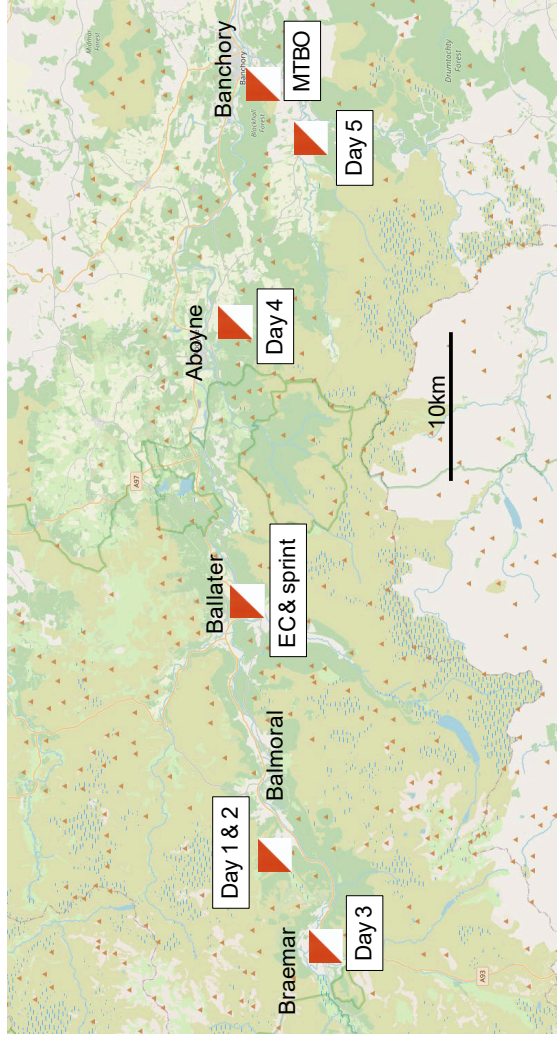




**Scottish 6 Days**  
*Orienteering*

**Programme**

# QUICK GUIDE TO EVENT LOCATIONS



## Important Information

Event Centre: The Victoria and Albert Halls in Ballater will be open on Saturday 26th July from 13:00 until 17:00 for you to collect commemorative coasters, printed programmes, race bibs, hired SI-cards, pre-ordered merchandise (i.e. no sales) and tickets for the social programme (card sales preferred). Orienteering kit/ equipment trader(s) will also be present. There are several cafes in and around Ballater for refreshments.

## Late entries:

Entry at the event will only be available for colour-coded courses (adults or juniors). This is subject to map availability. This limited entry can be made at the Event Centre on Saturday 26th July or online up to 17:00 on the day before each of the individual days. If there are still maps available on the morning of a particular day, entry can also be made at the Information Tent from 09:00 until 12:00. Only card payments will be accepted.

## Race numbers and bibs:

Please remember to collect your bib at the Event Centre. **If you do not wear a bib you will not be allowed to start.** Bibs will be organized alphabetically and can also be collected on individual days from strings next to the Information Tent. Please write medical and contact information on the back (using template).

**Respect for other users:** Many of the competition areas are popular with residents and holiday makers and you may encounter walkers, dog walkers, cyclists etc while competing. Please respect these other users.

## Emergency and General Medical Information

### Accident and Emergency: Aberdeen Royal Infirmary, Foresterhill, Aberdeen AB25 2ZN

For non-emergencies you can contact NHS24 (dial 111) or visit [www.nhsinform.scot](http://www.nhsinform.scot) for details of GP practices, pharmacies etc. in the local area.

**Ticks** are common in the competition area. Check carefully after each day and remove any ticks with a suitable removal tool. Lyme disease does occur in the area: if you develop a rash at the site of a bite, we advise you to seek medical advice.

**E-coli O157** may be found where farm animals have been grazing in fields used for Parking and Arenas. Livestock will have grazed recently in the Arena and String course fields on all days. Sanitiser will be available next to the toilets and **we strongly recommend washing your hands thoroughly before eating.**

**Dehydration:** If the weather is hot, drink plenty of fluids. Please bring your own water - water will only be provided on WRE courses on Days 4 and 5.

