



Top End Orienteers invites you
to a **navigation skills practice
afternoon**

HOWARD SPRINGS NATURE RESERVE

When: 2pm-5pm on Saturday 22nd May 2021

Where: Howard Springs Nature Reserve, starting from the lawn near the office on the west side of the lake

Courses: A series of short exercises approx. 1-2km long, to practice skills including: taking a bearing, estimating distance, aiming off, using attack points (very important for night navigation!), and understanding map legend



What to bring: water bottle, snacks, sun protection, wear clothes suitable for being in the bush (some checkpoints may be in undergrowth)

Time: Start between 2pm & 4:30pm, courses close at 5pm.

- Coaching available 2-5pm.
- Event fees: individuals \$3 member/\$5 non-member for the afternoon
- Great for all ages and all fitness levels
- The ideal way to exercise your mind and your body
- All welcome, including beginners and new members

Kids activities 3pm-4.30pm This is a group session for kids up to age 12, with parent in attendance, using game based activities designed to teach confidence and practice simple navigation skills. No extra cost but please book by emailing topendorienteersNT@gmail.com before Saturday 22nd May.

For more information please call: 0403827326 (Susanne)

Email: topendorienteersNT@gmail.com or www.teo.asn.au

Find us on Facebook 