

Welcome to the Bicentennial 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?

All courses start from the area near the café and bike hire shop. Easy courses are short and in a simple loop, while medium and longer courses require more complex navigation and some minor road crossings (one-way with a 20kph 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. However, we recommend beginners always take a colour map with them.
- (3) Comfortable exercise clothes.

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

### What are the courses?

- Easy A: 17-8-7-6-4-9 = 1km
- Easy C: 14-15-11-10-8-9-4-3-2-1 = 1.25km
- Medium A: 5-1-2-3-4-7-10-19-20-22-18-17-9 = 2.6km
- Medium B: 6-4-3-1-13-11-12-25-24-23-19-10-17-9 = 3.2km
- Long A: 9-2-1-13-11-20-22-10-18-24-23-21-19-26-8-6-4 = 4.6km
- Long B: 20-25-24-23-21-19-26-11-17-9-1-2-4-7-10-18-22-16-13-5 = 5.3km
- Wheelchair accessible Short: 17-8-7-6-4 = 1km
- Wheelchair accessible Long: 14-15-17-8-10-12-26-21-20-22-18-7-6-4 = 3.1km
- Short score: 1-18 in any order
- Long score: 1-26 in any order

1 Post	2 Post	3 Gate	4 Sign	5 Post	6 Sign	7 Sign	8 Sign	9 Jetty
10 Bridge	11 Sign	12 Sign	13 Post	14 Sign	15 Sign	16 Sign	17 Bench	18 Post
19 Sign	20 Sign	21 Post	22 Sign	23 Post	24 Post	25 Post	26 Sign	Finish Sign