**Wildlife:** Britain's only poisonous snake, the adder, can be found on Deeside and may bask in open areas if the weather is hot & sunny. It is highly unlikely that you will encounter one but if you do leave it alone and in the even unlikelier event of being bitten make your way calmly to the Arena and First Aid.

## Information for All Days - General

<b>Daily Updates</b>	Daily news will be posted on the website. We will use email to update competitors if there are urgent messages.
<b>Day Parking</b>	Please adhere strictly to road signs and to one-way systems where in operation.
<b>Event Arenas</b>	The Arenas will have an information tent, traders, merchandise, toilets, first aid and download.
<b>Rubbish</b>	Please take all rubbish away with you.
<b>Dogs</b>	Dogs are permitted in the areas and arena provided they are under control, on a lead and cleared up after. On days 1 and 2 dogs are only allowed in the parking area and must be on a short lead. PLEASE clean up after your dog as livestock graze the fields we are using on most days.
<b>Photography</b>	There will be photographers in the area. If you do not want your photograph published please speak to the officials in the information tent. If you have concerns regarding inappropriate or intrusive photography please report it to any event official.
<b>Safety</b>	<p>Please take great care when driving and walking in car parks. When walking along roads from car parks to the arena or to the starts please be aware that, even if the road is closed, there could still be local or emergency traffic.</p> <p>In the event of poor weather, gougoules may be compulsory and you will be advised of this with notices at the car park and in the arena.</p> <p>You are strongly encouraged to carry a whistle on your run.</p>
<b>Information &amp; Merchandise Tent</b>	<p>The Information Tent will be open from 09:00 until 16:00 each day in the Arena for collecting maps; collecting hired SI-cards; complaints/protest forms; social programme tickets; lost property; coasters; unclaimed maps from previous day(s); and certificates.</p> <p>Merchandise can be collected or purchased from a separate tent.</p>
<b>String Courses</b>	<p>Each day will have a String Course and Off-String course.</p> <p>As we are required to have details of all participants for insurance purposes, a one-off pre-registration will be necessary. Please visit <a href="http://scottish6days.com/string">scottish6days.com/string</a> to register or fill in the form at the string course.</p>
<b>Minibuses and Coaches</b>	If you are planning to bring a minibus or coach please contact <a href="mailto:nic@scottish-orienteeing.org">nic@scottish-orienteeing.org</a> to discuss arrangements.
<b>Training Maps</b>	Unfortunately we have been unable to provide training areas this year owing to storm damage to permanent orienteeing courses

## Technical

<b>Amendments</b>	Changes to SI-card numbers will remain free unless it includes hiring an SI-card when the hire fee will be charged.
<b>White and Yellow maps</b>	White, Yellow, M/WI0B, M/WI0A and M/WI2B maps must be collected from Information Tent before going to the Start. A copy of each will be on display in the Arena.
<b>SI punch system will be used</b>	All versions of SI-card are accepted, including SI-Air cards (SIAC). Only courses 1E and 2 on Day 5 have more than 25 controls (max 28) where a Series 9 card or above which holds more than 30 controls may be advisable. It is essential that all competitors visit the download tent by course closing time whether or not they have finished their course.
<b>Control Codes</b>	Will be displayed on the SI punch box only. Please ignore any other coding you may find at the control site or elsewhere in the forest.
<b>Mapping Standard</b>	All the Forest event maps are prepared to the current ISOM 2017 spec. All areas have recent storm damage and the ISOM 410 "green bar" symbol has been used for areas of windblown trees. Not every single fallen tree is mapped but the mapping is a depiction of the density and runnability directions that can be expected. All areas are mapped at 1:10,000 scale and enlarged or reduced for 1:7,500 and 1:15,000 scales respectively. The Ballater sprint map is prepared at 1:4,000 using the ISSprOM 2019-2 v6 standard.
<b>Courses &amp; Classes</b>	Due to high demand some courses are split into Men's (M) & Women's (W) classes. They have separate maps and different controls. Please pick up the right map! Colour coded courses use numbered courses that are also used by age classes. Maps and start boxes will be labelled with both the number and colour. Please see individual day information for map scales.
<b>Course Closure</b>	For the main days all courses close at 16:00.
<b>Finish and Download</b>	The Finish will be a run through contactless system using a ground Mat. There are physical punches for competitors without SI-Air cards. Competitors must proceed directly to Download.

