

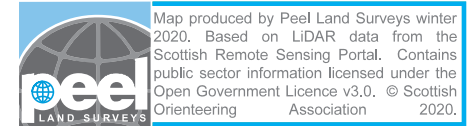
# Creag Meagaidh

## Permanent Orienteering Course

Turn over for instructions

Contour interval 5m

Scale 1 : 7,500

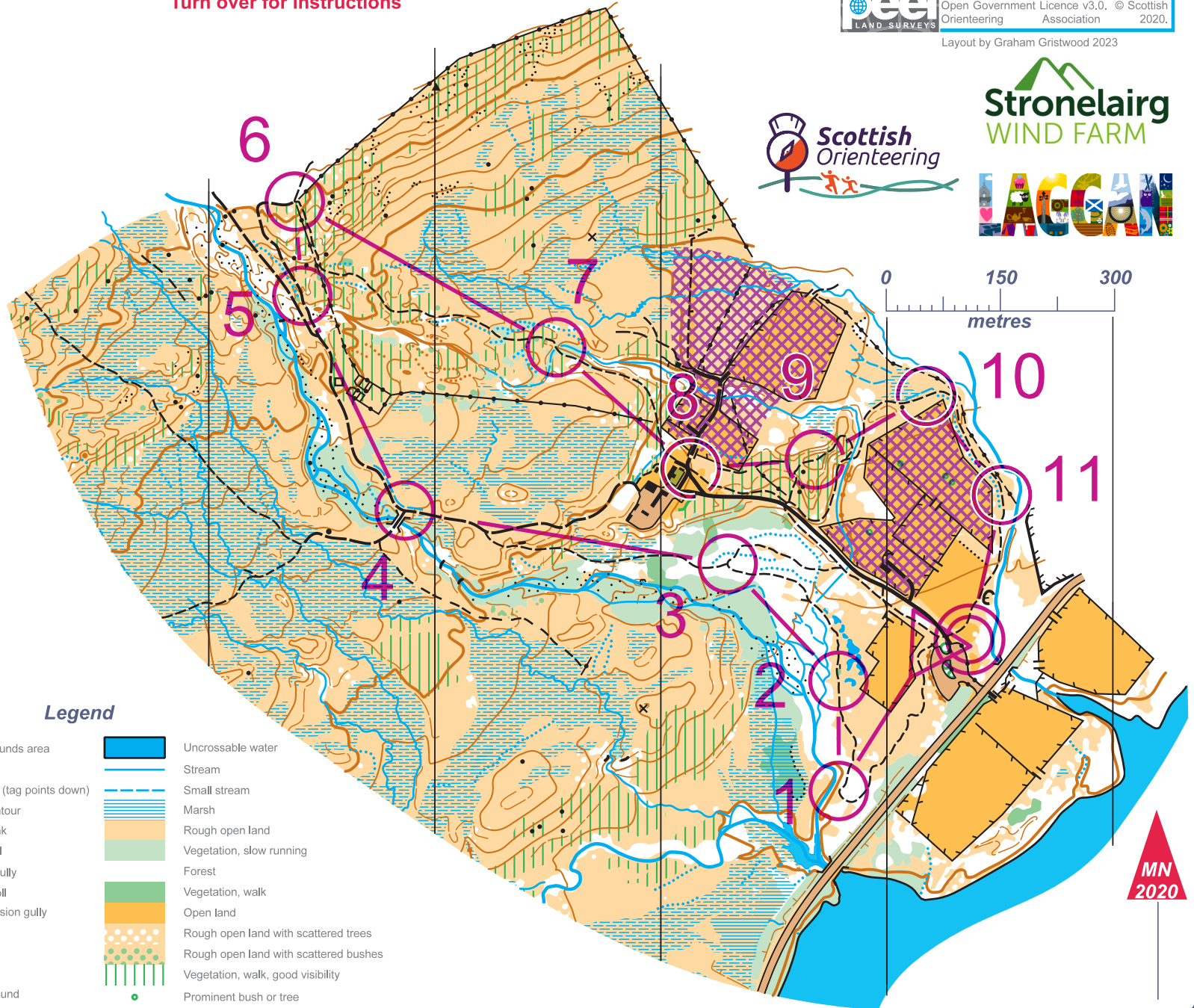


Layout by Graham Gristwood 2023



Long	2.8 km	85m
	Information Board at Path Junction	
1 AH	Information Board on Path Bend	
2 BK	Post by Path	
3 CD	Post at Path Junction	
4 DP	Post at Path Junction	
5 DW	Post on East Side of Path	
6 FJ	Information Board at Path Junction	
7 FM	Bridge, North Side	
8 GE	Post at Path Junction	
9 GL	Flagpole, East Side	
10 JB	Post by Path	
11 JC	Information Board by Path	
	200 m	
Finish on Post at Southern end of picnic area		

