



Top End Orienteers invites you to Orienteering at **LOK CABAY, Batchelor region**

WHEN: Sunday 25th August

WHERE: Take the Stuart Hwy south from Darwin/Palmerston and turn right into Batchelor Rd towards Litchfield NP. Continue along Batchelor Rd for 7 km. Look for the Orienteering signs. Entry to the Lok Cabay property is on right hand side, just past the Crater Lake Rd turnoff. Start area is approx. 900m along the dirt track, a little rough, suitable for 2WDs (if it's a choice between the Audi or Falcon, leave the Audi at home!) This land belongs to Speedy McGuinness and family.

COURSES: Easy (2.5km - not suitable for prams), Moderate (~3km), Short hard (~4km) and Long hard (~6km) courses on offer.



What to bring: water bottle, strong footwear for rocky ground, hat, sunscreen and leg protection.

TIME: Start between 7:00 & 9:30am, courses close at 11:30am. Coaching available from 7.30am.

- Regular event fees apply (individuals \$5/\$10 & groups \$8/\$15 for member/non-member, family fee available)
- Free if it is your first event!
- Great for all ages and all fitness levels
- The ideal way to exercise your mind and your body
- Beginners and New members welcome, membership form available from www.teo.asn.au or on the day.

For more information please call: 0423 971 997 (Anna)

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

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