## Technical

<b>Results</b>	Results will be available online at <a href="https://results.scottish6days.com/2025">results.scottish6days.com/2025</a> If necessary there may be local Wi-Fi (details in the arena).
<b>Scoring</b>	For Elite classes, scoring is based on cumulative time over the week, i.e. competitors need to complete every day. For all other classes, points are awarded for each day's result: Class winners receive 1 point, 2nd placed competitor 2 points, and so on. Competitor's overall score will be the sum of their best 3 scores of the week. In the event of a tie between 2 or more competitors, the competitor with the lowest individual day score will win; if that is the still the same, it will be a tied position. Competitors who fail to finish, do not start or are disqualified will be awarded a points score which is higher than the total number of active competitors in that class.
<b>Prizes</b>	Prize giving will take place at 15:00 on the last day. There will be medals for the top 3 overall in each age class (M/W10-85 A/B or E/L/S) with certificates for places 4-6 in M/W10-16 A/B.
<b>Junior Certificates</b>	Certificates for 1st-3rd place on M/W10-16 A /B. These can be collected on the following day from Information tent. Day 5 certificates can be emailed out after the event.
<b>Complaints, Protests and Appeals</b>	Complaints should be made to the Day Organiser either orally or in writing via the standard Complaints/Protests form available from Information tent up to 16:00 on the day of the competition. There is no fee for a complaint. The Day Organiser is the adjudicator of a complaint. A protest can be made against the Organiser's decision, in writing to the Controller. Protests and appeals will be handled under Rule 13 British Orienteering Rules v3.12 January 2025.

## Start Procedure

When you leave the arena signs will remind you about wearing a bib (**no bib, no go**), having an SI-card and compass, and collecting white and yellow maps. Full leg cover is mandatory for all forest days. Routes to starts will be marked with appropriately coloured tape. If the Organiser has declared cagoules compulsory (through Daily News, notices in Arena) this will also be checked.

It is competitors' responsibility to start at their allocated times; there will not be a name call-up and the minus 4 clock will be prominently displayed with times called out. Latecomers, those with split starts and helpers should speak to an official at the start.

Remember to clear and check (SIAC test also available) before entering the correct minus 4 box for your course, which will be labelled with the course number and/or colour-coded course name.

Minus 4 is individual boxes. A check box will be used to ensure you have cleared your SI-card.

Minus 3 is one large box with loose control descriptions: odd courses on the left and even on the right.

Minus 2 is one large box with blank maps. Note there may be different scale maps depending on which courses are at this start.

Minus 1 is one large box. There may be safety information/reminder given. At 10 seconds to go you may step over the line then go on the long beep.  
**Remember to punch the start unit.**

Check that you picked up the correct map and enjoy your course.

**The Elite start procedure for WRE races on Days 4 & 5 is different and is described in WRE Bulletin 2.**

# DAY 1 - Glen Feardar East

**Organising clubs:** Moravian Orienteers (MOR), Inverness Orienteering Club (INVOC), St Andrew's Orienteering Club (Glasgow) (STAG) & Loch Eck Orienteers (ECKO)

**Organisers:** Rob Parkinson (MOR) & Elizabeth Furness (MOR)

**Planners:** Peter McLuckie (MOR) & Finlay McLuckie (MOR)

**Controller:** David Esson (GRAMP)

## Directions:

The same parking area and race arena will be used on Day 1 and Day 2.

**If travelling from Ballater** follow the A93 west for 10 miles (16 km) to Inver. Turn right onto a minor road which is narrow with restricted passing places. After 1.4 km follow an unclassified (private) track for a further 0.8 km to the parking area which is adjacent to the arena. Proceed slowly over the bridge immediately before the parking field.

**If travelling from Braemar** follow the A93 east for 7 miles (11 km) to Inver. Turn left onto a minor road and follow the directions outlined above.

**Parking:** GR 214 938 w3w: balance. quality. outlawing No parking overnight.

**Arena:** Adjacent to parking.

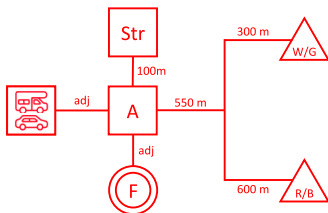
**Starts:** Routes to all starts leave the arena together for 550m where the routes fork. The White and Green starts are a further 300m (30m climb) and the Red and Blue starts a further 600m (30m climb).

