

ORIENTEERING...

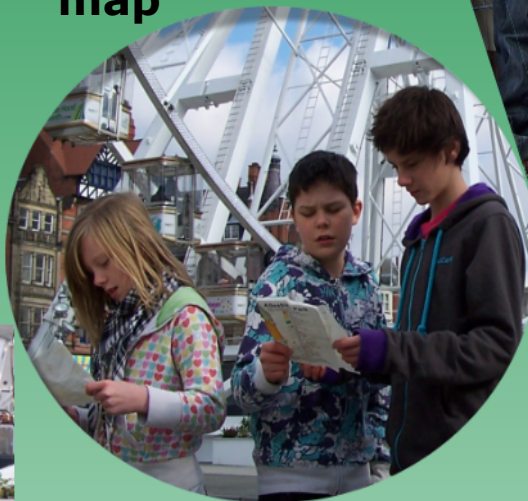


in the city centre!

**TRY IT,
YOU MIGHT
LIKE IT**

FREE
Orienteering
map

FREE
Introduction
to orienteering



FREE
Entry to beginners
course in the day

**SUNDAY 11TH APRIL 2010
10.30AM - 12.30PM**

**Visit our stand in
Nottingham market square**

ALL AGES WELCOME

**This free event is designed especially for beginners.
Perfect if you want a new way to get exercise, or
to try orienteering for the first time.**

Run by volunteers of the



Visit www.noc-uk.org for full details