

Coast and Islands 2021 - Final Details V3 - 17/7/21

The organisation will be low key. We're focussing on providing good maps, good courses and a holiday feeling!

Important Details

SI card - please check your using the card you entered with. If not please email us to save us time during the week.

Day 4 Parking - we have extremely limited parking - only enough room for about half the cars during the entire day (in multiple shifts). So please discuss with others you know coming to share transport for this day, especially if there are only 1-2 participants in your vehicle. Or bring a bike if you can - it is easily cyclable from Shieldaig or Torridon.

Start Times - See website coastandislands.com/july2021

Overview Map - [areas, parking, toilets, things to do](#).

Health and Safety - over an hour to the nearest A&E. So please take care out there! Please let us know if you have any medical issues you want us to know about (email or give us an envelope on day 1). And please make sure you bring a jacket/hat/gloves/whistle in case we have to make it compulsory due to bad weather.

Toilets - please check details each day before you arrive as we don't have toilets at the event everyday. [Toilets along the NW coast](#).

Busy!: For obvious reasons the NW Coast might be busier than ever before this summer so bear that in mind when making plans, car parks for tourist things are not so big!

Covid: Please limit the amount of time you stay at the events. Try and socialise away from the event.

Any updates to these details will appear directly on coastandislands.com/july2021

Organiser/Planner/Coordinator: Chris Smithard - masterplanadventure@gmail.com

Program

		Area	Start Times	
			Group 1	Group 2
Sunday	25th	Ullapool Sprint	15:00-17:00	
Monday	26th	Culag Woods	10:00 -12:00	13:00 -15:00
Tuesday	27th	Inverewe Woods	15:45-19:30	
Wednesday	28th	Ben Shieldaig	09:00-16:00	
Thursday	29th	Kyle of Lochalsh	10:00-13:30	
Friday	30th	Armadale	9:00-11:00	15:00-17:00

Things To Do

[Walk the Highlands](#) has a great selection of the best walks(/runs). If you [use this link](#) and scroll down to the bottom of the list you can click on 'view of a map' it gives you a map of where all the walks start from.

Other things - mentioned in Day info below.

Covid Rules

- Don't arrive more than 10 minutes before your start at the start.
- 2 metre rule between households. More important than an extra second at the controls
- Please avoid touching the controls
- Please minimise socialising at the event. Arrange to meet up before/after the event at a different location.

Photography

By taking part in Coast and Islands as a participant or spectator, you acknowledge your consent to interview(s), photography, audio recording, video recording and its/their release, publication, exhibition, or reproduction to be used for news, webcasts, promotional purposes, telecasts, advertising, inclusion on websites, or any other purpose by Coast and Islands organisers and their affiliates and representatives. No drones are allowed in the competition area without written permission from the organisers.

Day 1 - Sunday 25th July - Ullapool

Parking: Either where you're staying or in the large car park by Tesco.

Assembly: On the beach. Map Below. Please avoid arriving at the assembly any sooner than you need to limit the size of the group. Plus spread out along the beach. It is a public area and we can't take responsibility for anything left behind. So maybe come ready to run?

Toilets: Not provided. Public toilets in [Ferry Car Park](#).

Terrain: Streets, Park and Beach. Technical courses 80% tarmac. Easy course 99% Park.

Map: 1:4000, 2.5m contours. ISSprOM2019 - Sprint Specification. Mapper: Chris Smithard.

New sprint specification map important changes:

- Dark Green is now uncrossable (black green no longer exists).



can be a tree or bush (use to be a solid green dot)



Passable retaining wall

For a simplified full specification see the [maprunner website](#) including the **symbols which are forbidden to cross**.