**Maps and mapping notes:** Previous maps by Deeside Orienteering and Leisure Maps (DOLM) based on LiDAR supplied by the Scottish Orienteering Association and photogrammetric plot by Stirling Surveys. Revised for Royal Deeside 2025 by DOLM 2024/25. © MAROC.

**Terrain:** Open hillside, birch woodland and some patches of natural pine forest. Rock and contour detail. Much of Glen Feardar East is good runnable terrain, with some bracken in places. However, there are rocky sections where more care is needed. It is a hilly area and so please expect courses to be physically challenging.

**Finishes:** The Finish is adjacent to the arena.

**String and off-string courses:** The String course area is located 100m from the arena and is accessed adjacent to the route between Parking and the spectator area. The String course area has some short grass and extends to a rough grass hillside with many low rock features and occasional bushes. Sheep have been in the field recently, participants should wash their hands after doing the string course.





**Safety:** There is one uncrossable fence on the west side of the area. Use compulsory crossing points. The fence running close to the White and Green start is crossable with care but a crossing has been marked which you may wish to use to help make the crossing easier.

The Glen Feardar burn is crossable with care and there is only one bridge which is mapped. There are steep sided banks, particularly near the northern end of the area so please choose crossing points carefully if you need to avoid a scramble at the other side. Most courses cross the burn at least on one occasion and so wet feet should be expected.

**Junior Courses:** Courses 22 (M10B,W10B,White) and 23 (M10A,W10A,M12B,W12B,Yellow) follow runnable tracks and clearly marked fences. There are two taped routes on these courses to help guide competitors on trickier sections. Courses 22 and 23 are both planned with a crossing at the mapped bridge over the Feardar Burn. Competitors should not cross the burn at any other point on the course. These courses do have to cross a very small burn about half way round but it shouldn't mean wet feet. Watch out for smiley and sad faces on the way!

**Special Information:** Courses 1E, 2E, 2 and 3 have a map-flip.

Dogs are only allowed in the parking field and must be on a short lead. They are not allowed in the spectator area and may not be taken on the walks to the start.

Club tents may be left in the arena overnight at owners risk but no overnight camping is permitted.

Course	Start	Length (km)	Climb (m)
1E	Red	9.8	410
2E		8.0	345
2		7.9	370
3		7.5	360
4		7.1	265
5		6.3	285
6	Blue	6.2	275
7M		5.4	235
7W		5.4	235
8M		5.3	255
8W		5.3	230
9		4.7	185
10M		4.5	190
10W		4.4	210
11		4.3	180

Course	Start	Length (km)	Climb (m)
12	Green	3.9	200
13		3.7	175
14		3.4	140
14		3.0	140
16		2.3	90
17		1.8	65
18	White	4.1	185
19		3.3	135
20		4.9	240
21		2.9	130
22		2.5	55
23		2.2	65

# DAY 2 - Glen Feardar West

**Organising clubs:** Mar Orienteering Club (MAROC), East Lothian Orienteers (ELO), Ayrshire Orienteering Club (AYROC), Solway Orienteers (SOLWAY), Auld Reekie Orienteering Society (AROS)

**Organisers:** Trish & Roger Coombs (MAROC) & Sue Barrie (MAROC)

**Planners:** Drew Tivendale & Andy Tivendale (MAROC)

**Controllers:** Richard Oxlade (ESOC) & Tim Griffin (GRAMP)

## Directions:

The same parking area and race arena will be used on Day 1 and Day 2.

If **travelling from Ballater** follow the A93 west for 10 miles (16km) to Inver. Turn right onto a minor road which is narrow with restricted passing places. After 1.4 km follow an unclassified (private) track for a further 0.8 km to the parking area which is adjacent to the arena. Proceed slowly over the bridge immediately before the parking field.

If **travelling from Braemar** follow the A93 east for 7 miles (11km) to Inver. Turn left onto a minor road and follow the directions outlined above. Competitors will not be allowed to arrive after 12:30 or leave before 13:00.

