

Long Lake, Halifax, NS

Scale 1:5000
Contours 5m
hoc.whyjustrun.ca



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

WARNING!
Beware of Ticks

- Must wear repellent
- Check for ticks daily
- Shower soon after being outdoors
- Call your doctor if you get a fever or rash



Safety Bearing:
East to Dunbrack St.



magnetic north

LongLakeMapRunF		
Beginner	1.8 km	
	Start:	
1	41	Bench
2	31	Boulder
3	32	Path junction
4	33	Path junction
5	34	Path junction
6	35	Path junction
7	36	Path junction
8	37	Path junction
9	38	Bare rock
10	40	Path junction
11	43	Path junction
12	42	Bench
Navigate 180 m to finish		

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.

Field Work 2018/Drawing 2019 by Marian Cotirta
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To main parking 10 Dunbrack St. →