

Middle Head

Sprint Orienteering Map



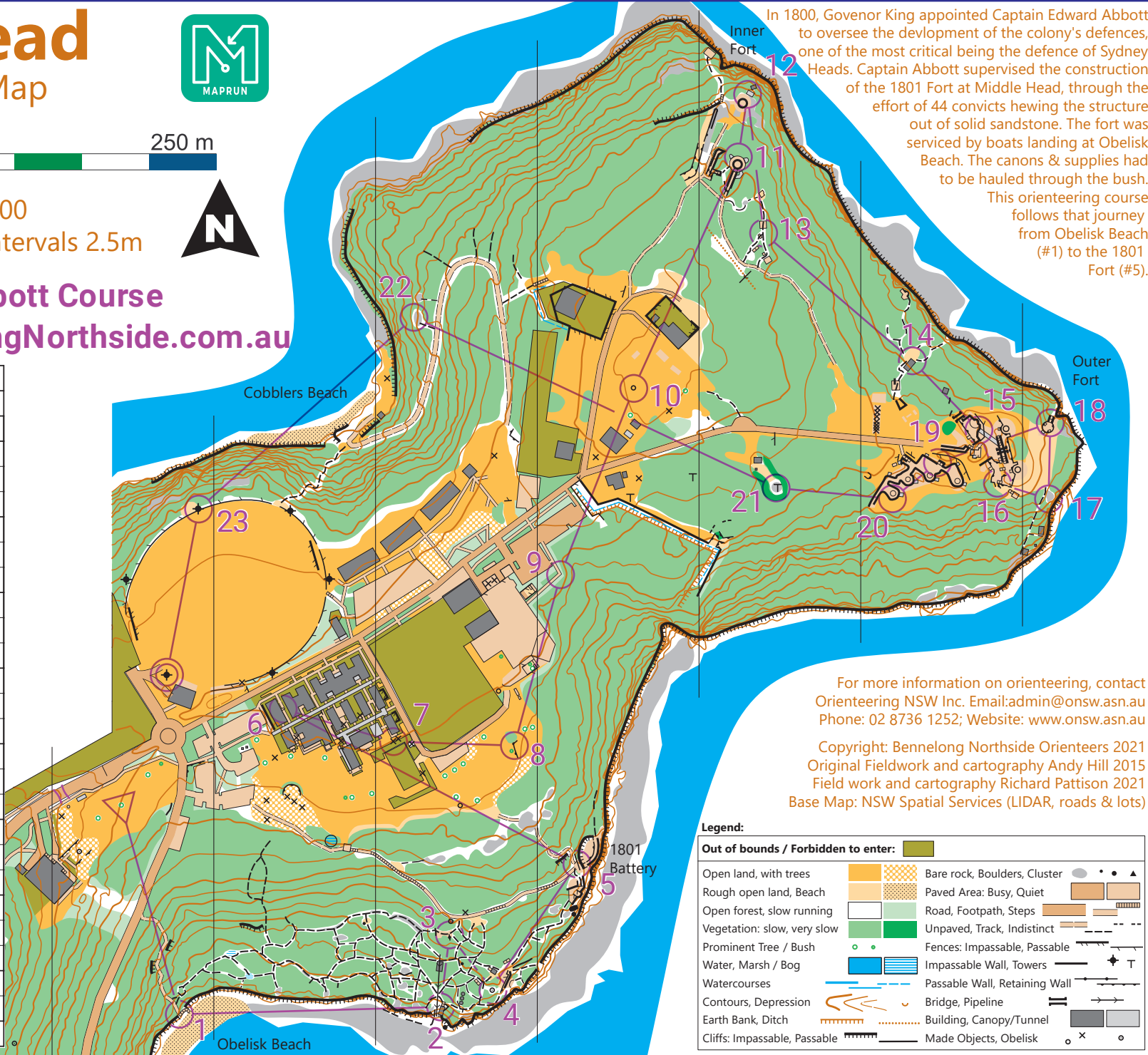
0m 250 m

Scale 1:4,000
Contour Intervals 2.5m



MapRun - Captain Abbott Course
More info at BennelongNorthside.com.au

Middle Head Sprint									
Captain Abbott		2.8 km		110 m					
▷		⬆		⬆		Start: 3 tree cluster			
1	1	⬆		⬆		Top of cliff			
2	2	■		○		NW side of building			
3	3	⬆				Stone wall			
4	4	⊙				Obelisk			
5	5	⬆				1801 Fort lookout			
6	6	⬆		⬆		Top of stairway			
7	7	←	×			W made object (seat)			
8	8	□		○		W side of ruin			
9	9	⬆	<			Bend in track			
10	10	○				Made object (hydrant)			
11	11	▨		○		N side of upper paved area			
12	12	■		○		W side of building			
13	13	⬆	Y			Track junction			
14	14	■		○		N side of building			
15	15	⬆	⬆			NW end of tunnel			
16	16	⬆		⬆		Foot of stairway			
17	17	✱		○		SW part of bare rock			
18	18	⬆	⬆	⬆		Top of N stairway			
19	19	⬆		⬆		Top of stairway			
20	20	⬆	<	○		S side of bend in stone wall			
21	21	T				Tower			
22	22	✱		○		W side of bare rock			
23	23	T				Tower			
		130 m				Navigate 130 m to finish			



In 1800, Governor King appointed Captain Edward Abbott to oversee the development of the colony's defences, one of the most critical being the defence of Sydney Heads. Captain Abbott supervised the construction of the 1801 Fort at Middle Head, through the effort of 44 convicts hewing the structure out of solid sandstone. The fort was serviced by boats landing at Obelisk Beach. The canons & supplies had to be hauled through the bush. This orienteering course follows that journey from Obelisk Beach (#1) to the 1801 Fort (#5).

For more information on orienteering, contact Orienteering NSW Inc. Email: admin@onsw.asn.au Phone: 02 8736 1252; Website: www.onsw.asn.au

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Original Fieldwork and cartography Andy Hill 2015
Field work and cartography Richard Pattison 2021
Base Map: NSW Spatial Services (LIDAR, roads & lots)

Legend:

Out of bounds / Forbidden to enter:	
Open land, with trees	Bare rock, Boulders, Cluster
Rough open land, Beach	Paved Area: Busy, Quiet
Open forest, slow running	Road, Footpath, Steps
Vegetation: slow, very slow	Unpaved, Track, Indistinct
Prominent Tree / Bush	Fences: Impassable, Passable
Water, Marsh / Bog	Impassable Wall, Towers
Watercourses	Passable Wall, Retaining Wall
Contours, Depression	Bridge, Pipeline
Earth Bank, Ditch	Building, Canopy/Tunnel
Cliffs: Impassable, Passable	Made Objects, Obelisk