

Seaforth

Orienteering Map

MapRun - Long Course
Start: Seaforth Shops



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

For more information on orienteering, contact
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 Field work and cartography Richard Pattison July 2021
 Base Map: NSW Spatial Services (LIDAR, roads & lots).

Seaforth - Long Course					
Long Course		6.5 km	430 m		
				Start: W road junction	
1	1			Foot of stairway	
2	2			S part of bare rock (Spit Punt jetty)	
3	3			End of jetty	
4	4			SW end of road	
5	5			End of jetty	
6	6			Foot of stairway	
7	7			End of jetty	

8	8			Foot of stairway	
9	9			W side of road and stairway	
10	10			NE side of bend in road	
11	11			Bend in track	
12	12			Beach and minor watercourse	
13	13			SW side of road junction	
14	14			NE side of building (chimney)	
15	15			W end of road	
16	16			Boulder cluster (mini cliffs)	
		390 m		Navigate 390 m to finish	

