

# 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  
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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	1	Start: tower
2	2	2	2	Middle road junction
3	3	3	3	S end of track
4	4	4	4	Small depression
5	5	5	5	N side of road junction
6	6	6	6	Beach and minor watercourse
7	7	7	7	W end of cliff
8	8	8	8	W end of road

8	8	8	8	NE side of road junction
9	9	9	9	N end of cliff
10	10	10	10	Jetty
11	11	11	11	Made object (slide)
12	12	12	12	S end of paved area (parking)
13	13	13	13	Top of stairway
14	14	14	14	E side of boulder
15	15	15	15	Made object (seat)
16	16	16	16	S end of bridge
17	17	17	17	Navigate 220 m to finish

220 m