

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

Seaforth - Long Course					
Long Course	6.2 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			N part of beach	
7	7			End of jetty	

8	8			Top of S cliff	
9	9			S end of indistinct track	
10	10			NW side of road junction	
11	11			N side of bend in road	
12	12			E part of beach	
13	13			Boulder	
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	

