



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:** Tuesday, 26<sup>th</sup> January.

**WHERE:** George Brown Darwin

Botanic Gardens

Start/Finish - Visitor Centre (lower carpark)



**COST: FREE**

**COURSES:**



**Easy: 2.0 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: 3.8 km** & Long: **5.5 km** - Suitable for those wanting to explore the area for an hour or two

**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
- Download MapRunF app and register your user name prior to starting

For more information please call: 0423 971 997

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**PLEASE DOWNLOAD MapRunF APP PRIOR TO COMING -**  
this app records your checkpoint visitation and your time