



IS THIS THE SPORT YOU'VE BEEN SEARCHING FOR?



Are you looking for adventure? Want to get or keep fit? Enjoy healthy exercise in beautiful countryside? Then this is the sport 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