

# Glen Affric North

SOL 3 + Long Distance World Ranking Event  
6th September 2026

Inverness Orienteering Club welcomes you to SOL 3 at Glen Affric North. This location was last used for an event in 2016 and was the site of the 2015 World Orienteering Championships long distance. We are able to offer a broad range of courses to suit all ages and abilities.



**Please make sure you've read the final version before the event.**  
**Version 3 04/09**

## Directions / Parking

Near: Tomich | Postcode: IV4 7LY  
Lat,Lng: 57.284144 , -4.8523178 | Grid ref: NH281251  
What3Words: piled.slicer.cracks

Open an interactive map and get directions in: [GoogleMaps](#)

The event is being held in Glen Affric. This is a remote location and the event will have a large amount of traffic. Please be considerate of local drivers.

Parking will be in a field with a cost of **£3 per car**. The entry to the field is through an uneven dip which may be unsuitable for vehicles with low clearance. Please carshare - save money and the environment!

There is no hard standing parking for vans or motorhomes. If the weather is very wet in the leadup to the event please leave the vehicle elsewhere (eg Torvean car park Inverness <https://www.highland.gov.uk/roads-transport-parking/park-ride>) and carshare.

**No entry after 12:00, and no departure before 12:30.**

## Entries

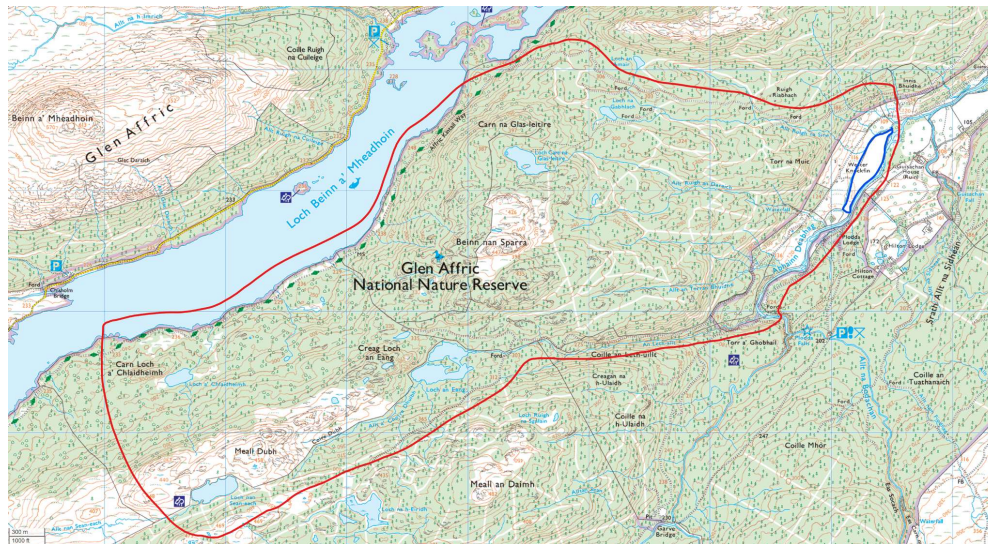
Close Saturday 29th August. All entries will be via SiEntries. (If you are new to SiEntries you will need to set-up an account to enter). Link here:

<https://www.sientries.co.uk/event/invoc-eagle-weekend-2026>

If you have any questions about what course to enter, cannot use SiEntries, or have missed the entry deadline please contact the event organiser ([danorienteering@gmail.com](mailto:danorienteering@gmail.com)) to confirm entry availability.

A map of the embargoed area is provided at the link here as well as highlighted on the map exert below.

<https://www.google.com/maps/d/u/0/viewer?mid=1ySp7-qn8FiQrwWc1czSolboH3fVvfXI&ll=57.271219526124256%2C-4.906549208459476&z=13>



## Terrain

**TD1-3:** In the rough pasture area next to the river, with paths, fences and rough ground.

**TD4-5:** Mature Scottish pine forest encompassed a forest of pine, birch and oak with steep slopes, complex contour details and few paths.

