

Seaforth

Orienteering Map

Medium Course

Start: Balgowlah Oval

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



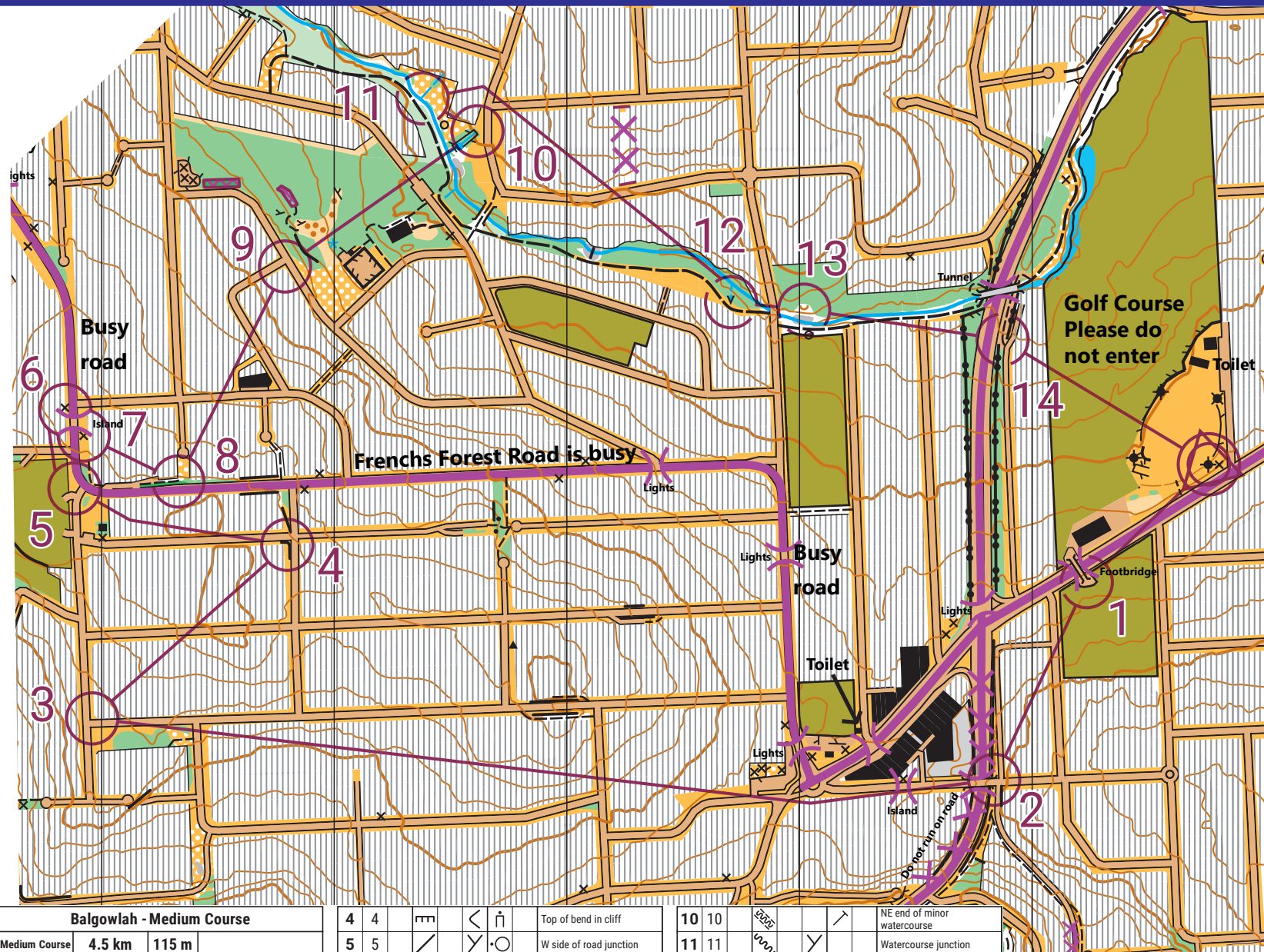
Out of bounds / Forbidden:

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		E side of bridge
3	3		NE side of road junction

4	4		Top of bend in cliff
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
310 m			Navigate 310 m to finish

Scale 1:7,500
Contour Interval 5m



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).