

Lakeland Orienteering Club

weekend 9th/10th October

Women's introduction to Orienteering skills

What - 2 days of developing orienteering-skills

Who - Women/girls only over 18.

When - Saturday 9th and/or Sunday 10th October, 10am – 4pm.

How much - One or both days - £10 per day – payable on the day

Where - Areas in the S. Lakes but will be confirmed.

Day 1 will be in woodland & open fell (Bethacar Moor)

Day 2 woodland (Graythwaite, Dale Park)

To attend or enquiries please email Carol – LOC Lead Coach on

crlmcneill@gmail.com or Claire Heppenstall

heppenstallclaire232@gmail.com for an application form.