www.condes.net 10.4.0 Masterplan Adventure



Legend			
	Paved area		Uncrossable water
	Wide road		Stream
	Footpath		Small stream
	Small footpath		Marsh
	Road		Rough open land
	Bridge or tunnel		Vegetation, slow running
	Wall		Forest
	Fence		Vegetation, walk
	Impassable fence		Open land
	Crossing point		Rough open land with scattered trees
	Area that shall not be entered		Rough open land with scattered bushes
	Building		Vegetation, walk, good visibility
	Ruin		Prominent bush or tree
	Man-made feature		
	Out of bounds area		
	Contour		
	Form line (tag points down)		
	Index contour		
	Earth bank		
	Earth wall		
	Erosion gully		
	Small knoll		
	Small erosion gully		
	Pit		
	Cliff		
	Boulder		
	Stony ground		



## Permanent Orienteering Course – Creag Meagaidh, Highlands

Orienteering is all about finding your way around using a map. You may choose a short, easy walk to do with the family, or walk / run around a longer, more difficult course. ***If you've never tried orienteering before, you're advised to do the shortest course first to get used to the map.***

The courses start at the red triangle on the map. The points to be visited (“Controls”) are marked on the map by numbered red circles. The finish is the red double circle.

Start



Control shown on map



The start, the controls and the finish are all marked in the forest by a plate mounted on a post, with orange and white triangles (see above). Each control plate has:

- a double letter code that matches the letters in the table opposite (so that you know you have found the right location)
- a number which you can write in the table opposite (to prove that you have found each control).

**Safety:** Orienteering is an adventure sport, and as such trips and slips may happen, so wear footwear and clothes appropriate for the rugged paths and the weather conditions. On all courses watch out for any vehicles, dogs and other forest users, as they may not have seen you. Only cross rivers at bridges. Always check for ticks after exploring the outdoors as they can carry Lyme disease - advice on how to remove them can be found at [www.stophetick.co.uk](http://www.stophetick.co.uk)

Please do not enter the enclosed fields. These areas are marked by pink crossed lines on the map. Be aware of your rights and responsibilities under the Scottish Outdoor Access Code.

For more orienteering, including other permanent courses in Scotland or to find your local club, navigate to:

- the Scottish Orienteering Association at [www.scottish-orienteering.org](http://www.scottish-orienteering.org)
- Badenoch & Strathspey Orienteering Club at [www.basoc.org.uk](http://www.basoc.org.uk), which is the local club for Laggan, Aviemore etc.
- Loch Eck Orienteers at [www.ecko.org.uk](http://www.ecko.org.uk), which is the local orienteering club for Argyll and some of Lochaber.
- Other permanent orienteering courses at [www.goorienteering.org.uk](http://www.goorienteering.org.uk)

- A series of introductory youtube orienteering videos. [www.youtube.com/watch?v=26Zc5AVkFis](http://www.youtube.com/watch?v=26Zc5AVkFis)

**Long Course:** This course is moderately difficult and will take about 40-60 minutes to walk around, unless you spend a lot of time exploring other features on the way.

Long Course (Moderately Difficult)		2.8 km distance / 85m climb	Fill in the number here
Order	Code	Description	
Start (Triangle on map)		Information Board at Path Junction	
1	AH	Information Board on Path Bend	
2	BK	Post by Path	
3	CD	Post at Path Junction	
4	DP	Post at Path Junction	
5	DW	Post on East Side of Path	
6	FJ	Information Board at Path Junction	
7	FM	Bridge, North Side	
8	GE	Post at Path Junction	
9	GL	Flagpole, East Side	
10	JB	Post by Path	
11	JC	Information Board by Path	
Finish (Double circle on map)		Navigate to the Finish, which is on a Post at the Southern end of the picnic area.	

If you notice any controls are missing on the course, please contact [andylllewellyn@gmail.com](mailto:andylllewellyn@gmail.com)

The Creag Meagaidh permanent orienteering course has been made possible by:

- Support of the Creag Meagaidh National Nature Reserve
- Funding from the Stronelairg Wind Farm Community Fund / Laggan Community Council.
- Support & Funding from the Scottish Orienteering Association and local orienteers.

Please consider donating to the Creag Meagaidh NNR if you have enjoyed the course (suggested donation £1 - £2 per map to cover printing costs). Donations can be made on site.