

ACT Rogaining Association – Realm of the Owl Virtualgaine

Course Notes and Instructions

Welcome

Welcome to the 2026 virtual 4-hour rogaine “Realm of the Owl”. This year’s event is based around Belconnen, including the shores of Lake Ginninderra, Bruce Ridge, Lyneham Ridge and the suburbs of Bruce, Lawson, Kaleen, Lyneham.

Head into the bushlands of Bruce Ridge and Lyneham Ridge, or take a spin around Lake Ginninderra. Check out the famous Owl sculpture by Bruce Armstrong near control 81. And visit the tablet commemorating the 1966 origins of Belconnen at control 63.

The start location is at the entrance to Bruce Ridge Nature Reserve, off Purdie Street, near CIT. This is shown as a triangle near the centre of the map. There is ample free parking in the CIT car park.

It’s a virtual event, which means that you can take part at any time between Saturday 23 May and Monday 08 June 2026, and the course uses the MapRun app on your phone or watch to record your visits to control sites; there are no control flags.

You can compete individually or as a team.

Acknowledgement of Country

ACTRA acknowledges the Ngunnawal people as the traditional owners of the land on which you’ll be running during this event.

New to Rogaining?

Rogaining is a sport of long-distance navigation, where you visit as many pre-defined control points as you can in a fixed time – in this case, four hours. You score points by visiting the control sites, which are marked as circles on the map. You must start and finish at the start point which is marked by a triangle on the map.

The number of points you score is the control number rounded down to the nearest multiple of ten. For example, you score 50 points for control 53, 60 points for control 61, and 100 points for control 100.

This is a 4-hour event. That means that you have up to 4 hours to visit control sites to maximize your score, and to return to the start point. If you return late, 10 points are subtracted from your score for each minute you are late. And you are disqualified if you are more than 30 minutes late. So it’s really important to get back on time.

You can run or walk, but not use a bike or any other means of transport. GPS devices are not allowed to be used for navigation; you may only use the course map and a compass, in conjunction with these instructions.

For more information on rogaining see <https://act.rogaine.asn.au>.

About MapRun

This event uses electronic punching with the MapRun app on your phone, or the MapRunG app on your GPS watch. There are no flags at control sites. Instead, you just need to get within about 10 metres of the control site, at which point the app will beep to register the control.

The MapRun app is available for iPhone, Android and some Garmin watches. Once you have downloaded the MapRun app, tap the Select Event button to select the event from the ACT/Rogaine folder. Alternatively, you can scan the QR code on the map. When you’re ready to start, tap the Go to Start button.

The start point is the gateway into Bruce Ridge Nature Reserve south of Purdie Street, near the southeast corner of the CIT car park. On the map, the start point is marked as a triangle. Approach the start point with the MapRun app to get a beep that indicates you’ve started. When you return, you need to visit the start point again to complete your course with a final beep.

Because there are no control flags, you’ll need to navigate carefully and pay attention to the control descriptions, listed on the map, which give precise locations.

For more information on MapRun see <https://maprunners.weebly.com>.

The Map

The map scale is 1:25,000 (4 cm = 1 km), with a 10 m contour interval. The grid lines are aligned to magnetic north and are 1 km apart.

The map size is A4, which makes it easier for you to print it at home if you wish. But we’d recommend picking up a professionally printed tough waterproof map from Paddy Pallin in Lonsdale Street, Braddon. If you do print your own map, put it in a poly bag so it won’t get wet or torn.

Course Notes

For a successful, safe and fair event:

- Keep out of the out-of-bounds areas, which include:
 - Residential land and other private properties such as schools, shown in yellow on the map.
 - Any other obviously private property and residential land. Do not shortcut across people’s gardens.
 - The Naval Radio Station site, north of Lawson, shown pink on the map.
- Gungahlin Drive and Ginninderra Drive, marked in orange on the map, are busy roads with fast traffic. Only cross these roads at the crossing points (bridges, tunnels and pedestrian crossings) marked in blue.
- The crossing point between controls 43 and 50 does not have a pedestrian crossing, but is near traffic lights and has good visibility in both directions. Cross with care.
- Elsewhere, cross roads with care and use crossings or underpasses where practical.
- Apart from your phone or watch running the MapRun app, GPS instruments are not allowed. You may only use the map provided and your compass for navigation.
- You must complete the course on foot. Bikes and other means of transport are not allowed.

There are public toilets at:

- Westfield Belconnen, south of 64
- Macquarie Jamison Centre, south of 81
- Kaleen shops, south of 51
- John Knight Park, near 54
- Several around Lake Ginninderra

There are drinking fountains at:

- Kaleen playing fields, near 70
- Lawson, northeast of 82
- Aranda playing fields, south of 63
- John Knight Park, near 54
- Several around Lake Ginninderra

Course Planning

The course has 36 controls worth a total of 2000 points. The distance to clear the entire course is about 33 km. Multiple entries are allowed, so you may choose to tackle different parts of the course on separate days.

Beginner Route Suggestions

If you’re new to rogaining, here are some route options to get you started:

- Show me the way: 40 41 55 73 32 48 81 63 31 (about 8 km)
A fairly short and easy route, taking in the AIS, Gossan Hill and visiting The Owl.
- Show me the trees: 72 62 80 45 43 61 91 50 60 42 41 40 (about 11 km)
A cross-country route taking in Bruce Ridge and Lyneham Ridge.
- Show me the water: 44 31 73 32 54 64 30 65 92 46 53 33 47 55 41 40 (about 14 km)
A longer route taking a loop around Lake Ginninderra.

Safety

You participate at your own risk and are responsible for your own safety. As this is a virtual event, there is no first aid or other support available from ACTRA. Plan as you would normally for a run or bushwalk: let someone know where you are going, have someone you can call for help, and call 000 in an emergency.