

Middle Head

Sprint Orienteering Map



0m 250 m

Scale 1:4,000
Contour Intervals 2.5m

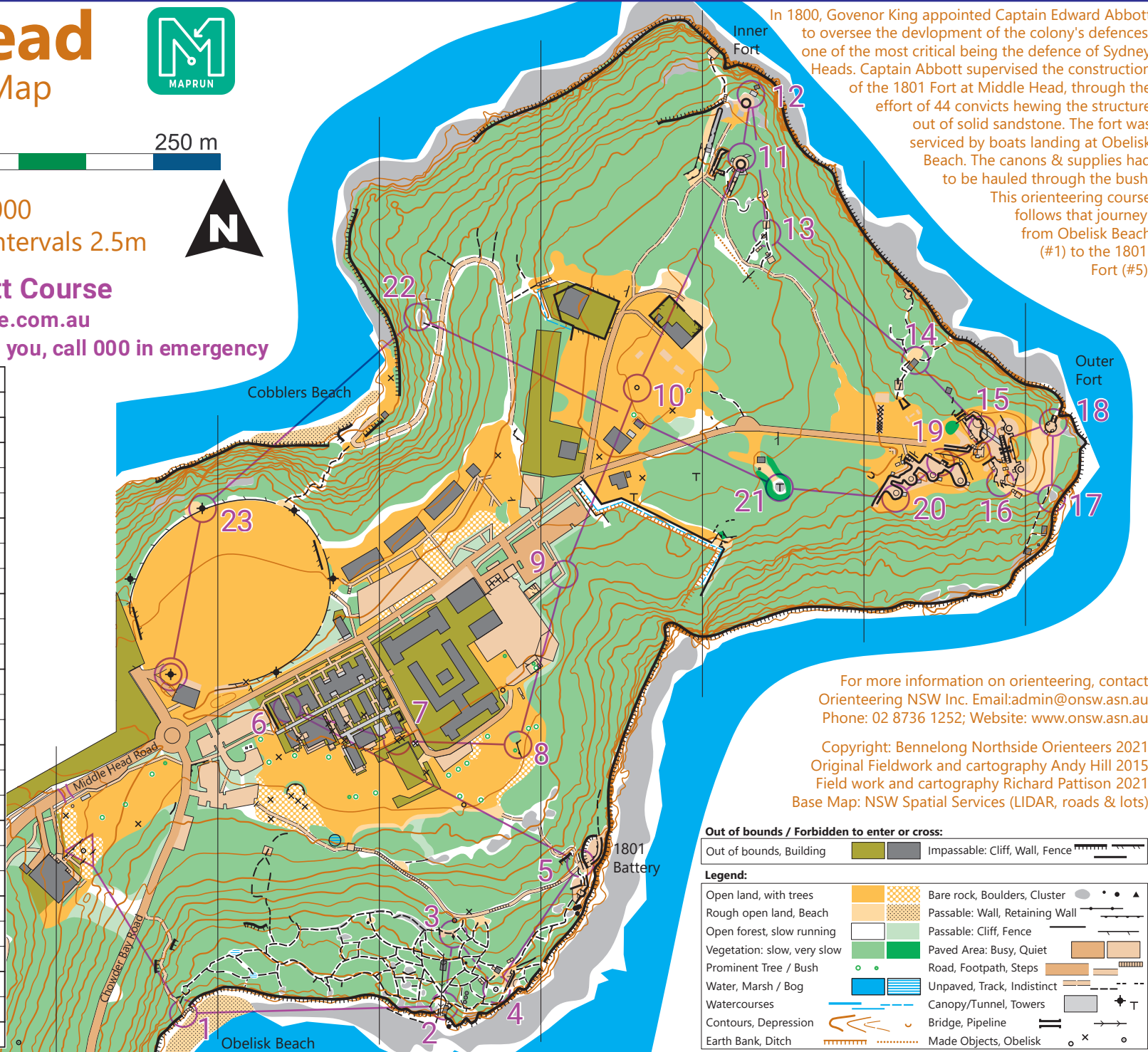


MapRun - Captain Abbott Course

More info at BennelongNorthside.com.au

Please take a mobile phone with you, call 000 in emergency

Middle Head Sprint					
Captain Abbott	2.8 km	110 m			
Start: Sun dial					
1 1	mm	mm			Top of cliff
2 2	■	○			NW side of building
3 3	///				Stone wall
4 4	⊙				Obelisk
5 5	△				1801 Fort lookout
6 6	///	mm			Top of stairway
7 7	← X				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	↑	mm			Top of N stairway
19 19	///	mm			Top of stairway
20 20	///	∟			Foot of stone wall
21 21	T				Tower
22 22	✱	○			W side of bare rock
23 23	T				Tower
130 m					Navigate 130 m to finish

