## Free orienteering session on Sunday! #dundeewestend

There's a free orienteering session on Sunday - 20th March - at Lochee Park and Balgay Park.

Details below ...

## ORIENTEERING DUNDEE Adventure on your Doorstep!



SUNDAY 20TH MARCH, 11:00AM - 12:00 NOON Lochee & Balgay Park, enter by Ancrum Road



## WHAT IS IT?

Orienteering is an exciting outdoor adventure sport that exercises the mind and body outdoors, using special maps to navigate.

## WHO IS IT FOR?

Anyone! Orienteering is suitable for all ages and fitness levels. You can walk or run – it's up to you.

Come and give it a try at this free event!







