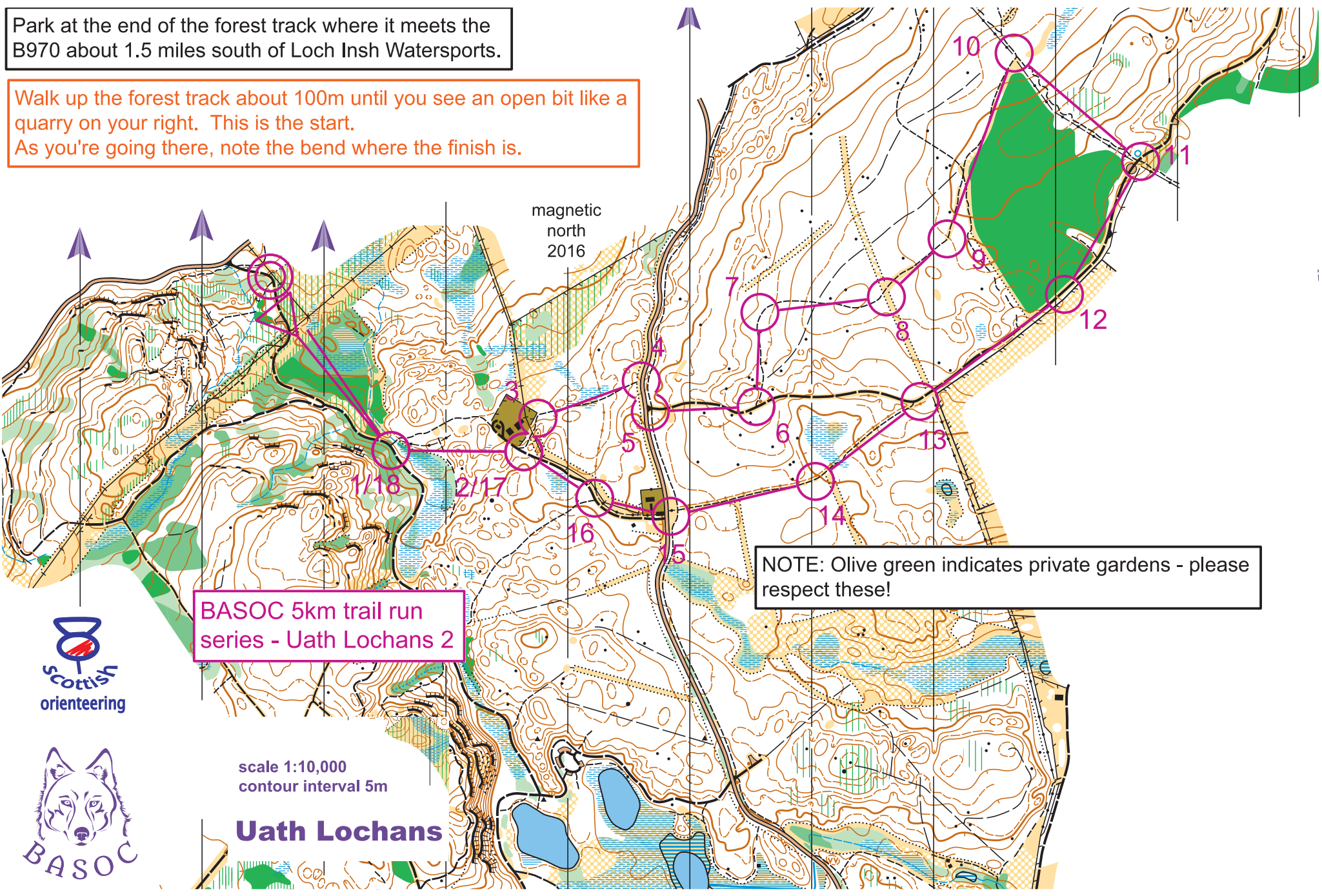


Park at the end of the forest track where it meets the B970 about 1.5 miles south of Loch Insh Watersports.

Walk up the forest track about 100m until you see an open bit like a quarry on your right. This is the start.  
As you're going there, note the bend where the finish is.



NOTE: Olive green indicates private gardens - please respect these!

BASOC 5km trail run series - Uath Lochans 2



scale 1:10,000  
contour interval 5m

**Uath Lochans**