

# Middle Head

## Sprint Orienteering Map



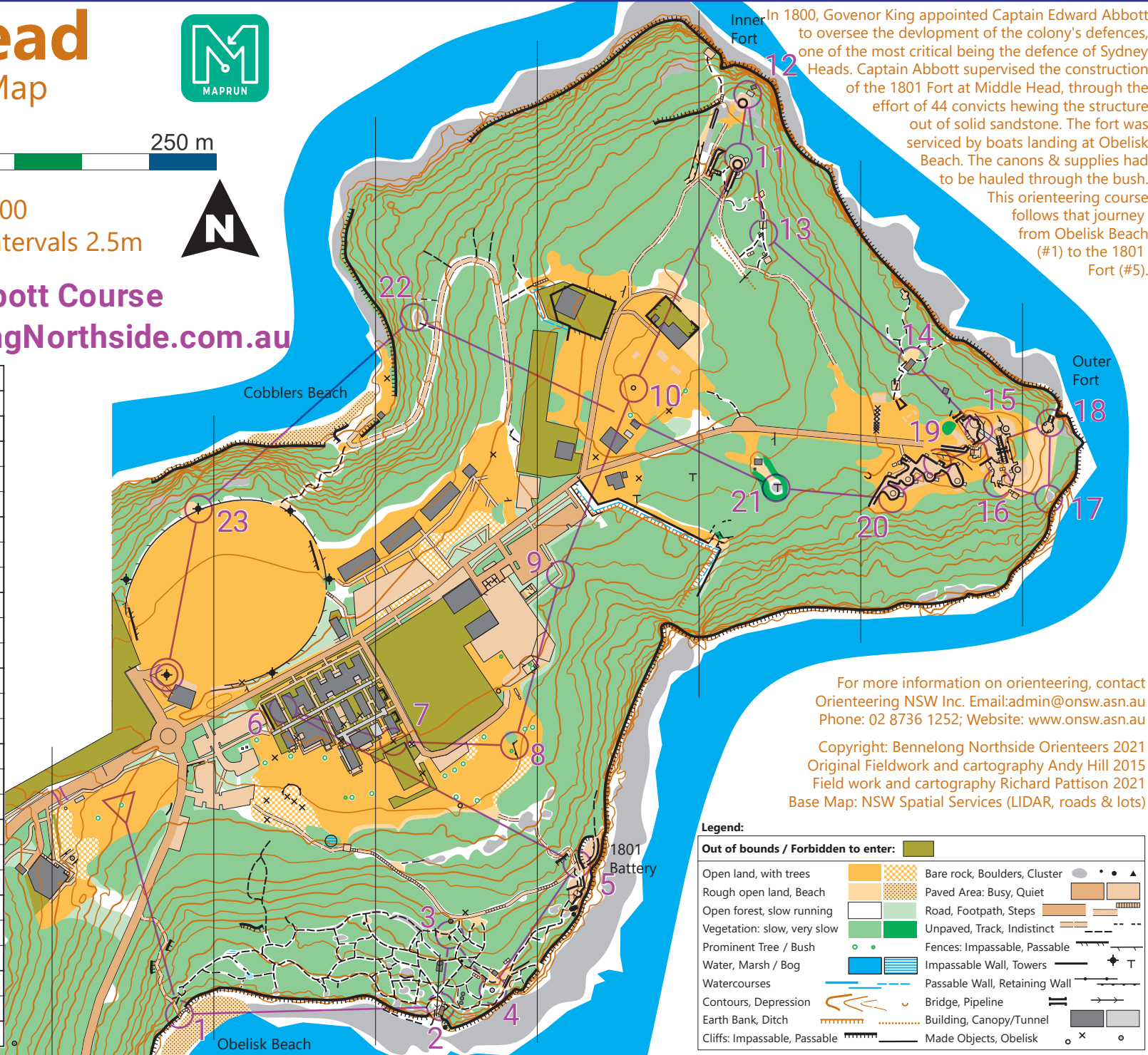
0m 250 m

Scale 1:4,000  
Contour Intervals 2.5m



**MapRun - Captain Abbott Course**  
More info at [BennelongNorthside.com.au](http://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	✕			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](mailto:admin@onsw.asn.au) Phone: 02 8736 1252; Website: [www.onsw.asn.au](http://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