

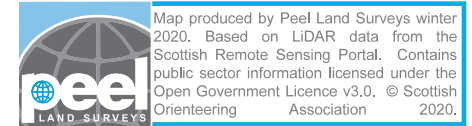
# Creag Meagaidh

## Permanent Orienteering Course

Turn over for instructions

Contour interval 5m

Scale 1 : 7,500

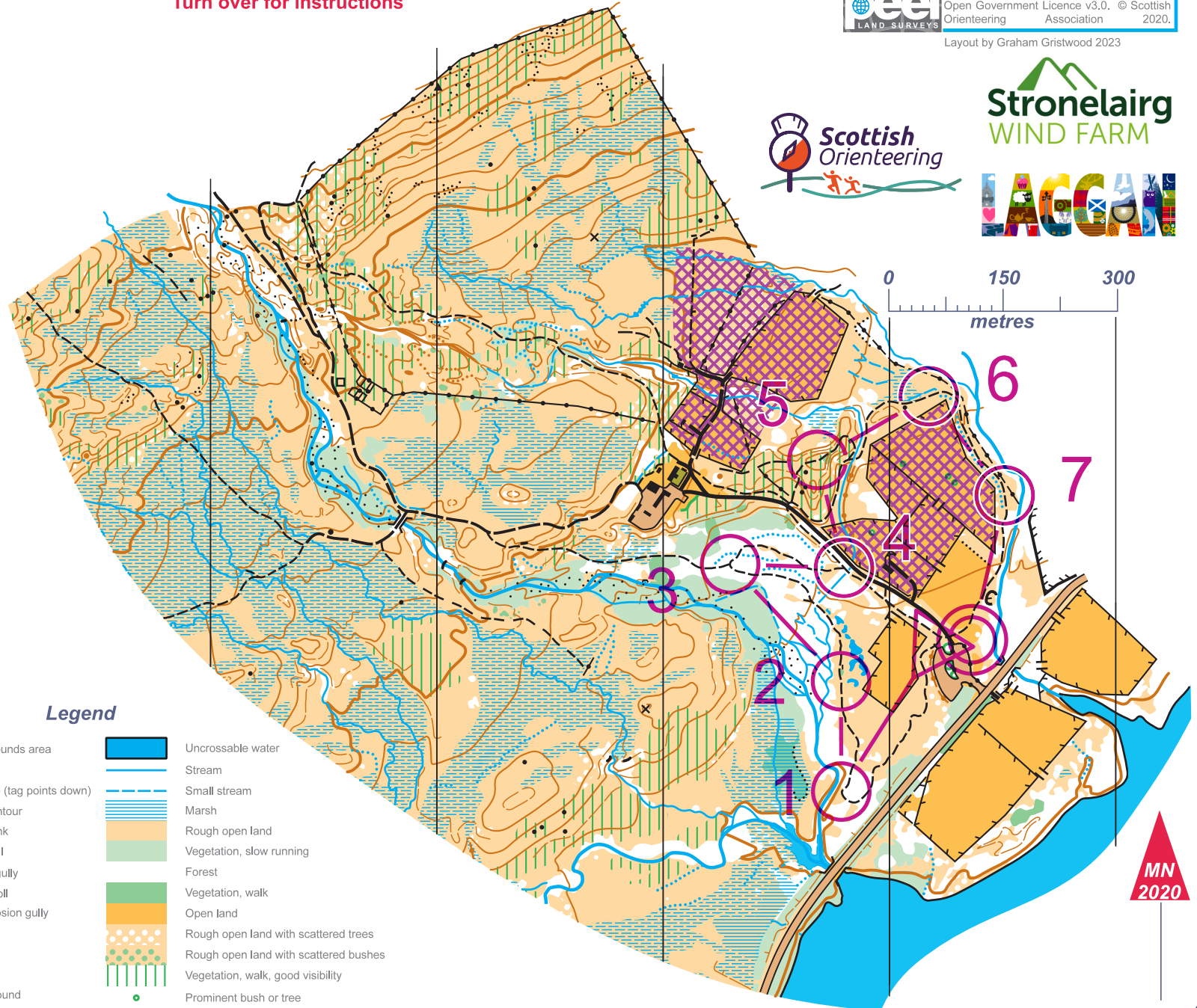


Layout by Graham Gristwood 2023



Short	1.4 km	20m
		Information Board at Path Junction
1	AH	Information Board on Path Bend
2	BK	Post by Path
3	CD	Post at Path Junction
4	JM	Post at Path Junction
5	GL	Flagpole, East Side
6	JB	Post by Path
7	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		Out of bounds area		Uncrossable water
	Wide road		Contour		Stream
	Footpath		Form line (tag points down)		Small stream
	Small footpath		Index contour		Marsh
	Road		Earth bank		Rough open land
	Bridge or tunnel		Earth wall		Vegetation, slow running
	Wall		Erosion gully		Forest
	Fence		Small knoll		Vegetation, walk
	Impassable fence		Pit		Open land
	Crossing point		Small erosion gully		Rough open land with scattered trees
	Area that shall not be entered		Pit		Rough open land with scattered bushes
	Building		Cliff		Vegetation, walk, good visibility
	Ruin		Boulder		Prominent bush or tree
	Man-made feature				

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2020

## 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.stopthetick.co.uk](http://www.stopthetick.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)

**Short Course:** This course should take about 20-30 minutes to walk around, unless you spend a lot of time exploring other features on the way.

Short Course		1.4 km distance / 20m 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	JM	Post at Path Junction	
5	GL	Flagpole, East Side	
6	JB	Post by Path	
7	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 of the Scottish Orienteering Association and orienteering clubs.
- Funding from 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.