



Top End Orienteers
invite you to Celebrate
Australia Day
and Come and Try



ORIENTEERING

What is orienteering? Orienteering is the sport about finding your way through territory with the aid of a map. You select a course that requires you to visit a number of checkpoints, or "controls" identified by distinctive orange and white flags, taking whichever route you choose between controls. It can be done at any speed, alone or in groups for competition or enjoyment.

WHEN: Sunday, 26th January.

WHERE: George Brown Darwin
Botanic Gardens
Start/Finish - New office - lower carpark



COST: FREE

COURSES: Approx. lengths



Easy - 2.5 km - Suitable for **sturdy prams** Checkpoints within 20m of path/track. Compass not required. Suitable for newcomers, groups with young children and those wanting to gain confidence.

Moderate 3.5 km, Hard 5.0 km,

TIME: Start any time between 8.00 & 9.30 am Finish by 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.

For more information please call: 0431 822 812

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