Welcome to the Cockatoo Island 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 Muster Station near the ferry exit-entrance. The Easy course is short and in a simple loop, while medium and longer courses require more complex navigation at multiple levels.

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/pencil.
(2) If you are using the **MapRunF app** you need a smartphone. We recommend beginners always take a printed colour map.
(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. The island can be very windy. Ferries only come once an hour. Out of bounds area are marked in olive green or pink or purple stripes. Please do not enter any of these areas. The island contains some trip hazards due to the ongoing and heritage aspects of its industrial past. Park Rangers - 0434 652 153: 8am-4pm and Security 0433 632 791 from 4pm-8am. On hot days, take extra water and look for signs of heat fatigue. See the Cancer Council recommendations here.

What terrain will I encounter?
The course covers open grassy areas, paved paths, staircases, tunnels and building surrounds.

Will I need a compass?
No - there are plenty of paths and buildings 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 Woolwich Wharf), and look for the nearest obvious large feature (building, open area) close to you. Look for this feature on the map to regain your bearings. The CBD is to the east.

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 courses – 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. **If undercover, please allow the app a short time to 'catch up' to you.**

What are the courses?
- Easy: 1-2-3-4-5-6 = 1.3km
- Medium: 20-8-16-12-18-9-19-14-13-6-15-4-3-2 = 3km
- Long: 7-9-18-19-14-17-1-8-16-12-10-4-3-2-15-13 = 4km
- Score: 1-20 in any order (~3.5km by optimal route)

1 Covered area, SE part	2 Building, SE corner	3 Wall, E side	4 Tunnel, N end	5 Large metal object, W side	6 Large metal object, E side	7 Building, E side
8 Fence at foot of steps	9 Beneath bench	10 E/W gate	11 Tunnel, W side	12 Building, SE side	13 Wall, N side	14 Beneath steps
15 Rusty block	16 Elevated walkway, S side	17 Building, S side	18 Sign	19 Tunnel, S entry	20 Building, S side	Finish Crane, S side

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Cockatoo Island

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