

Top End Orienteers  
invite you to come and try:  
**ORIENTEERING**



*Come and Explore Howard Springs Nature Park*

**WHEN:** Sunday 18<sup>th</sup> September, 2016

**WHERE:** Start at Howard Springs Nature Park.

**COURSES:** 4 courses: Easy  
Moderate  
Short Hard  
Long Hard

Lots of birdlife for early risers

**TIME:** Start any time between 7.00 & 9.00am  
Courses close 11.00am

- Enter on your own or as a group or family
- Coaching available between 8.00 and 9.00am
- Great for all ages and all fitness levels
- The ideal way to exercise your mind and your body
- Stay for the sausage sizzle and a cold drink

**Beginners welcome.**

**Entry to your first event is free!**

*For more information please call: 0405 718 693*

Email: [topendorienteersNT@gmail.com](mailto:topendorienteersNT@gmail.com)

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