

# Seaforth

## Orienteering Map

### Medium Course

Start: Balgowlah Oval



#### Out of bounds / Forbidden:

Private Property

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  
Orienteering NSW Inc. Email: [admin@onsw.asn.au](mailto:admin@onsw.asn.au);  
Phone: 02 8116 9848; 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).

Balgowlah - Medium Course				
Medium Course	4.4 km	115 m		
				Start: tower
1	1			Top of stairway
2	2			E side of bridge
3	3			S part of bare rock

4	4			Top of bend in cliff
5	5			W side of building
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
				310 m
				Navigate 310 m to finish

Please take a mobile phone with you

Call 000 in an emergency

Scale 1:10,000  
Contour Interval 5m

0m 500 m

Seaforth  
Bluff

Sandy Bay

Toilet