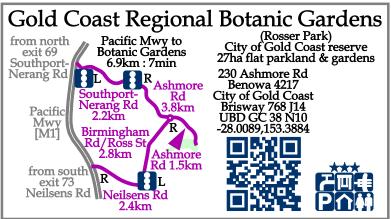
**Gold Coast Regional Botanic Gardens** Benowa, Gold Coast Sunday 27<sup>th</sup> April 2014 starts 9am-11am

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

Photograph courtesy Friends of the Gold Coast Regional Botanic Gardens

## 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?

Check online before setting off on the day. Bring your family 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. It's nothing like that boring compass / pace counting exercise they made you do at school camp!

**More Orienteering events (always check online)** 4<sup>th</sup> May 2014 - Central Park, Pacific Pines – 1:3,000 Parkland courses and 1:15,000 Street courses 25<sup>th</sup> May 2014 - Nerang River Parklands – Parkland

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