

Seaforth

Orienteering Map

Long Course

Start: Balgowlah Oval



Please take a mobile phone with you

Call 000 in emergency

Out of bounds / Forbidden:

Private Property

Out of bounds

Out of bounds

Do not cross

Do not run along



Legend:

Open land, with trees	
Rough open land, with trees	
Open forest, slow running	
Vegetation: slow, fight	
Water, Beach	
Watercourses	
Cliffs, rocky ground	
Bare rock, Boulders, Cluster	
Contours, Depression	
Knoll, pit, termite mound	
Roads, paved area	
Fire Trail, Track, Indistinct	
Fences: high, low	
Wall, Ruin, Made objects	
Bridge, Pipeline	
Building, Tunnel	
Water feature, Tower	

For more information on orienteering, contact
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Field work and cartography Richard Pattison 2021
Base Map: NSW Spatial Services (LIDAR, roads & lots).



Balgowlah - Long Course							
Long Course		7.6 km	350 m				
1	1			Start: tower			
2	2			Middle road junction			
3	3			S end of track			
4	4			Small depression			
5	5			N side of road junction			
6	6			Beach and minor watercourse			
7	7			W end of cliff			
8	8			W end of road			
9	9			NE side of road junction			
10	10			N end of cliff			
11	11			Jetty			
12	12			Made object (slide)			
13	13			S end of paved area (parking)			
14	14			Top of stairway			
15	15			E side of boulder			
16	16			Made object (seat)			
				S end of bridge			
				Navigate 220 m to finish			

