



Top End Orienteers
invite you to come

Mountain Bike ORIENTEERING

Come and explore the Howard Springs Pine Forest

WHEN: Sunday, 24th June 2018

WHERE: Start / Finish on right hand side of Gunn Point Rd, just after the Howard Springs nature Park turn off (follow the signs)

COURSES: 3 mountain bike courses: short – 4.5 Km (on fire roads, suitable for kids on bikes or in bike trailers), Medium ~ 12 km (single track), Long – 20 km (single track, major road crossing). There will also be a **foot scatter event** for those that don't want to ride.



What to bring: If you are riding you will need a bike in working order, bell, and water bottle. A spare tube/bike tools and map holder might be useful. A compass might come in handy for the longer courses.

TIME: Start any time between 7.00 & 9.00am, Courses close 11.00am
Coaching available between 8.00 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 drink.

Beginners welcome. Entry to your first event is free!

For more information please call: 0405 847 305 (Bryden)

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