### 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



# Coomera Sports Park

Northern Gold Coast Sunday 17<sup>th</sup> Jan 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 09:00

and 10:30, wear good shoes and sun protection, bring 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 events - to be confirmed

**Always check online for final details**; all Sunday 9-11am:

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7 February 28 February	Labrador Parks Hinterland Regional Park, Mudgeeraba
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27 March	Pizzey Park, Miami
10 April	Musgrave Park, Southport
1 May	Schuster Park, Tallebudgera

park orienteering bush tracks park orienteering park orienteering park orienteering

Event programme <a href="www.oq.asn.au/events">www.oq.asn.au/events</a> Club = Paradise Lost, Year To = 2017 Learn about the orienteering club of the Gold Coast <a href="www.paradiselost.org.au">www.paradiselost.org.au</a> Keep in touch <a href="www.facebook.com/ParadiseLostOrienteers">www.facebook.com/ParadiseLostOrienteers</a> Drop us a line <a href="paradiselost@oq.asn.au">paradiselost@oq.asn.au</a> Call Mark 0404 50 99 24