

# iROMP at ACHEMARACK



## Event Details

17 October to 30 November 2020

INVOC invites you to our latest iROMP (INVOC Regular Orienteering Mapping Programme) at Achtemarack, near Drumnadrochit. This isn't an organised event as such – the controls have been laid out discreetly in the woodland, so just print a map and go run the courses in your own time. There are no timing devices - self time your run if desired.

**Planner's Comments:** Achtemarack is a mature coniferous forest with some steep hills and a lot of interesting contour detail and many rock features. There is one main track and very few other paths.

There has been recent thinning in much of the area, so there are several unmapped extraction tracks, some of which are very muddy. The thinning is now complete but there are some large stacks of logs alongside the main track. These are gradually being removed so you may see a timber lorry. Runnability has not been much affected except in the area near (to N and W of) the start and finish, and along the extraction tracks. Most of the terrain is in good condition although physically tough.

Although the map was updated relatively recently, this was before the recent thinning, so small thickets should not be relied on for navigation.

Part of the map is marked out of bounds as we do not have access permission for it.

If you spot any problems (e.g. a missing control), please contact the planner on [teaminvoc@invocmail.org.uk](mailto:teaminvoc@invocmail.org.uk).

See also safety information below.

**Directions and Parking:** Take A831 west from Drumnadrochit for approx. 2.5 miles, then turn right on to a minor road signed for Achtemarack. This road is narrow and twisting. At a hairpin bend to the left, an obvious forest road turns off to the right. This is the access to the venue. There is space for 2 cars to park before the gate, but you must not block the gate as lorry access may be needed. If the gate is open, do not drive past it as it could be locked by the time you return!

If the parking spaces there are full, go slightly further up the hill to a forest road on the left. There is some parking space along that road. Or there are some small laybys along the public road (farther up), but please don't obstruct any private accesses.

**Map:** Scale 1:10,000, 5m contour interval. It's DIY - Print your own and take along on the day (in a waterproof case if wet) and remember your compass and whistle!

**Start and Finish Location:** The Start for all courses is about 450m along the main forest road, and is marked by a T-bar with red "Scottish Orienteering" tape attached. The finish is a T-bar with red/white tape, also on the forest road, about 150m from the gate. (NB as they are on the main track, it is possible that they might go missing, in which case, use your map-reading skills!)

**Courses:** Courses from Blue to Orange are available, or plan your own using the "All Controls" map.

Due to there not being many conspicuous line features, the Orange course may be harder than usual, although fences (overgrown with bracken in places) and small streams and ditches may be used. I recommend that anyone who is not already confident in doing an Orange course should be accompanied or shadowed.

All controls are marked by standard kites, which are attached to vegetation where possible, rather than stakes.

**TOILETS:** There are NO toilet facilities in the area. (Public toilet in Drumnadrochit may or may not be open.)

**RESULTS:** There is no timing for this activity. However we are offering a little bit of club competition and if you want to compare your time with others please self-time and submit it via the following link: <https://forms.gle/hHoFFNsZx1BwdxqFA>

You can then compare times using this link:

[https://docs.google.com/spreadsheets/d/1T6lf0FRkcmT-EGb0r4L8vwTA9TqkecpRcpht9\\_GdLo/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1T6lf0FRkcmT-EGb0r4L8vwTA9TqkecpRcpht9_GdLo/edit?usp=sharing)

## **SAFETY - IMPORTANT**

Runners are responsible for their own safety whilst out on the courses and should dress appropriately for the weather. There is NO first aid provision. It is recommended that you carry a mobile phone and a whistle. Mobile signal in the area is generally good.

As the area is rough, it is recommended that you let a friend or family member know when you are going out and when you finish. You may want to arrange with another club member to be on the course at around the same time. Supervision of juniors is at the discretion of parents. If in doubt, parents should shadow their kids. The club coaches are also available for advice: Please contact Jacque on [coaching@invocmail.org.uk](mailto:coaching@invocmail.org.uk) or James [events@invocmail.org.uk](mailto:events@invocmail.org.uk)

The main burn flowing north to south is in a gorge for much of its length. Although the map suggests it can be crossed at some places, your planner hasn't tested this, and doing so would also mean crossing some steep, felled ground which is not pleasant going. Courses are planned to encourage you to cross it at the bridge and to avoid the felled area (except for one control which is near the road).

DO NOT climb on timber stacks (which you are likely to see alongside the forest road, although they are gradually being removed).

Be aware that timber lorries may be using the track, and give way to them, or avoid the immediate area of any timber loading, if necessary. If you have to do this, you may pause your self-timing to allow for it. Forestry and Land Scotland have said that lorries will be using the road intermittently.

Although it is late in the season, ticks may still be around, so wear full leg cover and check yourself for them after your run.

**COVID 19:** Anyone orienteering using permanent or virtual courses, or taking part in club activities or events, must follow Government guidance and BOF code of conduct to ensure the safety of themselves, other participants, event volunteers and the general public. Government guidance takes precedence over the BOF code of conduct. If government guidance changes at any time, it must be followed with immediate effect, including, if necessary, by stopping any orienteering activity. Please read the BOF code of conduct. <https://www.invoc.org.uk/docs/Covid-19/BOF-Code-of-Conduct-6-July-2020.pdf>

Individuals should not come to this activity if:

- They are unwell with a cough, fever or other respiratory symptoms, or with a loss of taste or smell
- If you or someone in your household or your support bubble is showing coronavirus symptoms, everyone in your support bubble should stay home. If you or a member of your support bubble is contacted as part of the test and trace programme, the individual contacted should stay at home. If that individual becomes symptomatic, everyone in the support bubble must then isolate.
- If you have returned from any overseas country (except for ROI or one of the exempted countries identified by the government) until you have completed the self-quarantine period for 14 days, even if they are symptom-free
- If you are undergoing COVID-19 testing, until you have received negative test results and are symptom-free
- If you have been advised to stay at home by a health professional.
- Those in higher risk Covid-19 categories will be placed at increased risk through participation in this activity.
- Please maintain physical distancing (2m) at all times with club members (not from your household) and members of the public. This may at times require stepping off the paths and trails. The area is not heavily used by the public but you may meet some walkers, including dog walkers. **Physical distancing is more important than your time.**
- Please avoid handling/touching the control kites where possible.

**Scottish Outdoor Access Code:** The expectation on club members is that they are engaging in this activity as a member of the public and that they fully conform to the Scottish Outdoor Access Code for this sort of activity. <https://www.outdooraccess-scotland.scot/>

**First Aid:** This is an unsupervised activity, correspondingly there is NO first aid provision. You are recommended to have a small first aid kit in your car. See above for other personal safety precautions. Nearest A&E Dept is at Raigmore Hospital, Old Perth Rd, Inverness IV2 3UJ.

**Planner:** David Summers

**Safety Sign Off (excluding Covid) :** Jon Shepherd

**Committee member Covid-19 sign off:** Veronica Vargas

**COVID-19 Officer:** Jacquie Laird

**Organiser:** David Summers