

Parking:We are parking at the West end of the public car park in Aberfoyle, Grid Ref NN520009 / FK8 3UU / <https://w3w.co/future.increment.minimums> (behind the Co-op);

Toilets: There are public toilet facilities at the public car park entrance off the Main Street (next to Visitor Centre) but they close at 6pm, so please bear this in mind.

Registration: Hopefully in fine weather at a picnic bench by the River Forth at the West end of the car park.

Please collect your map, and dib the **Clear** and **Check** control stations at registration (not the start)

Start : The start is about 550m to the North, just off the Duke's Pass road.

From registration follow alleyway on side of Coop to Main Street, cross at Belisha crossing, short distance right (West) and then up the Duke's Pass road (A821 Signed Callander) towards the Forest (aka David Marshall) Lodge.

Just after the end of the pavement head up the steps by the post for the Rob Roy walk (Grid ref NN521012 / <https://w3w.co/airfields.sprinter.lecturing>,) , and take first right (signposted The Lodge). it's about 5 minutes walk from the parking. There is limited space at the start.

Finish: Remote finish about 250m from download back in car park

- From finish control, head down (South) to Main Street, then right (West) to the Belisha crossing, and up alleyway by side of Co-op store.

Terrain: The main part if ancient oak woodland, generally runnable. The higher area near the Forest Lodge is **mixed** forest with some lying bracken and brambles. Yellow follows the more distinct paths , Orange has some less distinct trais. The green courses include more technical controls off paths.

Map: 1:7,500, Contour interval 5m. Based on the 2015 South Achray map, much updated, with May 2021 updates.

Control descriptions: These are printed on the front of the map. There will be no loose descriptions at the event, but a sheet with the control descriptions on is attached to this page, if you would like to print out your descriptions and bring them with you to the event.

Timing: Sportident in Contactless mode (SIAC) but any version of Sportident dibber will work. Note that all dibbers, including SIAC, must be dibbed manually at the Start and the Finish.

Courses: Yellow 1.6km 70m climb; Orange 2.2km,705m climb; Short Green 2.0Km 60m clim;and Green 3.9km, 160m climb.

Courses close:at 8:00pm but earlier controls may be collected before then.

Safety Please take care walking from the start/finish to/from the car park - You'll need to cross the main road through Aberfoyle . - Please use the Belisha Beacon crossing on the Main Street at the CoOp and walk on the pavement.

Other users will be in the woods, such as dog walkers, runners and cyclists (National Cycle Route NCN7 passes through the area). As ever, please be considerate to other people using the area for recreation.

Under 16's should be accompanied on the walks to/from start/finish.

Tick Borne Diseases: Competitors advised to check for ticks immediately after competing;
Information about Lyme Disease: <https://www.nhs.uk/conditions/lyme-disease/>