

30	Sewer vent
31	Park western side-a bench
32	Stairs
33	Top of stairs
34	Fence corner
35	Stairs
40	Railing
41	South of path-near Milsons gravestone
42	Park-northern end-a bench
43	Park-north end-a bench
44	Park-south west corner
45	Track and creek junction
46	The track-10m from road
50	The knoll
51	A bench
52	North east fence corner Boulodrome-
53	Bottom of stairs
54	The path
55	A bench
56	A bench
57	A rock platform-north west
58	A gate
59	Middle of heritage listed street-end of railing
60	The track and creek junction
61	A fence at southern end of jetty
62	A bridge-south east end
63	End of the track-a small tree
64	A park-north side
65	End of the road-a tree
66	The track junction
67	Stairs-bottom
68	The track-bottom of steps
69	A copse
70	End of railing
71	The track junction-east side
72	The track-20m from junction with road
73	A track junction
74 	Foot of a cliff at a gully
75	The bridge-middle
80	A table
81	The track and creek junction-west side
82	A rock platform
90 01	The track and a gully junction
91 92	Fence corner Fence bend
	The lookout-Fence corner
100 101	A tree near bench
101	A rock overhang above old tidal pool-a bench
49 controls for 2830 points	

Course setter's notes

Stay on track at all time in bushland: No short cut through the bush is allowed: yes you need to go the long way from 100 to 82. It is a requirement by Councils that we need to obey, or we risk not be allowed to conduct more rogaines or orienteering events in the area.

Beware of busy roads. Seek to cross at pedestrian crossings or pedestrian islands.

Respect private properties. The course setter lives on the map so don't risk disqualification by walking through their building! The track between 73 and 74 crosses access tracks to private properties: take your time to identify and stay on the main track that usually stays level.

Tracks were drawn and rendered as accurately as possible. The scale of the map limits the extent to what can be done and some minor tracks might be found in the bush notably in the Castlecrag-Middle Cove area. Track to 51 is overgrown to the north when crossing a swampy area but boards have been laid to avoid wet feet; there is also a short rope-assisted scramble to scale a small cliffline (less than 2m). To and from the south (Castlecrag side) we recommend the direct south access track. The track running east and parallel to the road can be hard to find.

There are many playgrounds for kids to enjoy at or near controls 41, 52, 60, 50, 80, 55, 56, 51. From the north, 80 can even be accessed by a slide!

A swim can be had at control 61 (Northbridge Bath) and control 102 (open water).

Views are at their best at controls 100, 101, 91, 92, 50 and 82.

Some toilets and shops are marked on the map. You should be able to find water fountains at or near all of them as well as at the playgrounds mentioned above. There are many more cafés and shops than those marked.

Remember that the event is 6 hours long from the moment the last of your team punches the start.

Suggested novice routes:

All street with no (or minimal) steps: HH-43-71-65-80-33-44-58-42-75-55-31-HH. Possibly add 51,62,59 and/or 56 for 560 to 770 points

Some bush and views: HH-42-33-32-100-57-82-45-59-58-44-HH. Widen the loop by replacing 33-32 with 56-67-72 and/or by replacing 58 with 69-62-33-44 for 510 to 730 points.