

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

Spring 2014 School Holidays

Paradise Lost Orienteers offers a School Holiday Programme – a series of orienteering events on the Gold Coast during the September/October school holidays, designed for schoolchildren and their families.

- ☑ Venues generally have good facilities – toilets, shelter, water, playgrounds.
- ☑ Courses are safe with no road crossings or hazards.
- ☑ A variety of short and easy courses suiting the needs of younger orienteers.

Start between 9am and 11am Adult \$5-7 Junior \$4-6 Family \$14-20

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| ☑ Tuesday 23 rd September | Eddie Kornhauser Reserve | Casuarina Drive, Elanora |
| ☑ Thursday 25 th September | Musgrave Park | Musgrave Avenue, Southport |
| ☑ Sunday 28th September | Schuster Park *** | Nineteenth Avenue, Elanora |
| ☑ Tuesday 30 th September | Pizzey Park | Pizzey Drive, Miami |
| ☑ Thursday 2 nd October | Regional Botanic Gardens | Ashmore Road, Benowa |

***The Sunday event at Schuster Park also offers more challenging courses suitable for competitive adults.



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 event details online before setting off; arrive between 08:45 and 10:45; wear sensible shoes and sun protection; bring water. If you plan to bring a group, let us know so that we can print extra maps.

Full information at www.oq.asn.au/events

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

Results www.oq.asn.au/results

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