## Planners Notes

Glen Affric is one of the most wild and remote orienteering maps the UK has to offer, with a fantastically varied mixture of terrain types which are both physically and technically challenging. The area is rarely frequented by people and will give competitors the chance to enjoy wild and untouched Scottish upland terrain.

Longer courses will visit the higher upland areas in the West of the map, where open hillsides are scattered with natural pine and birch, lochans, marshes, rock and contour detail, as well as offering fantastic views down Glen Affric (on a clear day). Lower slopes in the west are home to the ancient Caledonia pine forests, with typical deep heather and bilberry underfoot. SOL courses in the East will enjoy the technical challenges of the pathless pine forest, where the terrain underfoot is a mixture of grass, tussock-sedge, bilberry and heather of varying depths and runability.

Forestry work was carried out by FLS in Glen Affric in 2016. The majority of the clear felling was contained next to the track in the North East of the map - the areas South of the track in the forest where timber was extracted now resemble large forest clearings. Most courses starting from the East start will encounter these new rides and clearings. In the 10 years since, the ground has recovered and runnability is basically the same as the adjacent forest. The map has been updated by Jon Hollingdale to show these new clearings.

The forest is a natural woodland with scattered windblown trees which lay where they have fallen - this is often as individual trees which are not mapped, but where pockets of several have fallen near to each other we have added small areas of vegetation double hatch (409) to the map. In general the windblow is traversable without losing much time, but areas are small and confined so also easily avoided.

Bracken cover varies throughout the forest, with some slopes more affected than others. In most places, it is generally sparse so whilst visibility is reduced, it is easily traversed. Areas most affected are shown with the vegetation single hatch screen (407).

The area is home to deer and wild boar who have made many trods through the forest. These tend to go along the slopes and down the re-enterants following the natural lines of the land. Whilst these considerably increase the possible running speed, they are often short lived - competitors should be prepared to spend the majority of the course moving through terrain. It is unlikely that competitors will encounter the boar and/or deer, although both have been sighted during hanging trips.

All courses pass down a steep slope of mature spruce plantation on the approach to the finish arena. The exit from this forest into the pasture uses a stile to cross the deer fence - please take care descending the slope and crossing the fence, and be courteous to other runners at the crossing point. More agile competitors will be able to climb over without the use of the stile if it is in use.

### **Map**

Maps will be printed on waterproof paper (Pretex for White, Yellow and Orange - Teslin for all other courses). Loose control descriptions will be available in the start lanes. Written descriptions for White and Yellow, both written and pictorial available for Orange. All other courses use pictorial descriptions.

Maps for yellow (12) and white (13) courses must be collected from enquiries before going to the start.

### **Scale**

1:15,000 - WRE Courses (1 and 2)  
1:10,000 - Brown, Short Brown, Blue.  
1:7,500 - Short Blue, and below.

### **Previous maps:**

The area was last used in 2016

1:15 <https://www.invoc.routegadget.co.uk/rg2/#19>

1:10 <https://www.invoc.routegadget.co.uk/rg2/#22>

1:7,5 <https://www.invoc.routegadget.co.uk/rg2/#21> (pasture area)

Updates Jon Hollingdale 2026

### **Punching**

SIAC enabled controls. Punching start on SOL courses. Finish punch is **not** SIAC enabled - please manually punch. If an SI unit fails, all controls have a pin punch clipped to the stake which should be used to punch the map in the boxes provided.

### **Assembly**

The assembly will be adjacent to the parking field. This will contain the finish, enquiries, download & first aid.

Scotjos will be running a cake stall in the assembly field. Please support them and bring cash.

Toilets: Portable toilets, provided at assembly.

