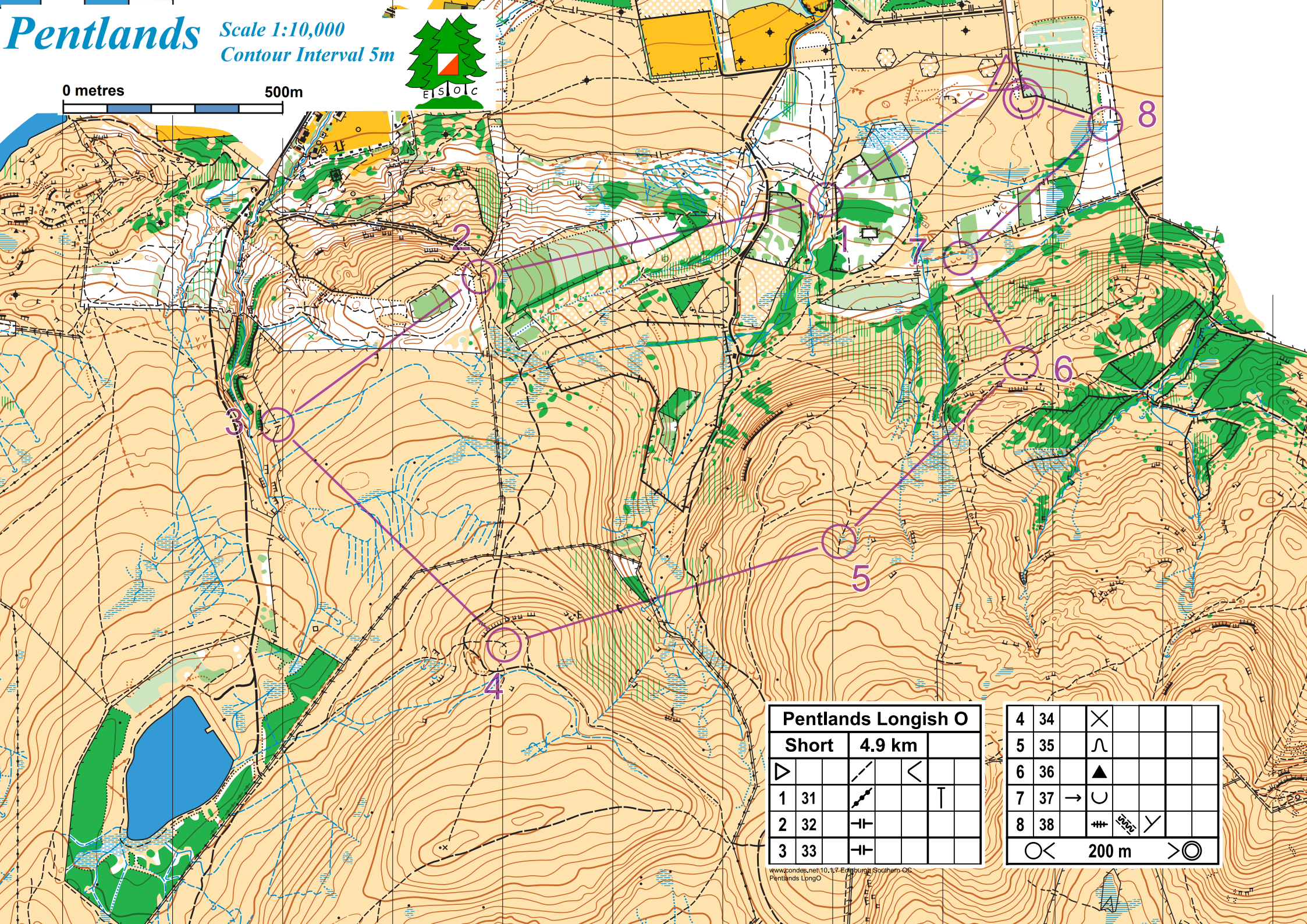
Pentlands
Scale 1:10,000
Contour Interval 5m
0 metres
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E S O C
1
2
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4
5
6
7
8
Pentlands Longish O
Short 4.9 km
1 31
2 32
3 33
4 34
5 35
6 36
7 37
8 38
200 m
www.pondes.net/10.17 Edinburgh Southern OC
Pentlands LongO

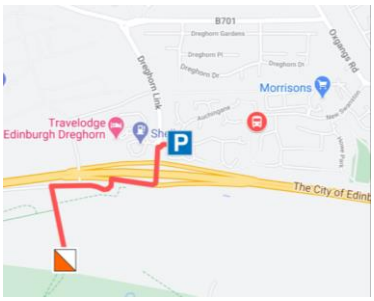
Pentlands Long“ish” O

MapRun courses available from 13th March 2021

MapRunF or MapRun6 can be used

COVID: It is your responsibility not to visit the area if you are displaying any COVID symptoms or awaiting the results of a test, and to ensure that you are complying with ALL prevailing guidelines regarding travel for exercise, meeting with others outwith your household and social distancing. Please be courteous to anyone you meet in the area, giving way on any narrow paths etc

LOCATION and PARKING: The start is at the track bend in Chuckie Knowe at Dreghorn (GR NT 228 678) shown as O Kite on map. There is currently no parking available at Dreghorn but there should be on street parking available at Swanston Muir, but please be respectful to local residents. As shown there is a walking route to the start which can be used as a warm up. Lothian Buses numbers 5 and 27 also terminate at New Swanston (beside Morrisons).



TERRAIN: The Pentland Hills are predominantly open hillside with areas of forestry plantations. There are steep slopes in places with crags. There are also some gorse thickets. A lot of the area is very muddy when wet, and some steep slopes can be very slippery. There are many unmapped minor paths. Much of the area is used for army training and manoeuvres - do not pick up or touch discarded munitions casings.

DOGS: Much of the area is used for grazing and farmers request that all dogs are kept on a short lead or at heel as there have been recent cases of sheep worrying which have led to prosecution.

LONG COURSE (8.3km and approx. 450m climb): The long course has significant climb and reaches the summits of Capelaw and Allermuir Hills. Please take care crossing fences and only cross high fences at marked crossing points.

SHORT COURSE (4.9km and approx. 300m climb): A shorter route with less climb

CHUCKIE KNOWE (2.2 km and approx. 50m climb): A short course of a yellow standard predominantly on paths but does involve stream crossings and is not suitable for pushchairs.

GPS SIGNAL: This can be quite weak under the trees but usually you can find a reasonably strong signal by moving just a few metres. The control features are all obvious.

SAFETY BEARING: If completely lost you should head downhill towards north – heading towards the Edinburgh City ByPass

MAP LEGEND: There is no room on these maps to include the Legend. If you are unfamiliar with the symbols used then https://www.maprunner.co.uk/map-symbols/ has full details.

PLANNER: Keith Brown **ENQUIRIES:** events:esoc.org.uk

EDINBURGH SOUTHERN ORIENTEERING CLUB **www.esoc.org.uk**

Edinburgh Southern Orienteering Club (also known as ESOC) is a Scottish Charitable Incorporated Organisation (SCIO) regulated by the Scottish Charity Regulator (OSCR), Scottish Charity number: SC049979.