

Scottish 6 Day: OBAN 2011 - Training

K E R R E R A

Travel Directions

Kerrera Ferry is two miles southwest of Oban on the coast road, signed from near to the large ferry terminal in Oban Bay. Kerrera Ferry is passed on the way to Oban Caravan & Camping Park at Gallanach.

Parking Grid Reference: NM 834283, Postcode PA34 4QH

Event Centre to Kerrera Ferry: 9 miles (14km)

Parking / ferry / facilities

Parking is at the Kerrera Ferry Car Park. <http://www.kerrera-ferry.co.uk/>

Ferry times are 08:45, 10:30 and every 30 minutes until 12:30; 14:00 and 30 minutes until 17:00; last ferry 18:00.

Passengers should turn the board at the ferry slip to **BLACK** to summon the ferry.

Return fare: Adult £5, Child £2.50

There are no public toilets on the island.

There is a tea room at Kerrera bunkhouse (closed Tuesdays; call ahead if there are a few of you so they do not run out of cakes!) <http://www.kerrera-bunkhouse.co.uk/kerrera.html>

Terrain

Open rough moorland with marsh and rock features. Bracken can be a problem in the summer. The controls are sited to avoid the worst of this. Wonderful views over the Firth of Lorn to the islands to the west.

Training

Training is available from Monday 25th July until Saturday 6th 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 30th July to Saturday 6th August).

Start / Finish

The start / finish is a 2km walk from the ferry once on the island. Walk (or cycle – the track is reasonable) uphill and west on the track. The start & finish are adjacent to each other and are marked with a kite and cane.

Suggested Courses

There are four suggested courses, all at TD 5:

6.8km: S, 32, 35, 49, 34, 48, 47, 43, 44, 42, 33, 40, 50, 45, 41, 38, F

5.9km: S, 38, 39, 49, 36, 33, 46, 42, 47, 43, 44, 35, 31, 32, F

4.4km: S, 38, 39, 49, 40, 33, 46, 44, 36, 37, 32, F

3.0km: S, 45, 50, 34, 48, 39, 37, 35, 32, F

Controls/descriptions

All controls have 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 Tuesday 26th & Thursday 28th July between 11am and 3pm to help and offer advice with the aim of improving the orienteering skills of those at TD 5 standard. Coaches will be based at the Start/Finish. There will be no specific charge for coaching, although participants must be in possession of a training pack.



Most of all - Enjoy!