



Top End Orienteers
invite you to come

ORIENTEERING

Come and explore Casuarina Coastal Reserve

WHEN: Sunday 30th July 2017

WHERE: Start /Finish-Lee Point Carpark

COURSES: 4 courses: Easy 1.9km, Moderate 3.8km, Short Hard 4.4km and Long Hard 5.5km.

Come and enjoy an early morning visit to the beach!

For those tackling the hard courses, the openness of the beach will contrast nicely with an amazing network of shady cool tracks through the coastal forest. The easy and moderate courses provide great alternatives for those who don't want to follow the trails of enthusiastic bike riders

and their death defying jumps.

No time to get bored as you navigate the wide open paths and narrow tracks; easy open patches and then a bit of navigational challenge to slow down the pace on the hard courses!

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

Coaching available between 7.30 and 9.00am

- Enter on your own or as a group or family
- 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 drinks.



Beginners welcome. Entry to your first event is free!

For more information please call: 0431 822 812

Email: topendorienteersNT@gmail.com www.teo.asn.au 