

Seaforth

Orienteering Map

Long 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 - Long Course									
Long Course		8.0 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					N side of bend in road			
7	7					Beach and minor watercourse			
8	8					Boulder, 1m high			
9	9					NE side of road junction			
10	10					NW side of road junction			
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			
						220 m			
						Navigate 220 m to finish			

For more information on orienteering, contact
Orienteering NSW Inc. Email: admin@onsw.asn.au;
Phone: 02 8736 1252; Website: www.onsw.asn.au

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

