



Top End Orienteers
invite you to come and try:

ORIENTEERING

Explore Manton Dam

WHEN: Sunday, 26th June, 2016

WHERE: Manton Dam Recreation Area.

Approx. 70 km south of Darwin. Park in main carpark

Follow the orienteering signs: Use the little walking bridge at the NW corner of the car park to walk through to the Start/finish, located in a grassy area near the water to the right of the bridge

COURSES: 4 courses: Easy 3km, Moderate 4 km,
Short Hard and Long Hard.

Courses are not suitable for prams and No pets allowed at Manton Dam

TIME: Start between 7.30 & 9.30am
Courses close 11.30am

- ❖ Enter on your own or as a group or family
- ❖ Coaching available between 8.00 and 9.00am
- ❖ Great for all ages and all fitness levels
- ❖ The ideal way to exercise your mind and your body
- ❖ Stay for the sausage sizzle and a cold drink

Beginners welcome. Entry to your first event is free!

For more information please call: 0405 718 693

Email: topendorienteersNT@gmail.com

www.teo.asn.au