Courses

Long Technical - 4.2km running distance

Short Technical - 3.0km running distance

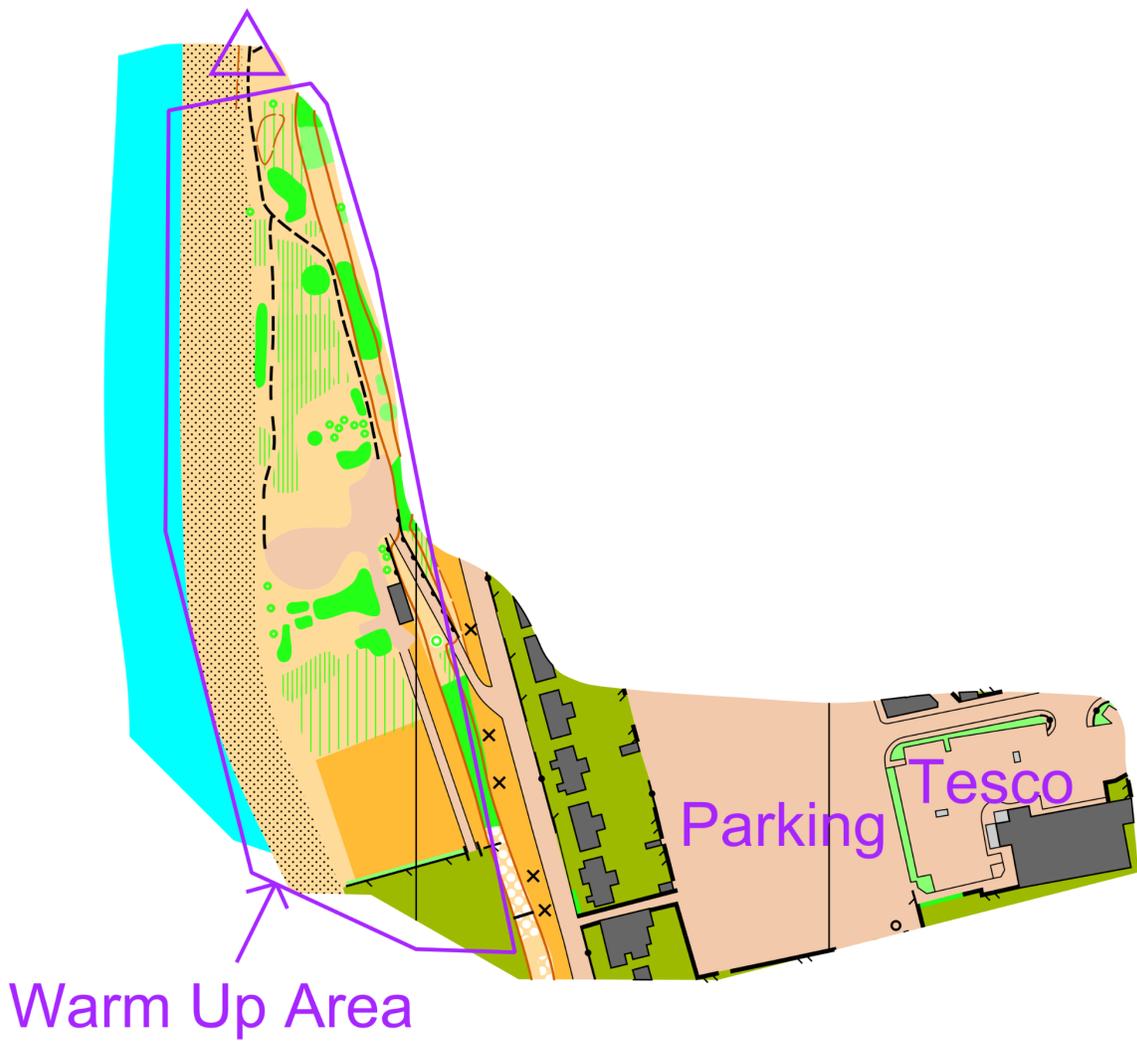
Easy - 2km

Safety

No Under 16s on Technical Courses due to road crossings (unless being shadowed, if being shadowed the adults must run their course beforehand).

Things To Do

- [Ullapool Hill Walk/Run](#) - Great view over Ullapool and Lochbroom
- [Ullapool Museum](#) - Social history of Lochbroom
- [Seafood Shack](#) - local seafood



Day 2 - Monday 26th July - Culag Woods, Lochinver

Parking and Assembly: [Lochinver Primary School](#). Only room for 50 vehicles at a time hence 2 groups. Early finishes should leave before 12:15. Please don't arrive more than 30 minutes before your start time.

Toilets: None provided. [Public toilets in Lochinver](#).

Terrain: Wooded Hill with many contour features, rock and vegetation changes. The roughest day of the week.

Map: 1:5000, 5m contours. ISOM - Forest Specification. Mapper: Jon Musgrave. Controls have been blown up by 25% to make them more visible.

Start: 300m, including road crossing.

Finish: 50m, including road crossing.

Courses

Long Technical - 4km (estimated winning time 30 minutes)

Short Technical - 3km

Easy - 2km

Safety: Take care crossing road to start and finish.

Things To Do

- [Stac Pollaidh](#) - small mountain with epic views
- [Ardvreck Castle](#) - ruined castle on loch peninsula
- [North West Highland GeoPark](#)
- Includes [Knockarn Crag](#). Info board and short walk. First place in the world where older rocks were proven to lie on top of younger rocks. Toilets.

