

# Seaforth

Orienteering Map

Medium Course

Start: Balgowlah Oval

Please take a mobile phone with you  
Call 000 in an emergency



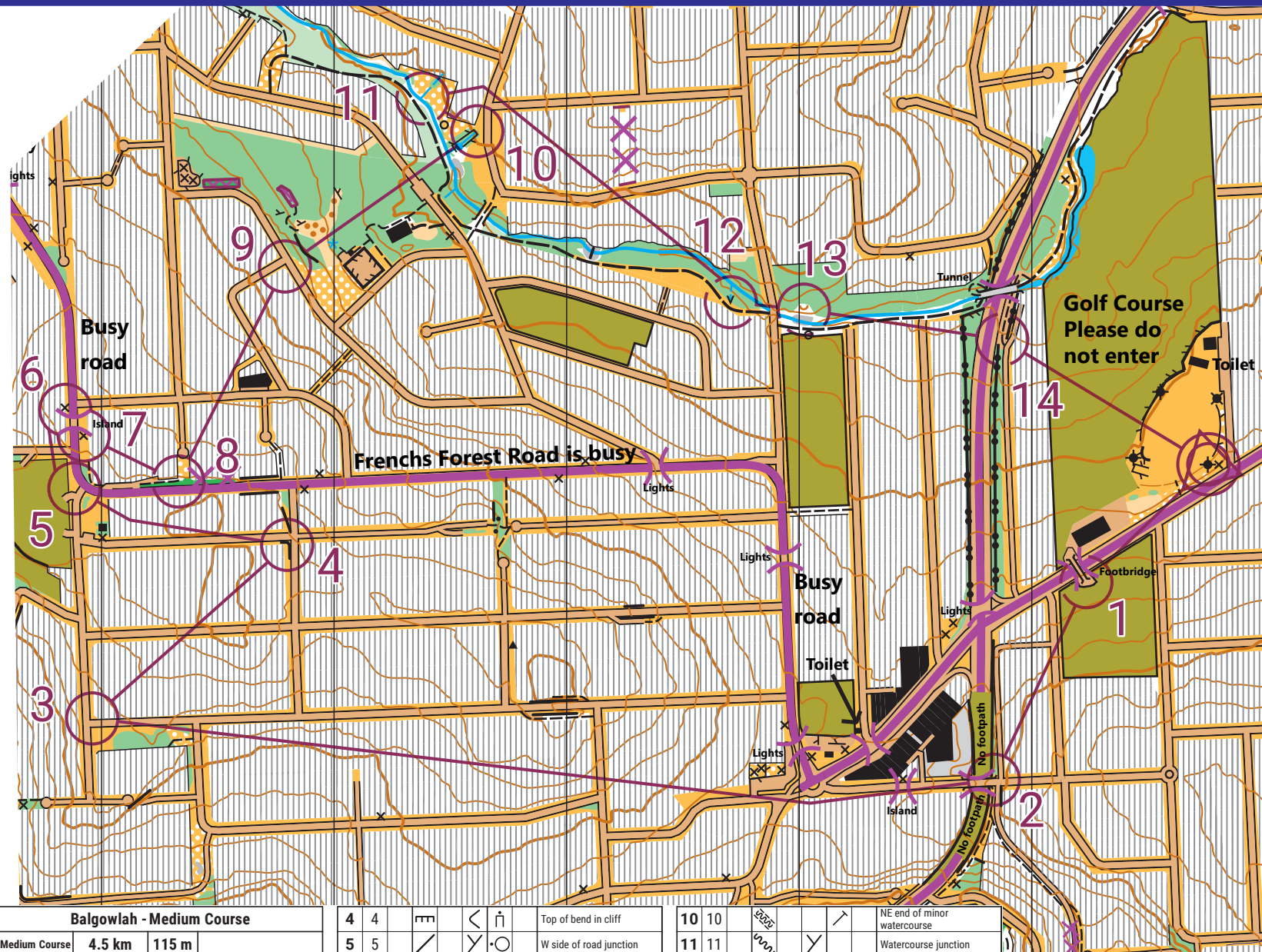
Out of bounds / Forbidden:

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	



Balgowlah - Medium Course			
Medium Course	4.5 km	115 m	
1	1		Start: tower
2	2		Top of stairway
3	3		E side of bridge
4	4		NE side of road junction

5	5		W side of road junction
6	6		Made object (bus shelter)
7	7		Made object (bus shelter)
8	8		E end of track
9	9		Road junction

10	10		NE end of minor watercourse
11	11		Watercourse junction
12	12		Rocky pit
13	13		Small depression
14	14		S end of track

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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Field work and cartography Richard Pattison 2021  
Base Map: NSW Spatial Services (LIDAR, roads & lots).

0m



500 m

Scale 1:7,500  
Contour Interval 5m