



IS THIS WHAT YOU'VE BEEN SEARCHING FOR?



Do you want to keep fit but don't fancy the gym? Do you enjoy the countryside? Do you want a new challenge? Then Orienteering is for you! And you won't have to go far to find it as the O-Zone comes to Lancaster - a series of beginner friendly Orienteering events in and around Lancaster. Please check out the web site www.o-zone.org.uk, email contact@o-zone.org.uk or phone 01524 770637



Saturday 22nd Sept. Lancaster University
Saturday 29th Sept. Salt Ayre, Lancaster
Saturday 6th Oct. Eaves Wood, Silverdale
Saturday 13th Oct. Williamson Park, Lancaster
Sunday 28th Oct. Helsington Barrows, Kendal



Organised by SROC,
the orienteering club
for Lancaster