



# Top End Orienteers invite you to come **ORIENTEERING**

*Come and explore East Point Reserve*

**WHEN:** Sunday 7<sup>th</sup> March 2021.

**WHERE:** Start/Finish - On the foreshore  
opposite Lake Alexander, near BBQ's  
Plenty of ocean and coastal views,  
rainforest, wallabies.



**NO PETS** allowed in the reserve, look out for Wallabies on all courses.

**COURSES:** 4 courses available. Approximate lengths.

**Easy** - 3.0km- **Sturdy pram friendly**- Checkpoints within 20m of path/track.  
Compass not required. Suitable for newcomers, groups with young children and  
those wanting to gain confidence. Slim possibility of isolated  
muddy puddles, depending on rain this week.



**Moderate** - 4.0kms 14 controls get wet and/or muddy feet  
Hard Courses will almost certainly get wet and/or muddy feet

**Short Hard** - 4.0 kms      **Long Hard** - 5.6 kms

**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: 0401576564

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