



# LITHGOW REGION

## 8 & 9 MARCH 2025

**REGISTER  
NOW**



### WHO IS THE WEEKEND FOR?

Any women eager to learn, improve or practice navigation skills in a forest or bush environment. There will be three streams: beginner, intermediate and advanced. Whether you are an absolute beginner or experienced in off-track areas, this weekend is for you.



Whilst we use orienteering maps and the weekend is primarily focussed on orienteering, the skills learnt are just as useful bushwalking, rogaining, adventure racing and exploring.

### WHAT'S INCLUDED?



2-days of training with first-class coaches (including land access approval, risk management planning and first aid, training equipment plus all maps).

Sunday breakfast and lunch plus snacks across the weekend.

Optional: Saturday evening meal with the group at Black Gold Motel.

### ACCOMMODATION & TRANSPORT

**Accommodation** and transport are NOT included. For Saturday 8 March, we recommend that participants book into Black Gold Motel, Wallerawang (Ph (02) 6355 7305). There are a variety of accommodation options available. Mention that you are part of the Bold Horizons group when booking. Training venue details will be emailed in the week preceding the activity. Both days will be within half an hour of Wallerawang.

### COST

\$45 discount for the first 30 participants. Thanks to an Office of Sport grant and ONSW.

Book before 1 February 2025

Register before 1 March 2025

Register before 4 March 2025

\$135 (+ optional \$45 for Saturday 2 course dinner)

\$155 (+ optional \$45 for Saturday 2 course dinner)

\$170 (no meal option)

**ENQUIRIES** – [barbara@boldhorizons.com.au](mailto:barbara@boldhorizons.com.au) or call on 0418 270 476.



*We thank Orienteering  
NSW and  
NSW orienteering  
clubs for their  
assistance with this  
weekend.*



Office of Sport

Explore – Discover – Grow