

FREE ACTIVITY

Orienteering is coming to

Suitable for all fitness levels, ages and abilities. Everyone welcome!



A new addition to your lunchtime sport/fitness options

DATE	SUBURB	ASSEMBLY AREA	START TIMES

This FREE 'Amazing Race' style event is for everyone: walkers, joggers, runners.

Go solo or buddy up. Coaching included. Events are designed for a maximum duration of 30 minutes.

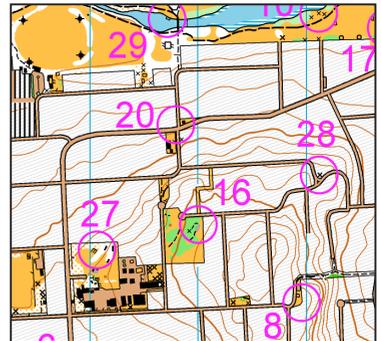
There are three courses used:

- Pyrmont
- Barangaroo
- The Rocks

Bring:

- Comfortable exercise clothes

**For more information:
or email**



ORIENTEERING NSW