

# Long Lake, Halifax, NS

Scale 1:7500  
Contours 5m



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- contours (5 m)
- mounds / earth wall
- ditch / small depression
- embankment
- ditch
- sea / lake / pond
- river / streams
- marsh / indistinct marsh
- narrow marsh
- roads
- paths
- small path / indistinct path
- bridge
- paved or gravel area
- fence / impassable
- power line with pole
- boulders / cliffs
- boulder field / rocky ground
- cairn or monument / grave stone
- fire place, seat bank, teepee
- other objects
- building / canopy
- distinctive tree, large / small
- distinct vegetation boundary
- open / rough open
- semi open
- sand or sawdust
- thick vegetation
- low vegetation
- impassable vegetation
- out of bounds area
- root

**WARNING!**  
Beware of Ticks

- Tick-free footwear
- Check for ticks daily
- Remove any ticks immediately
- Call your doctor if you get a tick bite

**Safety Bearing:**  
East to Dunbrack St.

LongLakeMapRunF				
Advanced	3.5 km			
1	32	///	///	Y
2	44	///	///	Y
3	48	✳		○
4	50	≡		○ <sub>L</sub>
5	49	⊗		
6	51	///	///	Y
7	52	≡		○ <sub>L</sub>
8	55	•		
9	58	∩		
10	56	▲		
11	57	▲		
12	53	///	///	X
13	54	∩		
14	38	✳		
15	43	///	///	Y
		290 m		

**COVID-19**  
If you or anyone in your household have experienced or come in contact with anyone experiencing COVID-19 symptoms as defined by health authorities, please stay home. Always respect and follow all public health orders. Please be sure to follow basic hygiene rules:  
-Sneeze or cough into your elbow or sleeve.  
-Use hand sanitizer frequently (soap and water even better).  
-Consider wearing a mask when around others.  
-No spitting or uncovered nose blowing.  
Please maintain physical distancing of 2m when encountering other from outside any 'bubble' allowed by health authorities.  
**Do not touch orienteering flags or ribbons.**

**Main parking, 10 Dunbrack St.**

Field Work 2018/Drawing 2019 by Marian Cotirba  
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