

Scottish 6 Day: OBAN 2011 - Training

S U T H E R L A N D ' S G R O V E

Travel Directions

Sutherland's Grove is on the south side of Loch Creran adjacent to the A828, just east of Barcaldine.

Parking Grid Reference: NM 965423, Postcode PA37 1SQ

Event Centre to Sutherland's Grove: 5 miles (8 km).

There is a traffic free, surfaced cycle path all the way from the Event Centre to Sutherland's Grove.

Parking / facilities

Parking is in the Forestry Commission Car Park, signed from the A828.

There are no facilities at this location. The Sea Life Centre (café, toilets, visitor attraction) is 2 miles (3km) west of Sutherland's Grove.

Terrain

Plantation forest of varying age; there is a reasonable track and path network, along with fences, ruined walls streams and ditches.

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 at the car park and is unmarked.

Suggested Courses

There are two suggested courses, at TD 4:

Long: 3.8km: S, 31, 32, 33, 34, 35, 38, 37, 45, 44, 43, 42, 36, 39, 40, 41, F

Short: 2.8km: S, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, F

NOTE: Take care at the large crag north of control 33; there will be yellow/black tape along the top of it.

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 Monday 25th July between 11am and 3pm to help and offer advice with the aim of improving the orienteering skills of those at TD 4 standard and above. 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!