### **Maze**

There will be a maze set up in the assembly field adjacent to registration/cake stall. Maps available from registration - 3 courses on offer, free for anyone to come and give it a go!

### **Registration/Enquiries**

The registration and enquiry tent is in assembly and will be open from 1000-1230.

A small number of entry on the day (EOD) may be available on the colour coded courses, please contact the event coordinator in advance if possible to confirm availability.

There will be no EOD for the World Ranking courses.

### **Start Times (11:00-13:00)**

Start times will be available on SIEntries:

<https://www.sientries.co.uk/event/invoc-eagle-weekend-2026>

Please try to stick to your time, especially on the more popular courses, this avoids waiting around getting bitten by midges / getting rained on at the start. Competitors who arrive early or late may have a long wait to start on their course.

### **WRE Start Times (11:00-)**

Competitors on the WRE courses will have allocated start times published on the INVOC website closer to the event: <https://invoc.org.uk/sol3/>

M21E and W21E use a Timed Start according to the published Start List, which is seeded based on world ranking, as of Monday the 31st of August.

Runners that arrive late will be started asap according to IOF guidelines. The start time will be recorded but will not be used to calculate a result unless it is agreed that the delay was the fault of the organiser. Any runner affected in this way must raise the matter with the organiser at the Finish.

Competitors with no world ranking points (e.g. this is their first WRE) will start before all the ranked competitors, based on BO ranking

**Course Information**

M/W21 Competitors will score SOL points on the WRE courses.

| Number | Course           | Start | SOL Classes                                                 | Length (km) | Climb (m) |
|--------|------------------|-------|-------------------------------------------------------------|-------------|-----------|
| 1      | WRE Men/Black    | West  | M-E, M21                                                    | 12.4        | 450       |
| 2      | WRE Women        | West  | W-E, W21                                                    | 10.6        | 375       |
| 3      | Brown            | East  | M20, M35, M40                                               | 8.0         | 320       |
| 4      | Short Brown      | East  | M18, M45, M50, M21S, W20, W35                               | 6.6         | 260       |
| 5      | Blue             | East  | M16, M20S, M55, M60, M35S, M40S, W18, W21S, W40, W45        | 5.4         | 210       |
| 6      | Short Blue       | East  | M18S, M65, M45S, M50S, M55S, M70, W16, W20S, W35S, W50, W55 | 4.5         | 175       |
| 7      | Green            | East  | M16S, M75, M60S, W16S, W18S, W60, W65, W40S, W45S           | 3.8         | 140       |
| 8      | Short Green      | East  | M80, M65S, W70, W50S, W55S                                  | 2.9         | 110       |
| 9      | Very Short Green | East  | M85, M90, M70S, M75S, W75, W80, W85, W90, W60S, W65S, W70S  | 2.5         | 80        |
| 10     | Light Green      | East  | M14, M16B, W14, W16B                                        | 2.5         | 75        |
| 11     | Orange           | Near  | M12, M14B, W12, W14B, M21N, W21N                            | 2.4         | 50        |
| 12     | Yellow           | Near  | M10, M12B, W10, W12B                                        | 2.0         | 25        |
| 13     | White            | Near  | M10B, W10B                                                  | 1.0         | 10        |

## **Starts**

There are 3 starts:

- The TD1-3 start is 300m from the assembly. This is for the white, yellow and orange courses.
- The East Start is for colour coded SOL courses from brown to light green. This route crosses the track for competitors driving into the event. Although traffic should be slow moving please mind for cars. The route to the start is steep, and goes over a stile and through a plantation forest. There are light brashings on the ground. The organisers have attempted to clear the route to the start, however competitors should watch out for eye level branches.
- The West Start is for WRE competitors on courses 1 and 1.5. Competitors on this course should pick up their map to the start from registration **as this route is not taped.**

| Start | Courses                               | Distance(k) | Climb(m) |
|-------|---------------------------------------|-------------|----------|
| Near  | White, Yellow, Orange                 | 0.3         | 40       |
| East  | All SOL courses (Brown - Light green) | 0.5         | 140      |
| West  | WRE Men, WRE Women                    | 4.1         | 225      |

All starts will potentially be quiet midge-ish, competitors are strongly advised to use midge repellent.

