

COME & TRY ORIENTEERING

Where: Mumbles Hill – Park near Castellamare Restaurant, SA3 4JT

When: Wednesday 10th May from 5:30 to 8:00pm

What: Free introduction to orienteering with help from our friendly club members. Following a course mainly on footpaths

Who: Open to everyone, all ages welcome. Bring your family, friends and dogs!

What is orienteering?

Orienteering is a fun outdoor sport which involves finding the quickest route between using a special map to navigate. It uses your brain as well as body and is similar to Adventure Racing which you may have seen on television. If you enjoy hill walking, cross-country running or geocaching there is a good chance you will also enjoy orienteering.

For more info: Contact Dave Mitchell at 07870895096 or email dave_and_ann.mitchell@ntlworld.com

A risk assessment has been completed. All orienteers take part at their own risk



SWANSEA BAY ORIENTEERING CLUB
www.s boc.org.uk

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