

## FVO WEE – Callander Crag – **Final Details** Wednesday 21th June

**Venue** Callander Crag Lower Woods.

**Optional Social Meal at the Waverley Hotel, Callander** - following the event – A table for 8 people has been booked for 8 people from 20:00pm onwards (although you can arrive earlier or later). Last orders is 21:00 prompt. The table is booked under the name of Vicky Thornton – FVO. (Although Vicky and Heather shall only join for a drink, or not at all, depending on the amount of help we get with control collecting – HINT!) If you wish to take a place on the table please drop Vicky an email on: vicsqueak@gmail.com

**Parking will be tight so please park closely with other orienteers but without causing obstruction to other users vehicles.**

Follow the signs from the A84/Bracklinn Falls Road junction.

**Callander Crag Car Park:** just off the Bracklinn Falls Road, Callander. Postcode: FK17 8EQ

3 Words: vouch.paces.journey

**Overflow car park:** If the first car park is full continue 400 meters up the hill to the **Bracklinn Falls car park** and walk back down 500 meters to the start, located at the lower car park, using the link path on the East side of the road. Postcode: FK17 8EH. 3 Words: narrates.cycle.skis

Alternative parking would be along roadsides in town at the bottom of the hill, please respect local residents parking places.

### **Start times**

17:30pm until 19:00pm.

**Courses close** at 20:00pm.

### **Toilets**

Please note there are NO toilets available at either of the car parks, so anyone needing a toilet needs to arrive in good time for a detour to visit the public conveniences located at the Station car park in town - FK17 8AR.

### **Start**

Located at the west end of the Callander Crag Car Park.

Keys and clothing can be left at the start.

A punching start system will be used, with competitors collecting their maps at the start.

### **Finish**

Located 50m south west of the Callander Crag Car Park.

### **Courses:-**

<b>Course</b>	<b>Distance</b>	<b>Climb</b>	<b>No. of controls</b>
<b>Yellow</b>	<b>1.5k</b>	<b>80m</b>	<b>6</b>
<b>Orange</b>	<b>2.1k</b>	<b>150m</b>	<b>11</b>
<b>Short Green</b>	<b>2.9k</b>	<b>145m</b>	<b>11</b>
<b>Green</b>	<b>4.0k</b>	<b>230m</b>	<b>15</b>

### **Safety – Road crossings**

Only the short green and green courses cross the minor Bracklinn Falls road which is out-of-bounds to run along on one section (clearly marked on the map).

PLEASE TAKE CARE WHEN CROSSING THE ROAD.

Any juniors (16 and under) running these courses must be shadowed by an adult.

### **Control descriptions**

On the map but feel free to print off the descriptions from the FVO website.

Text descriptions for yellow, symbolic for the other courses.

## **Map**

Scale 1: 10 000

Contour interval 5m

Surveyed and drawn by Ben Mitchell & Martin Bagness in 2021 with some updates by Martin in 2022.

## **Terrain/Planners Notes**

The area is widely used by walkers, runners, dog walkers and cyclists, and, if the weather is nice, it may still be quite busy. Please be courteous to other users of the area. The area used is mainly deciduous woods - birch, oak and beech. In fact only the Green course will dip into some coniferous trees.

The undergrowth has now sprung, and given that this was always likely the planners (apart from a couple of unavoidable places!) have contrived courses which deliberately avoid (or at least give the option to avoid!) the worst undergrowth.... for this reason we feel that the courses will still be enjoyable.

## **Clothing and weather**

Full leg covering is required for tick prevention and all competitors should inspect for ticks after the event.

We recommend shoes with a good grip.

Bring your own water and hot drinks for after your run as anything could happen with the weather!

## **First Aid**

Steve Scott is first-aid trained and he will be at the start with a basic first aid kit.

Nearest hospital - Stirling Community Hospital, FK8 2AU Phone: 01324 566249

Competitors are reminded that they take part at their own risk and are responsible for their own safety.

## **Acknowledgements**

Thank you to FVO for the use of the map and Forest and Land Scotland for use of the area.

## **Results**

These will be posted on the FVO website as soon as practicable after the event.

## **Contacts**

Organisers / Planners: Heather Fellbaum 0780 3000780 Vicky Thornton 077460 66751.