

Come and try

ORIENTEERING

Ideal family activity : all welcome : suitable for all ages and abilities
training available : compasses for hire : run for your life or just a stroll

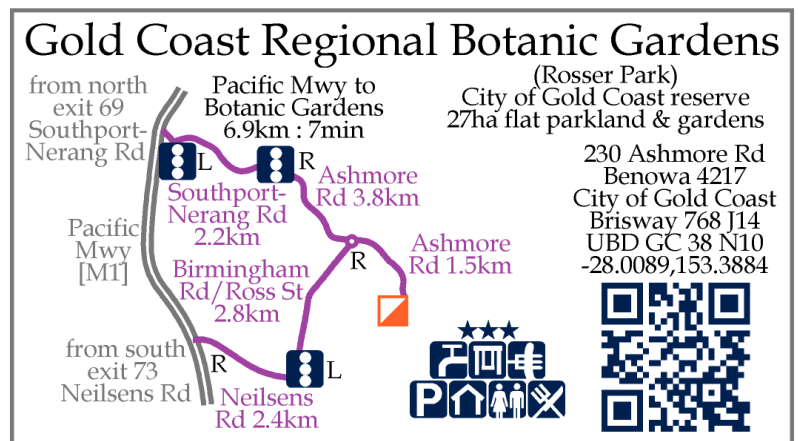
Gold Coast Regional Botanic Gardens

Benowa, central Gold Coast

Sunday 24th July 2016
starts 9am-11am

Adult \$5-7 Junior \$4-6
Family \$14-20

Orienteering is the sport of navigating in unknown terrain using a detailed map. This event has short, easy courses for youngsters and longer, more challenging courses for adults.



What do I need to do?

Bring your family on the day between 08:45 and 10:45, wear good shoes, sun protection and water. You don't need a compass. If you plan to bring a group, please let us know so we can print extra maps.

More details online www.oq.asn.au/events/3575/



More events - always check online for final details:

- ☑ Thursday 28th July 11-11:30 - Quinzeh Rocks, Logan City - Bush Orienteering
- ☑ Sunday 14th August 9-11 - Burchill Park, Nerang - Park Orienteering
- ☑ Sunday 18th September 9-11 - Albert Park, Mermaid Waters - Park Orienteering

Event programme www.oq.asn.au/events Club = Paradise Lost, Year To = 2016
Learn about the orienteering club of the Gold Coast www.paradiselost.org.au
Keep in touch www.facebook.com/ParadiseLostOrienteers
Drop us a line paradiselost@oq.asn.au Call Mark 0404 50 99 24

