

# Scottish 6 Day: OBAN 2011 - Training

## I N V E R A W E



### Travel Directions

Inverawe is signed (Inverawe Smokery) from Bridge of Awe on the A85 east of Taynuilt; it is 1.5 miles (2.8km) along a narrow road. Please drive with care.

Parking Grid Reference: NN 021316, Postcode PA35 1HU

Event Centre to Inverawe: 12 miles (20km).

### Parking/facilities

Parking is at the Inverawe Smokery Car Park with an overflow car park at S2 (650m NW from S1). Toilets are available here as is the Inverawe Café & Smokery Shop. Marked walks & trails, child play area, fly fishing are also available. [www.inverawe.co.uk](http://www.inverawe.co.uk)

### Terrain

Very varied terrain – broadleaf woodland (the beech tree by C1 is worth the climb up the hill to see!), grazed fields and tussocky moorland with bog myrtle and bracken. Stop and listen for the buzzard call.

### Training

Training is available from Monday 25<sup>th</sup> July until Saturday 6<sup>th</sup> August 2011.

### Map

The map was updated in 2011. It is at a scale of 1:10,000 and the contour interval is 5m.

Maps can be purchased from Outside Edge (6 Macgregor Ct, Oban, Argyll PA34 4DJ), coaches at the training sessions and Information during Oban 2011 (Saturday 30<sup>th</sup> July to Saturday 6<sup>th</sup> August).

### Start/Finish

The start & finish are adjacent to each other at the car park and are unmarked. There is an overflow car park at S2, 650m NW from S1.

### Suggested Courses

There are three suggested courses:

TD5 long 7.2km: S1, P32, 135, S2, 131, 132, 137, 139, 138, P49, P50, P33, 136, P38, C2, P45, 133, P46, P47, C2, F

TD5 short 5.1km: S1, 134, P43, 136, P38, C2, P45, P46, P47, C1, P49, P50, 131, 140, 135, S2, P33, F

TD4 4.8km: S1, 134, 136, P39, C2, P47, C1, 138, P50, 132, 131, 140, 135, S2, P32, P33, F

### Controls/descriptions

There is a mixture of controls:

- Those with a code 'P' are permanent markers on posts. Each post has a red/white plate with the control code and two letters.
- All three number codes are controls with a kite and code number attached to a cane.

Descriptions are on the pre-marked 'all controls' map of the area.

### Safety

Make sure you let someone know which exercises you are planning to do and when you leave and come back from the forest. Remember it is training and not a race so there is no need to risk injury!

### Coaching

Fully qualified coaches will be on hand on Wednesday 27<sup>th</sup> & Friday 29<sup>th</sup> July between 11am and 3pm to help and offer advice with the aim of improving the orienteering skills of those at Light Green standard or above. Coaches will be based at the car park. There will be no specific charge for coaching, although participants must be in possession of a training pack.

Most of all - Enjoy!