



NAOC 2014 - LONG					
M45					
	7A	5.2 km	120 m		
	▷	↙ ↘	↘	○	
1	188		○	○	
2	201	⋯	○	○	
3	187	∇	•	○	
4	216	≡		○	♻️
5	214	→	○	○	
6	213	↗	○	○	≡
7	212	∩	∪		♻️
8	231	⊙		○	
9	33	↙			<

○ — 110 m — ○



ARNPRIOR
WHERE THE RIVERS MEET



Course setter: Brian Graham
Controller: Richard Guttormson
Mapper: Bill Anderson, 2014 with updates
to the 2010 BA and Brian Chubb south section.

Special Symbols:
× pile of debris
× rootstock >2m
Safety bearing is East

Carp Ridge - Hidden Meadow Farm

An Orienteering Ottawa map. Made for sport.

Scale: 1:10 000 Contour Interval: 2.5m