

# Seaforth

Orienteering Map

Long Course

Start: Balgowlah Oval



Please take a mobile phone with you

Call 000 in emergency

Out of bounds / Forbidden:

Private Property

Out of bounds

Out of bounds

Do not cross

Do not run along

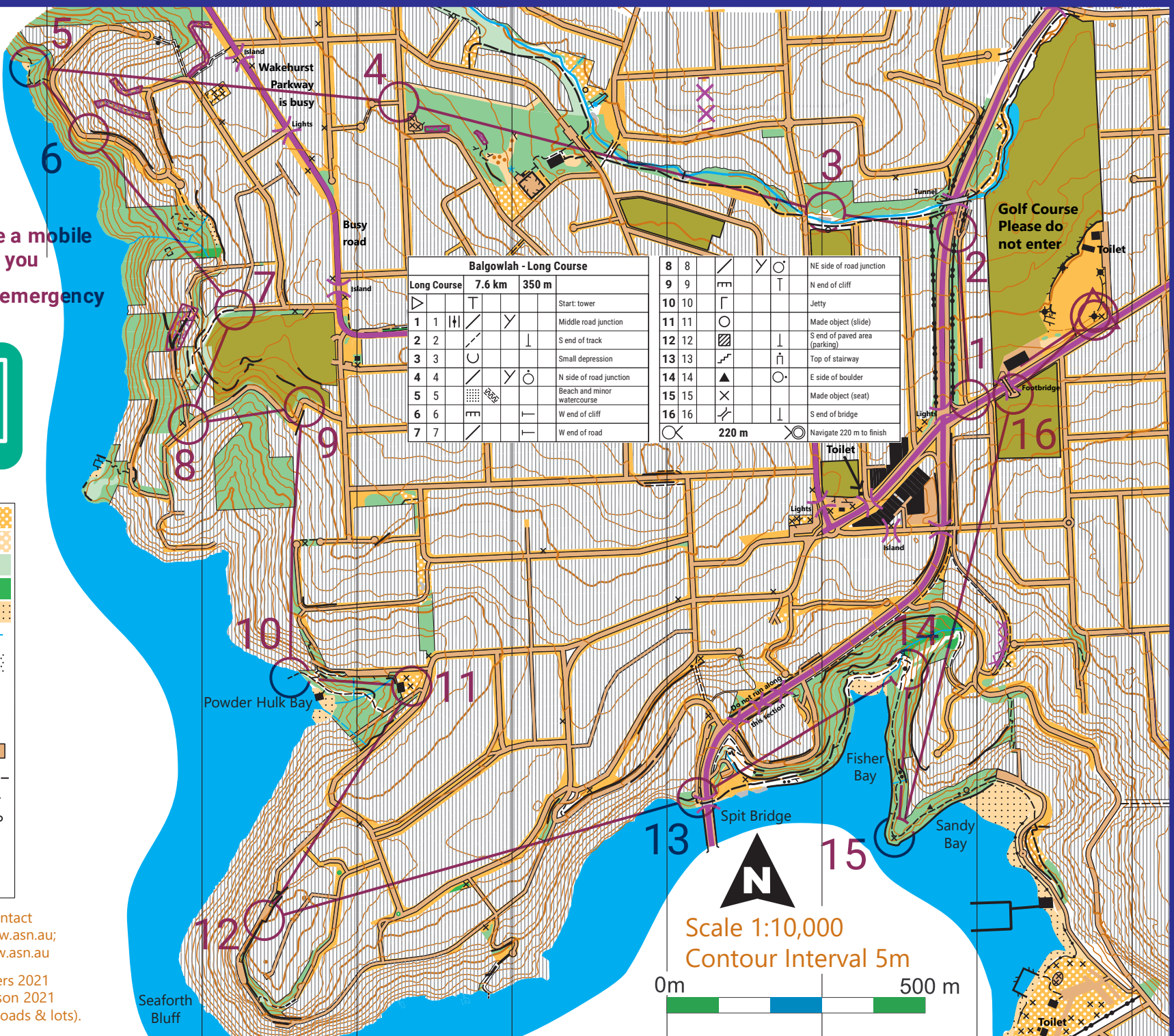


Legend:

|                               |  |
|-------------------------------|--|
| 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  
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 2021  
Base Map: NSW Spatial Services (LIDAR, roads & lots).



| Balgowlah - Long Course |        |       |                             |
|-------------------------|--------|-------|-----------------------------|
| Long Course             | 7.6 km | 350 m |                             |
| 1                       | 1      | 1     | Start: tower                |
| 2                       | 2      | 2     | Middle road junction        |
| 3                       | 3      | 3     | S end of track              |
| 4                       | 4      | 4     | Small depression            |
| 5                       | 5      | 5     | N side of road junction     |
| 6                       | 6      | 6     | Beach and minor watercourse |
| 7                       | 7      | 7     | W end of cliff              |
| 8                       | 8      | 8     | W end of road               |

|       |    |    |    |    |                               |
|-------|----|----|----|----|-------------------------------|
| 8     | 8  | 8  | 8  | 8  | NE side of road junction      |
| 9     | 9  | 9  | 9  | 9  | N end of cliff                |
| 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      |

Scale 1:10,000

Contour Interval 5m

0m 500 m