

Welcome to the Headland 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 concrete / garden bed east of Suakin Drive opposite the Men's Shed. Easy courses are short and in a simple loop, while medium and longer courses require more complex navigation and have some minor road crossings.

### 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 doing it via the app you just 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. DO NOT walk through the bushlands; stick to pedestrian areas as defined below. In the event of an incident including tick, snake, spider bites, call the Park Rangers - 0434 652 152: 8am-4pm. 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. See the Cancer Council recommendations [here](#). Parklands contain dogs, vehicles and other visitors so please take care.

### What terrain will I encounter?

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

### Will I need a compass?

No - there are plenty of roads, 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 Middle Head Road), and look for the nearest obvious large feature (road, building, intersection etc) close to you. Look for this feature on the map to regain your bearings. The CBD is to the south.

### 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.

### What are the courses?

- Easy A: 6-7-8-9-11 = 900m
- Easy B: 3-2-1-10-21-20-5 = 1km
- Medium: 10-16-20-6-8-9-12-22-18-2-3 = 2.4km
- Long: 1-13-4-19-23-22-9-7-14-18-17-21-3-2-5 = 4km
- Score: 1-23 in any order

1 Sign in Cannon	2 Post	3 Between Letterboxes	4 Emergency Sign	5 Wall, NE side	6 Post	7 Sign	8 Sign
9 Sleeper log	10 Sign	11 Post	12 Sleeper log	13 Sign	14 Post	15 Post	16 Post
17 Wall, SE foot	18 Sign	19 Sign	20 Letterboxes	21 S building, N wall	22 Sign	23 Fence	Finish Building, S side

Harbour Trust Park Rangers 0434 652 152: 8am-4pm, Security 0433 631 572 4pm-8am