



Top End Orienteers
invite you to come

ORIENTEERING

Mountain Bike and Foot Courses- Casuarina Reserve



WHEN: Sunday 21st July 2019

WHERE: Dripstone Cliffs,
Casuarina Coastal Reserve. Brinkin.

COURSES:

Mountain Bike 2 courses: Short and Long

Foot - 3 courses - Easy, Moderate and Hard

Easy - Checkpoints

within 20m of path/track. Compass not required. Suitable for newcomers, groups with young children and those wanting to gain confidence.



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

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 a cold drinks.

Beginners welcome. Entry to your first event is free!

For more information please call: 0405 847 305

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