

Welcome to the Centennial Park permanent orienteering course. These courses are free and open to the public.

Who participates in orienteering?

Anyone! It is perfect for all ages and experience levels. Go at your own pace – solo or grab some friends and go in a small group.

Which course should I take?

Courses start from the wooden post against the northern fence of the compound. Easy courses are short and in a simple loop, while medium and longer courses require more complex navigation and some road crossings (one-way with a 30kph limit).

What will I need?

- (1) If you are doing it retro-style you need the map, the control card (at the bottom of this page) and a pen or pencil.
- (2) If you are doing it via the app you just need a phone. We recommend beginners always take a colour map with them.
- (3) Comfortable exercise clothes. Sunscreen and hat are recommended. Supply your own water.

For your safety

Please refer to weather forecasts for extreme weather event notices. In the event of an incident including tick, snake, spider bites, call the Park Rangers – 0412 718 611: 8am-5pm. Parklands do contain trip/fall risks and hazards, so please watch your surroundings. On hot days, take extra water and look for signs of heat fatigue. Parklands contain dogs, vehicles and other visitors so please take care.

What terrain will I encounter?

The course covers open grassy areas, some forest, bush tracks, paved paths, building surrounds and roads.

Will I need a compass?

No - there are plenty of roads, paths and lakes to use as reference points. If you are unsure of where you are at any time, remember to always have the map facing north (i.e. towards Oxford Street), and look for the nearest obvious large feature (pond, building, intersection etc) close to you. Look for this feature on the map to regain your bearings.

How do I complete the course?

- (1) Line courses – visit the control points in the listed order. The control point will have a number and a letter on it. The marker is in the centre of the circle shown on the map. The description tells you where it is.
- (2) Score – visit the controls in any order.

How do I prove I have visited a control?

When you find a control, **(a)** write its letter in the corresponding box on your control card if you are doing **retro**, or **(b)** the **app** will beep and buzz to confirm you are at the control.

What are the courses?

- Easy: 18-16-14-13-11-9-10-17-2 = 1.9km
- Medium: 1-3-4-9-12-13-16-15-22-27-25-24-20-19 = 3.2km
- Long: 1-4-5-6-7-8-11-12-28-16-27-26-23-21-20-19 = 5.3km
- Short score: 1-4, 9-28 in any order
- Long score: 1-28 in any order

1 Drain inlet	2 Tap	3 Tap	4 Drain inlet	5 Wall, NW end	6 Fence	7 Fence
8 Knoll	9 Tap	10 Open area	11 Path, S side	12 Path jn	13 Boulder	14 Path bend
15 Knoll	16 Cricket pitch	17 Forest, S edge	18 Pole	19 Tap	20 Spring	21 Fence
22 Rockface	23 Rockface	24 Bare rock	25 Track jn	26 Fence	27 Rockface	28 Gully



Centennial Park Rangers
0412 718 611: 8am-5pm

