

# 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			
Start: tower					
1	1	1	1	1	Middle road junction
2	2	2	2	2	S end of track
3	3	3	3	3	Small depression
4	4	4	4	4	N side of road junction
5	5	5	5	5	N side of bend in road
6	6	6	6	6	Beach and minor watercourse
7	7	7	7	7	Boulder, 1m high
8	8	8	8	8	NE side of road junction
9	9	9	9	9	NW side of road junction
10	10	10	10	10	Jetty
11	11	11	11	11	Made object (slide)
12	12	12	12	12	S end of paved area (parking)
13	13	13	13	13	Top of stairway
14	14	14	14	14	E side of boulder
15	15	15	15	15	Made object (seat)
16	16	16	16	16	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](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 July 2021  
Base Map: NSW Spatial Services (LIDAR, roads & lots).