Day 3 - Tuesday 27th July - Inverewe

Parking and Assembly: [Inverewe Gardens](#) (gardens open until 4pm). Free parking for National Trust Members, Pay and Display otherwise.

Toilets: Yes, though may not be available until 4pm (confirmation will appear at coastandislands.com/july2021). There are [toilets in Poolewe](#) 2minutes down the road.

Terrain: Semi mature Scots Pine and deciduous woods. Open fast hillside with some rock.

Map: 1:10,000, 5m contours. ISOM - Forest Specification. Mapper: Jon Musgrave.

Start: 700m, including road crossing.

Finish: 200m, including road crossing.

Courses

Long Technical - 6km (estimated winning time 35mins)

Short Technical - 3.4km

Short Easy - 2.2km

Safety: Road crossing to start and from finish.

Thanks To - Inverewe Estate, Scottish National Trust for letting us use the area.

Things To Do

- [Inverewe Gardens](#): One of the most popular attractions on the NW coast.
- [Corrieshalloch Gorge](#): Easy to miss but an amazing place for a short stop.
- [Gairloch Museum](#): Award winning museum. About the history and culture of the NW Highlands



Day 4 - Wednesday 28th July - Ben Shieldaig

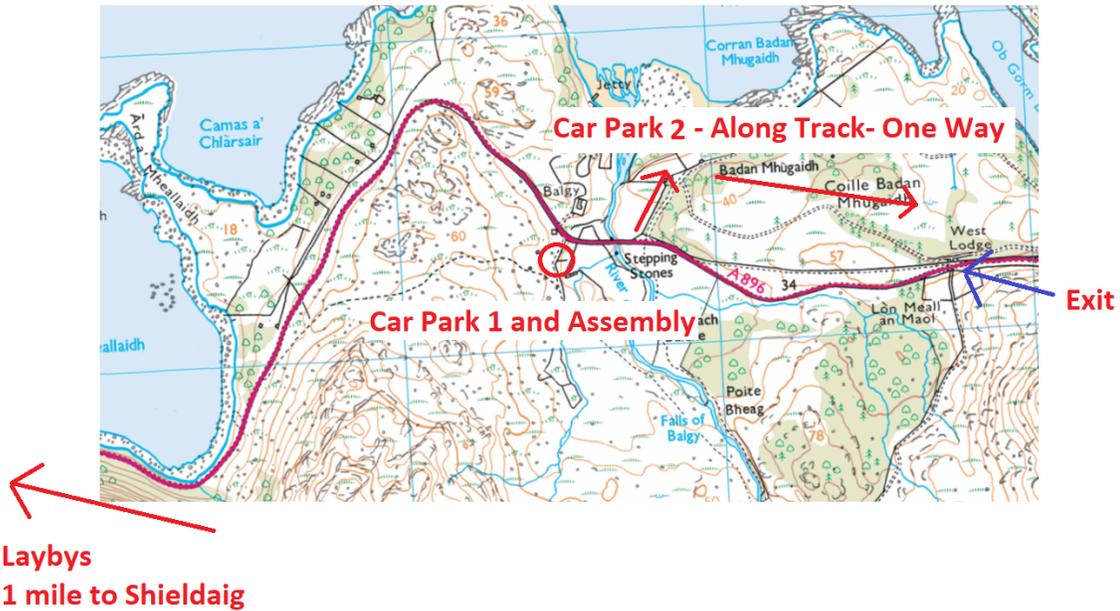
Parking - Talk about complicated!

- The terrain should make up for the parking arrangements!
- Parking is very tight.
- At Balgy and the Ben Damph Estate.
- **Parking Plan** - See start time page and table below.
- **How we have allocated** - We have currently allocated spaces to cars with more than 1 person in and families with a campervan - and who indicated they weren't bringing bikes.
- **Not allocated a space?** Please try and arrange **a lift with someone else, cycle** or get **dropped off**. If you can join up with someone else who hasn't been allocated a space either then email us and we can give you a space if we have room. If you can't find anything speak to Chris on Day 1 or 2.
- **No Motorhomes** due to space constraints.
- **Camper Vans** - A couple of spaces in Car Park 2 Only.
- **Bikes** - It's not far from Shieldaig (about 1 mile) or Torridon. Otherwise there are laybys between Shieldaig and the area.
- **Drop Offs** - If you are travelling with others who are not orienteering then they can drop you off and come back later. Drop off procedure - use Car Park 2 directions - the person giving you a lift should continue round the one way loop after dropping you off.
- **Bikes/Drop Offs** - If you are coming by bike or being dropped off then we advise coming between 10:00-11:00 or 13:00-14:00 to avoid queues forming.
- **Parking place not needed?** - If we have given you a parking place but you can cycle or get a lift with someone else please tell us so we can reallocate your space.
- **Have you space?** If you have been given a parking spot and can give a lift to others please let us know and where you're coming from.
- **Blocked in** - We may have to block cars in which case you might not be able to leave until the end of your car park block.
- **Car Park 2** - One way system, including for drop offs.
- **Car park 2** - when arriving you can drop passengers off once you have left the main road.
- **Please arrive on time - don't arrive early!** As we don't want to block the road.