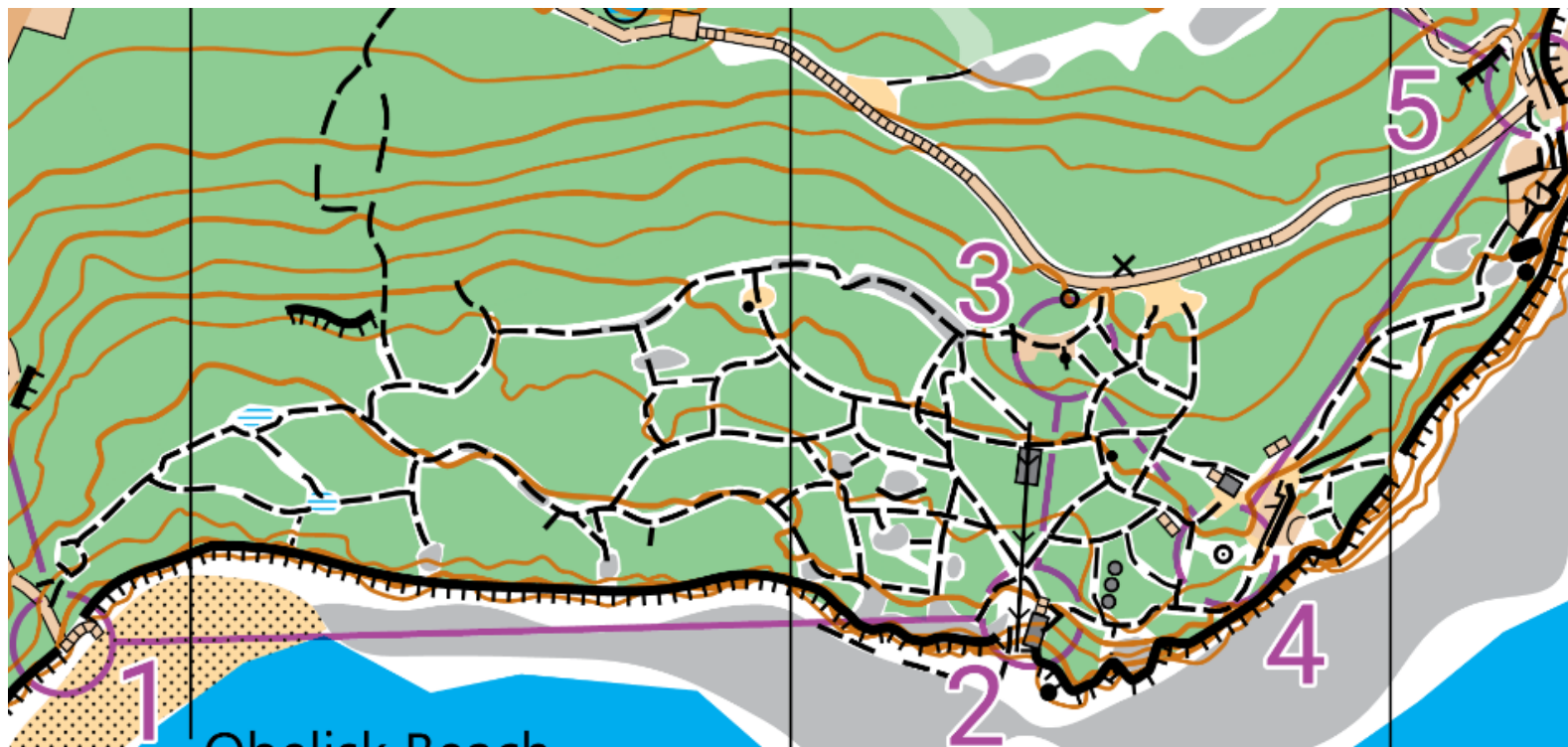


In 1800, Governor King appointed Captain Edward Abbott to oversee the development of the colony's defences, one of the most critical being the defence of Sydney Heads. Captain Abbott supervised the construction of the 1801 Fort at Middle Head, through the effort of 44 convicts hewing the structure out 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

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

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



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Zoomed-in sections
of the MapRun
Captain Abbott
course

Scale 1: 1,500