## **Courses close 15:30**

### **Download**

You must report to Download even if you do not complete your course. Course closing time 15:30, as printed on the map. If you run out of time you must report to the Finish or Download ASAP to avoid a search party!

### **Water points**

WRE courses will have water points. These will not be manned. There are 3 drinks points, every 25 minutes at the estimated winning pace.

Short Green, Green and Short Brown courses visit controls which are WRE water points - these are marked in the control descriptions to identify them as such, but please be aware water is only provisioned for WRE competitors and is not available for SOL competitors. Due to the remoteness of the terrain, only exact quantities have been provisioned so SOL competitors drinking the water may cause later starting WRE competitors to miss out. SOL competitors should carry adequate hydration if they think they will need it.

## **Results**

Live results will be available via arena wifi here: [www.sportident.co.uk/results/invoc/2026/Affric/](http://www.sportident.co.uk/results/invoc/2026/Affric/)

Results will be available after the event at <https://invoc.org.uk/2026-results/>

## **Weather and Hazards**

This event is being held in the Highlands in September so be prepared for all weather conditions. Competitors should be aware of the risk of [hypothermia](#) and take sufficient precautions to protect themselves. In the event of bad weather a hooded waterproof jacket may be compulsory and kit checked.

The terrain is rough and uneven; competitors should be aware of the risk of sprained ankles and other acute injuries. A first aid kit will be available at the arena.

Ticks which can cause Lyme Disease are prevalent in the forest so it is important to check yourself (and your family members and pets) for ticks after your run and remove them as soon as possible using a suitable tick removing tool.

## **Safety notes**

### **All competitors who start course must report to download**

|                                                                               |                                                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Nearest A&E Hospital:<br>Raigmore,<br>Old Perth Road,<br>Inverness<br>IV2 3UJ | <a href="https://www.nhshighland.scot.nhs.uk/local-services/accident-and-emergency/raigmore-hospital-a-e-inverness/">https://www.nhshighland.scot.nhs.uk/local-services/accident-and-emergency/raigmore-hospital-a-e-inverness/</a> |
|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

In the event of extreme bad weather, or other unforeseen circumstances, the event may be cancelled. Competitors will be notified via email. Event information will be updated on the website.

Competitors who want to disclose a medical condition can fill out a medical form to be opened in case of emergency and shredded after the event.

**Whistles will be compulsory on all courses. If the weather is bad on the day cagoules may also be compulsory.**

## **Crossing points**

All courses from the WRE and SOL starts will cross a fence in the final section of their course when leaving the forest. This crossing point is mandatory and will be taped and marked on the map.

There is also a crossing point immediately before the run-in. The fence here is crossable but competitors are advised to use the crossing point which will be taped, but for clarity isn't marked on the map.

Competitors on the yellow, white and orange courses will have a crossing point to enable them to cross a barbed wire fence. The crossing point is taped and adjacent to the control site, however this is also not marked on the map, due to the proximity to the control circle.

### **Accommodation**

The land owner for Saturday's middle at Carse of Ardersier has kindly said campervans are welcome to stay in his field for the Friday / Saturday night. £10 per vehicle per night. Please contact the event organiser if you would like to take up this offer.

All competitors must follow British Orienteering's Participant Code of Conduct.

### **Officials:**

Planner – Phil Vokes (INVOC)

Coordinator - Dan Spencer (INVOC) danorienteering@gmail.com

Organisers – Iain & Zoe Harding (INVOC)

Controller – Graeme Ackland

IOF Advisor – Ted Finch

### **WRE Jury**

Quentin Harding

David Eades

Laurence Cload