

# Long Lake, Halifax, NS

Scale 1:7500  
Contours 5m



www.orienterings.ca



**WARNING!**  
Beware of Ticks  
• Wear long sleeves  
• Check for ticks daily  
• Remove any ticks immediately  
• Call your doctor if you get a tick bite

hoc.whyjustrun.ca



- 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 / ledge
- 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

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

LongLakeMapRunF				
Intermediate	2.2 km			
▷				
1	40	/ /	Y	
2	32	/ /	Y	
3	33	/ /	Y	
4	39	/ /	Y	
5	44	/ /	Y	
6	45	/ /	Y	
7	34	/ /	Y	
8	46	/ /	Y	
9	36	/ /	Y	
10	47	/ /	Y	
11	31	▲		
12	43	/ /	Y	
13	42	○		
⊗	180 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.**