

# national orienteering centre

## Regular Orienteering Map Programme: August – mid-October 2008

# ALVIE

More fun with contours and squirrels

### ☑ Travel Directions

Get yourself onto the B9152 between Aviemore and Kingussie and head towards Kincaig. About a mile NE of the junction in Kincaig, leave the public road in a NW direction, going into Alvie Estate on a private (gravel) track signposted to Alvie and Alvie Stables. Go under the A9 and follow the main estate road round – it's tarmac for a while. Take the left fork at the junction where the right fork goes to the estate office; follow the road round to the left (still tarmac), then when the tarmac turns right, go straight on (gravel, heading NW). At the corner of the first field on your left, turn left and park at the side of that lane, taking care not to block access to the soft-fruit farm. (It's just in the SE corner of the map). If you're not sure, just use your common sense, but PLEASE TAKE CARE NOT TO BLOCK ESTATE ROADS.

### ☑ Terrain

Superb mixed woodland and some open moorland, as used for Spey 2007.

### ☑ Map

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

### ☑ Start & Finish

The start and finish are not marked on the ground, but we suggest you jog up the track into the forest. A second start is marked for one shorter training activity – see below.

### ☑ Important – other activities on the estate

As with many estates, Alvie is a working estate and relies on stalking for income. Some stalking activity might be going on during August and September. Please do NOT go beyond the deer fence.

Please cross deer fences only at the gates marked, and (of course) close all gates behind you.

### ☑ Suggested courses and training activities

There's a nearly 7km circuit at TD5 for the most energetic, and two shorter, lower level loops, and lots of options to create something of your own. There's a short "control pick" course as well, starting from S2 and finishing at crossing point no.3. Control descriptions are enclosed.

### ☑ Safety

The usual warnings apply: avoid steep and unstable stream banks, wet brashings are slippery, take care crossing streams (if in doubt use a bridge) and 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 standard kite on a numbered aluminium T-bar with pin-punches.

### ☑ Availability

Controls will be out until 18 October 2008. Please check on the website for any latest news.

### ☑ Can you help?

You could earn yourself some free packs for future **ROMPs** by planning and putting out controls, or just helping with carrying stuff. If you really want to sharpen up your map-reading, come and help put controls out! Do get in touch if you'd like to help in any way.