

# national orienteering centre

## Regular Orienteering Map Programme: Autumn Training Bonanza 13 September – 18 October 2008

# A C H L E A N

### ❑ IMPORTANT

Deer culling will be taking place after 27 September. After this date, you are advised to use the area only at weekends. If you want to use the area Monday – Friday after 27 September, you **MUST** contact the forest ranger (Bobby Inness) on 07789 396029 beforehand.

### ❑ Travel Directions

Navigate to Kincaig, S of Aviemore, on the B9152. Take the turning towards Loch Insh Watersports Centre. Then turn right (south) onto the B970. After about a mile, take the left fork (Glen Feshie road). Continue to the end of the public road (about 3 miles), where there's a gate across the road and a forest track on your right. Park sensibly at that junction, taking care not to block access to either track or road. Even if the forest gate is open, do not take vehicles into the forest.

### ❑ Terrain

Nice mixed forest without too many contours if you don't want them. Moderately reliable line features.

### ❑ Map

A4 map printed on Pretex at 1:10000, 5m contour intervals.

### ❑ Start & Finish

The start is marked with a bundle of red/white tape on the east side of the track – but there's no guarantee that this will stay in place. The finish is not marked on the ground.

### ❑ Suggested courses

NB. Standard course planning guidelines have been suspended for this training!

For groups, there's a set of four 4km loops that can each be taken in either direction. If you prefer, we can supply sets of maps showing just one course each, rather than the usual "all controls" maps.

Individuals might prefer the 5km TD5 loop with clusters of controls, or the "Medium" course – TD3-4, for which specific guidance, control by control, is included below.

Control descriptions are enclosed and available for download.

### ❑ Safety

The usual warnings apply: if you are out alone remember to tell someone where you are and when you expect to be back. Remember this is a training run so time is not of the essence - it is more important to focus on quality technique and getting things right than taking unnecessary risks.

### ❑ Controls

Each site has a small training kite (numbered), and a code letter which can be recorded (take a pen!) as proof that you've been there. Big thanks to ShUOC for putting them out.

### ❑ Availability

These controls will be out from 13 September to 18 October. (See note important note above if you're going to Achlean after 27 September. The online version of this document will show any latest information – please check it, especially if you print it in advance of your visit.

### ❑ Refreshments

Afficionados won't need to be told, but the Inshriach Nursery (go north on B970) can't be beaten for cream cakes and coffee, close-up bird viewing gallery and nice plants to buy. Loch Insh Watersports Centre also does a mean cuppa and great entertainment of watching people get very wet. Other tearooms are available.

☑ **Training notes for Medium course**

1. Don't worry too much about which extraction lane you take through the block of forest, just look carefully at the contours when you get to the other side. As you approach the control, look at the shape of the land around it, and how it is shown on the map.
2. The depression where I've broken the line should make a nice attack point – choose your own route to get there, then use the contours to guide you to the control. There's a finger of the depression pointing right at it.
3. You could go on a rough bearing, close to the straight line, relocate on the wide ride, find that banana-shaped depression just south of the hairpin bend in the ride, and hop over from that into your little depression. Easy.
4. Another nice one to practise staying close to the straight line. Head out on a rough bearing to the track, then either round via rides or just straight through the forest. Slow down as you get near the circle, check the contour shapes and go straight in to it.
5. Look for your attack point on the track near this one. Go in slowly and carefully from there.
6. You have a choice of strategy here: you could go on compass and pacing (count your paces so you know when you've gone far enough, we don't want you ending up in Kingussie) (Condes tells me the leg is exactly 171m) or you could do a bit of "island-hopping" – go via the small hills just north of the line. Notice you've got a catching feature so you shouldn't go too far. Note also that the feature is only a **form-line** re-entrant, it's a fairly vague feature.
7. Are you going to go straight (rough bearing) or round via rides? With so few contours around, you should expect to see the 2 small hills to the southwest of the control, and use the nearer one as an attack point.