

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 big picnic shelter up against the cliff wall, north of the children’s playground. 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. See <https://onsw.asn.au/about/permanent-courses> to download and print a 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. Stick to marked tracks in bush areas. Be very careful when crossing any internal road. The park contains trip/fall risks and other hazards, so please watch your surroundings. If you see any graffiti or unleashed dogs, please call council on 9424 0000.

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 (ie towards Lofberg Road), and look for the nearest obvious large feature (road, building, oval etc) close to you. Look for this feature on the map to regain your bearings. The city 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: 11-2-3-4-5-12-19-1 = 800m
- Medium: 1-19-3-20-17-7-8-14-13 = 1.6km
- Long: 19-10-9-13-17-7-15-16-6-18-8-14-20-3-12-5-4-2-1 = 3km
- Score: 1-20 in any order = 2.4km by shortest route

1 Bridge, SE end	2 Bridge, S end	3 Boardwalk, E corner	4 Building, S corner	5 Building, NE corner	6 Bridge, SW end	7 Sign, rear side
8 Building, S side	9 Gym, E corner	10 Sign, rear side	11 BBQ	12 BBQ	13 Tank, SE side	14 Wall, NW end, N side
15 Headwall	16 Building, S side	17 Building, N side	18 Sign, rear side	19 Light tower	20 Sign, rear side	Finish Stage wall, N part

Problem with the course? If you notice any marker(s) are damaged or missing, please email admin@onsw.asn.au.



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