



GRAMPIAN ORIENTEERS



SUMMER ORIENTEERING 2009

Wednesdays at 6.30pm

Orienteering challenges your brain as well as your legs. You have to read and interpret the map, make decisions about the best routes to take and run, jog or walk along the tracks or through all types of terrain. You can treat it as a



competitive sport or just a way of getting some exercise and enjoying the outdoors, either on your own or with a friend or your family.



Sounds interesting? Come orienteering this summer. It only costs £2 for adults, £1 for juniors. And there'll be a friendly face at each event to help you get started.

SUMMER AWARDS

Certificates and prizes will be awarded for completing at least 3 events

May 6 Tyrebagger NJ 849110 *Introductory session for beginners*

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|--------|-----------------|-----------|--------|-----------------|-----------|
| May 13 | Countesswells | NJ 870044 | Jul 15 | Cheyne Hill | NO 843885 |
| May 20 | Foggieton | NJ 882032 | Jul 22 | Bennachie | NJ 697216 |
| May 27 | Perwinnes Moss | NJ 933118 | Jul 29 | Hazlehead | NJ 896055 |
| Jun 3 | Crathes | NO 735968 | Aug 5 | <i>No event</i> | |
| Jun 10 | Dunnottar Woods | NO 863844 | Aug 12 | Scolty | NO 688948 |
| Jun 17 | Kirkhill | NJ 863117 | Aug 19 | Balbithan | NJ 815177 |
| Jun 24 | Balmedie | NJ 976181 | Aug 26 | Mulloch | NO 720913 |
| Jul 1 | Balgownie | NJ 927100 | Sep 2 | Tyrebagger | NJ 849110 |
| Jul 8 | Glen Dye | NO 664886 | Sep 9 | Seaton Park | NJ 940091 |

Sep 16 Templars Park NO 846999 *BBQ & Prize-giving*

Venues may be subject to change. Check the website for the latest information.

For more information call 01224 323855, email summer@grampoc.com, or visit our website

www.grampoc.com