	Group A	Group B	Bikes/Drop Offs	Group C	Group D	Bikes/Drop Offs	Group E	Group F
Car park	1	2		1	2		1	2
Arrive at car park	09:00	09:15	10-11	11:45	12:00	13-14	14:30	14:45
Leave car park by	11:30	11:45		14:15	14:30		17:00	17:15

[Car Park 1 Google Map Link](#)

[Car Park 2 Google Maps Link](#) (NB there are 2 tracks now, you want the new eastern one)



Make sure you get the right [Shieldaig](#)! There are at least 2 on the NW Coast.

Assembly:

Car Park 1 - adjacent

Car Park 2 - up to 1km from parking. 100m from drop off point.

Toilets: None at event. Please avoid going in the vicinity of the assembly. [Public toilets in Shieldaig](#).

Terrain: Open fast hillside with a lot of rock.

Map: 1:7,500, 5m contours. ISOM - Forest Specification. Mapper: Chris Smithard.

- Small boulders over 50cm, from one side at least (uphill/downhill)
- Medium boulder, 1m+, Big boulders 1.5m+
- Bare rock, at least 50% ground cover
- Bare Rock or crags? Hard to tell from a distance. Depends how easy it was for the mapper to get up!

Start: Adjacent. No allocated times.

Finish: in assembly.

Courses

Long Technical - 6km (estimated winning time 30 mins). 2 Parts. Part 2 on back.

Short Technical - 3.5km

Easy - 2km. Hardest of week. 50% in terrain.

Safety: Some big crags. Take care.

Thanks: To the Woodland Trust, especially Malcolm Turner. Huw at Balgy and the Ben Damph Estate, especially Louise.

Things To Do

- [Shieldaig Bar and Coastal Kitchen](#) - Local seafood
- [Kishorn Seafood Bar](#): Well known local restaurant serving local seafood.



Day 5 - Thursday 29th July - The Plock and Kyle of Lochalsh

Parking: [In the laybys by the old toll station](#) (avoid the small turning area which is signed). Or [Public car park by harbour](#), other places in the town or your accommodation. Please do not park in the Plock.

Assembly: [In the Plock](#). If you're staying in town or parking at the harbour please walk along the A87 (road to Skye) until you get to the old Toll Booth then go up the hill. Please don't walk through the Plock.

Toilets: Not provided. [Public toilets at the harbour car park](#).

Terrain: Park, Woods. The longest course will also go into the Urban area. Out of bounds areas are not marked in the terrain, please respect them as they are sensitive ecological sites.

Map: 1:5000, 2.5m contours. ISSprOM - Sprint Specification. **Except the map is a non standard scale and it is allowed (but not always advised) to cross dark green.** Plus please remember that large paths are shown with paved symbol colour with a solid or dashed black outline. [See the specification](#). Mapper: Chris Smithard.

Courses

(NB this is not a sprint! estimated 20-25mins)

Long Technical - 5km (optimal). Control descriptions NOT on the map.

Short Technical - 2.4km (straight line as park/forest only)

Easy - 2km

Safety: No Under 16s on Long Technical Courses due to road crossings (unless being shadowed, if being shadowed the adults must run their course beforehand).

Thanks: Kyle & Lochalsh Community Trust

Things To Do

- [Eilean Donan Castle](#) - One of Scotland's most famous castles
- [Coral Beach, Plockton](#)

Day 6 - Friday 30th July - Armadale Castle

Parking: Armadale Castle. Limited parking and having to avoid peak tourist time means large gap between groups.

Assembly: 400m from car park

Toilets: In the car park

Terrain: Natural Oak/Birch woodland. Mature plantation conifer and broadleaves. Some steep slopes.

Map: 1:10,000, 5m contours. ISOM - Forest Specification. Mapper: Chris Smithard

Start: 1.4km from car park, **including road crossings**. 1.8km from assembly. Map below.

Finish: At assembly.

