

Glenmore Lodge - QR

Scale 1:1,500

Contour interval 2.5m



Magnetic North 2017

Legend

- Contour
- Form line
- Earth bank
- Knolls
- Depression
- Pit
- Boulder
- Boulder Cluster
- Boulder field
- Minor watercourse
- Impassable body of water
- Indistinct marsh
- Open land, rough open
- Forest, slow running
- Undergrowth: slow running
- Undergrowth: difficult to run
- Vegetation: very difficult to run
- Impassable vegetation
- Prominent large tree
- Paved area, road, path
- Small unpaved footpath
- Passable stone wall
- Impassable wall
- Passable fence
- Impassable fence
- Building
- Canopy
- Cairn
- Firing Range
- Settlement - private
- Out of bounds (ski slope)

Prominent man-made features

- Flagpole
- Notice Board



GML_MapRun_Test	
MapRun_Test	1.5 km
1 31	▣
2 32	▣
3 33	▣
4 34	▣
5 35	▣
6 36	▣

7 37	▣	<
8 38	▣	>
9 39	▣	<
10 40	▣	○
11 41	▣	>
12 42	▣	>
13 43	▣	<
14 44	▣	<
15 45	▣	<

12



Access to this is covered in the Scotland Act 2016

Created by Stirling Surveys Ltd, Trailmaps 2017
Facebook: Trailmaps Association, 2017

"MapRun" is a smartphone App that allows you to set up and take part in "Virtual" orienteering courses using your smartphone. You run a course using either the map on your phone screen or a paper version, and your phone will automatically beep when you reach the correct location of each control (nothing marking it on the ground). At the end of the course your results and split times can be saved into a results table alongside others who have run the course.

The MapRun app is available for both iPhone and Android and can be downloaded for free from your phone's app store. Once you have the app on your phone (1) you can enter your details (name etc.) and then select an event to run. Go to the "UK" folder and then "Scotland" and you should find an event called Glenmore Lodge d (2).

Download the map and course to local storage on your phone (maybe a good plan to do this where you have WiFi access). When you are ready to run, select "Go to start" and enter the PIN 3242 (3). Click on "Start the GPS" (4) then go to the start point shown by the red triangle (next to the National Orienteering Centre) and your phone will beep to tell you that it has found the start and the clock has started ticking.

The course is planned as a standard linear course and you should visit the control points in the correct order. Your phone should beep once you reach each control point. You may find that it also registers at some of the points that you pass close to, but as long as you visit the controls in the correct order it doesn't matter if you register the same point twice. Sometimes you may need to slow down and

stop for a couple of seconds, or move a few paces until your phone picks up the signal.

Once you've completed the course, go to the Finish point shown by the double circle. The phone will beep again and after that you should be able to upload your results (also to Strava if you have an account) (5). Now you can compare how you got on with other people and view the trace of your route by viewing the results tables for Glenmore (6,7).

It is recommended to use the paper version of the map to navigate while you run, so that you can put your phone safely away in a pocket. Also some of the control points on the screen version of the map are not perfectly centred on the mapped feature where the control is, due to small differences between real world co-ordinates and the orienteering map.

