



INVOC Abriachan Orienteering Local Event

Sunday 10th March 2019

Planners comments

For those that are new to Abriachan the terrain is technical but physical. From a technical side of things the open hill area was classed as similar to Glen Affric as part of the World Orienteering Champs in 2015. Physically deep heather abounds on the open hill and the forest has been affected by wind blow. Whilst we have tried to set routes to avoid the worst affected areas, some sections will be slow. That aside, the summit of Carn na Leitire is a stunning viewpoint and well worth the visit.

The area has a limited number of paths - what is there is well made. The white, yellow and orange courses all use this path network and will be fast underfoot but all have more climb (and descent) than is typical for the standard. Orange and yellow runners should be aware they share a large part of their route with the white course. As a result they will pass white controls that aren't marked on their map – always check your control number to make sure you are at the right one.

For the short green there are some path route choice options which reduces the physicality of the course (though lowers the technical standard) and when on the moor stays on the top which is the most runnable.

Green and blue both traverse the hill-side and will have most opportunity to enjoy the views over Loch Ness and beyond. The following mapping points should be noted:

- Groups of fallen trees are mapped as walk undergrowth (vertical green hash symbol). Isolated fallen trees from wind blow damage are not mapped.
- Only 'distinct' boulders are mapped. There are some boulders on the hillside that are not marked.
- There are some rock slabs/open rock on the moor which you can run on but are not marked. Craggs all have a vertical drop.
- There has been recent felling to the area south of all the courses. The map had been amended to show this. Please do not climb on any log stacks.
- The leg to the finish for all courses is on a trail used by mountain bikers. Take care and watch for bikes as you sprint to the finish line.

Getting There

Abriachan lies between Drumnadrochit (4 miles) and Inverness (9 miles) on the A82. If travelling from Inverness direction do not take the first turning (marked Abriachan and Blackfold), take the second turning approx. 5 miles later - if you pass Abriachan Gardens or Clansman Hotel you've gone too far! For cars travelling northbound ONLY, there is a turning layby at the junction off the A82. This should be used to turn off the A82 due to the tight angle of the junction in this direction.

As you proceed up the hill go past the Abriachan village hall and after a further 100m take the left fork signposted Abriachan Forest Walks – you will pass Loch Laide on your left. Then two fields past the Loch, take the forest road on the left and the carpark is 400m on the left. Abriachan Forest Trust classroom is in the trailhead carpark west of Loch Laide.

Grid Reference : NH 540 354

<http://streetmap.co.uk/map.srf?X=254010&Y=835365&A=Y&Z=120>

<https://www.google.co.uk/maps/place/Abriachan+Forest+Trust/@57.385094,-4.429622,17z/data=!3m1!4b1!4m2!3m1!1s0x0:0x747b323b5c71c36b>

NB – Google earth takes you off-road to Cragganard, just forget SATNAV!

Parking

Parking is limited. Please car share if at all possible. Some parking is available in the main car park. Once it is full the overflow parking is up a narrow rough track, uphill, about 500m from the Abriachan Forest Trust classroom. Under no circumstances are competitors to park along the track that leads between the car park and the overflow parking area (the track is used by residential and farm traffic). The overflow parking area is nearer to the Start than the Abriachan Forest Trust classroom, so if you have pre-entered, and don't need to collect a map from Registration, you can just go to the start (White and Yellow maps to be collected from Registration).

Courses

Colour	Length	Climb
White	1.6km	65m
Yellow	2.0km	85m
Orange	2.5km	110m
Short Green	3.1km	110m
Green	3.7km	130m
Blue	5.3km	165m

Entry Fees

[SI Entries click here](#) (online entries close 7th March 2019).

Seniors (Members/Non –Members): £6/£7

Juniors/Students (Members/Non –Members): £4/£5

(This includes a donation to Abriachan Forest Trust for the use of their facilities.)

Dibber Hire £1

Entry On The Day £1 extra

On the day

Registration will be open from 10:30 at the Abriachan Forest Trust classroom.

Starts will be open from 11:00 to 12:30, it will be a punching start.

Start times will not be pre-allocated.

The start is approx. 1km from the Abriachan Forest Trust classroom.

The finish is approx. 200m from the Abriachan Forest Trust classroom.

Courses will close at 14:30.

Maps

The map will be 1:10,000 with contours shown at 5m intervals.

White and Yellow maps should be collected at Registration.

All other maps will be available at the Start.

SI Timing

SI timing will be being used and the units will be set up for both standard dibbers and SIAC. For those participants planning to use SIAC (contactless) please note that if you are the first runner out on the course some of the units may not be “awake” and may need to be dibbed in the normal way. Our small planning team of 2 will strive to wake up as many of the control units as they can on the morning of the event but given the timeframe and the deepness of the heather a full “wake up” of units cannot be guaranteed. Apologies in advance if you are the first runner and lose a few seconds activating units. Thank you for your understanding. If you are a runner for whom every second counts you are advised to wait for a later start and let your arch rival head out first. Please also note that the start and finish units are NOT set to SIAC and must be dibbed in the normal fashion.

Forestry operations

There is stacked timber located between the start and finish and please do not climb on these. All courses will encounter stacked logs and lying timber (off path) please keep off any stacks or cut wood. Obey all forestry signage and also keep off any felling machinery.

Safety

- A risk assessment will be carried out and available for inspection at registration.
- Cagoules may be compulsory depending on the weather - this will be advised on the day. Please bring a cagoule with you in case it is required.
- Competitors are advised to carry a whistle. Six short blasts indicates a competitor in trouble and anyone hearing this is asked to help.
- There will be a First Aid point at the Abriachan Forest Trust Classroom.
- Please write any relevant medical conditions on the paper provided and put them in an envelope provided at Registration - these will be destroyed after the event.
- Abriachan is very busy with mountain-bikers, and they will be on the same paths as some of the orienteering routes, so please take care.
- A short part of the walk to the start shares the narrow vehicle track to the overflow parking, as well as occasional farm traffic and residential traffic - please take care.
- Ticks are present – please check for ticks after you have been orienteering.
- Due to overhead powerlines please do not use kites or flags in the car park areas.

Download

It is essential that everyone returns to download even if you have not completed your course. This is so that we know you are back safely and don't send out a search party.

Catering

The Abriachan Forest Trust will be offering drinks, soup, scones and cakes for sale as a fundraiser for the charity. Please support them!



Additional

There will be a car key drop at the Abriachan Forest Trust Classroom.
Toilets are available at the car park.
Mobile phone signal is patchy and unreliable.
Well behaved dogs are welcome, but please take care of their poo!

Officials

Planners: Susan and Ronan Blackwood
Organiser : Ian Shread
SI : Val Springett
Safety Sign Off: James Laird

BY TAKING PART IN THIS EVENT YOU AGREE TO THE FOLLOWING:

1. Registration information will be recorded on computer
2. Photographs and / or name(s) may appear on our website or in the media. We will seek permission where this involves young people.
3. Competitors are responsible for their own personal safety and for assessing their own abilities to complete the course. [Please seek advice at the registration desk on the day if you are unsure of whether the course you are entering is appropriate].
4. Event results will be published on the Internet and sent to British Orienteering.