Courses

Long Technical - 5.3km (estimated winning time 30-35mins)

Short Technical - 3.5km

Easy - 2km

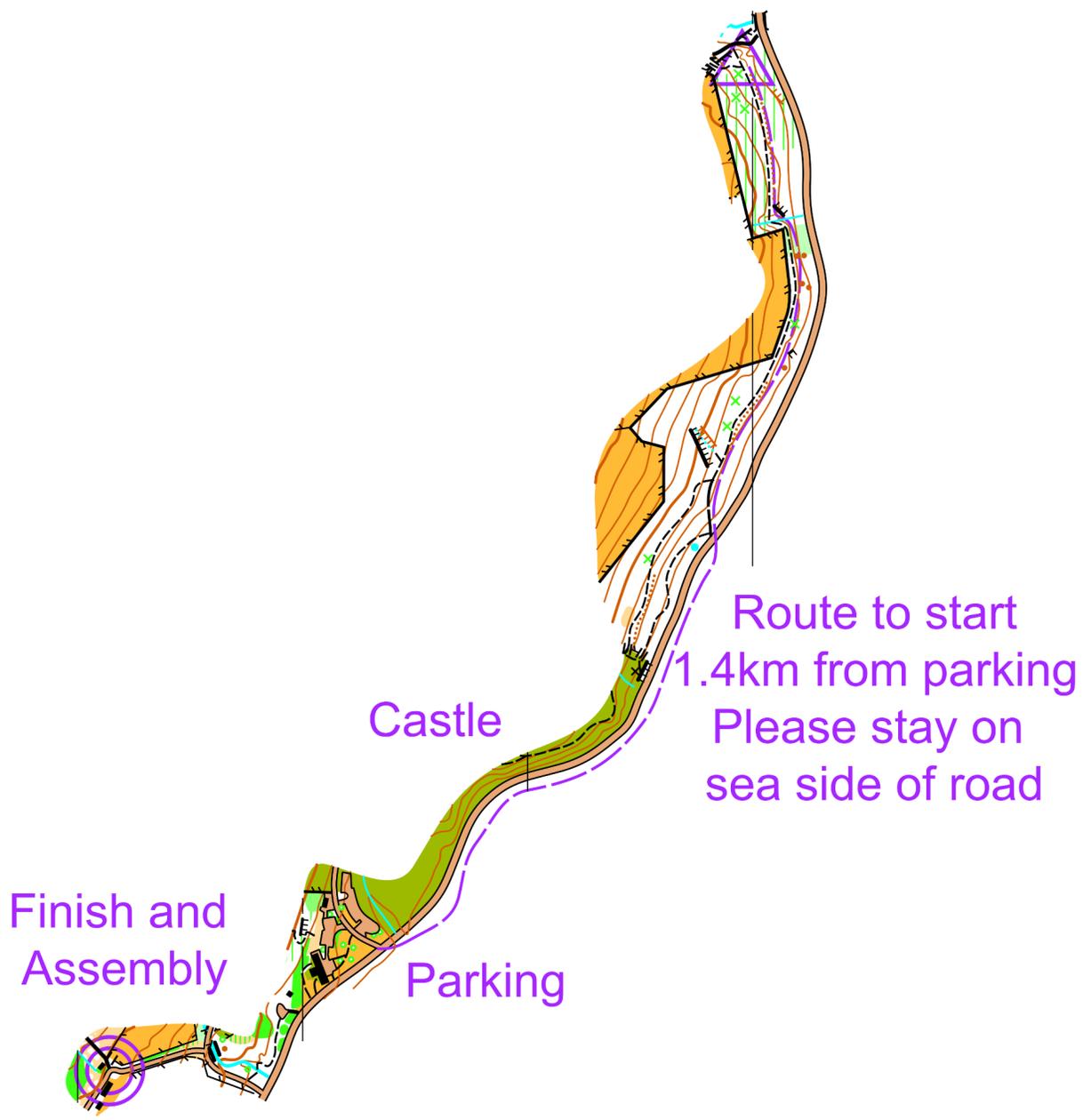
Safety: Road crossings to start.

Thanks: To Armdale Estate for letting us use their land. Please support them by going into the gardens and museum there (see below).

Ferry: Last ferry to Mallaig 19:10 (please double check that!) [Timetable](#). Though if you're going to Fort William it's only 20mins longer to drive over the bridge.

Things to Do

- [Armadale Castle](#) is the home of Clan Donald. Within the grounds are the old castle, gardens and a superb museum about 1500 years of the Kingdom of the Isles, well worth a visit!



Finish and
Assembly

Castle

Parking

Route to start
1.4km from parking
Please stay on
sea side of road