**Parking:** GR 214 938 w3w: balance. quality. outlawing

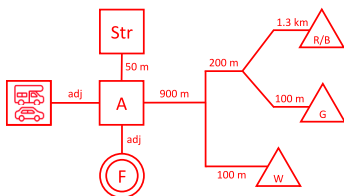
**Arena:** Adjacent to parking.

**Starts:** Routes to all Starts leave the arena together for 900m where there is a two-way fork. The White Start is a further 100m (10m total ascent). The Red, Blue and Green Starts continue together. The Green Start branches off after 200m and continues for another 100m (40m total ascent). The Red and Blue Starts are a further 1.3km (150m total ascent). Note that the route to the Red, Blue and Green starts crosses the courses from the White start. This crossing point will be marshalled; please respect the competitors as they cross. The route to the start is not suitable for buggies.

**Maps and mapping notes:** Previous maps by Deeside Orienteering and Leisure Maps (DOLM) based on LiDAR supplied by the Scottish Orienteering Association and photogrammetric plot by Stirling Surveys. Revised for Royal Deeside 2025 by DOLM 2024/25. © MAROC.

**Terrain:** Open runnable hilltop, natural pine forest, birch woodland and mature plantation. Rock and contour detail is present throughout. In some of the open and semi open areas heather and young trees can impede running. The longer courses and some courses near the finish will encounter bracken.

**Finishes:** The Finish is adjacent to the arena.



**String and off-string courses:** The String course area is located 50m from the arena. Head through the gate to the club tent area, then to the right (NE) and slightly uphill. The String course area is similar to day 1 and has some short grass and extends to a rough grass hillside with many low rock features and occasional bushes. Sheep have been in the field recently, so participants should wash their hands after doing the string course.

**Safety:** There is a high deer fence and two low barbed wire fences which can only be crossed at marked crossing points. The deer fence is crossed by high stiles which will be timed-out for competitors on courses 15, 16 and 17. A maximum limit of 3 minutes has been included on the control descriptions but the organisers will be generous if competitors are taking longer. Please keep left at the stiles if you think you will be slow crossing. Pictures of the stiles on courses 15, 16 & 17 will be available at Information. Take care on the rocky slopes, particularly in the plantation area.

Red/Blue start competitors in particular will face exposed open hill side at relatively high elevations. Cagoules may be compulsory if the weather is bad.

**Junior Courses:** The early controls on the White Start courses are located in an undulating open area where line features are sometimes indistinct. A variety of features are used throughout Courses 22 and 23 and taping and smiley/sad faces will be used as appropriate. All White Start courses cross the walk to the Red, Blue and Green Starts. This crossing will be marshalled and competitors will be ensured priority.

**Special Information:** Dogs are only allowed in the parking field and must be on a short lead. They may not be taken on the walks to the start. Please see the safety note about high stiles on courses 15, 16 and 17.

Course	Start	Length (km)	Climb (m)
1E	Red	9.6	380
2E		7.5	345
2		7.5	350
3		7.8	305
4		6.9	270
5		6.3	230
6	Blue	5.8	265
7M		5.3	190
7W		5.1	175
8M		5.6	190
8W		5.5	200
9		4.8	180
10M		4.7	190
10W		4.6	165
11		4.0	150

Course	Start	Length (km)	Climb (m)
12	Green	4.4	185
13		3.8	160
14		3.0	145
14		3.1	140
16		2.1	75
17		1.7	50
18	White	4.3	130
19		3.4	115
20		4.7	165
21		3.2	105
22		2.4	35
23		2.1	20

# DAY 3 - Creag Choinnich

**Organising clubs:** Edinburgh Southern Orienteering Club (ESOC), Tayside Orienteers (TAY), Roxburgh Reivers Orienteering Club (RR) & Kingdom of Fife Orienteers (KFO).

**Organisers:** John Tullie (RR) & Jayne MacGregor (ESOC)

**Planners:** Ewart Scott (ESOC) & Clive Masson (TAY)

**Controller:** David Summers (INVOC)

## Directions:

All competitor vehicles including motorhomes, should park in the main parking field.

**If travelling from Ballater** turn right into the parking field approximately 400m after the Welcome to Braemar sign.

**If travelling from Braemar** turn left 450m after the turn off to the centre of the village.

**Parking:** GR 152 919 w3w: gave.slopes.goats There will be temporary traffic lights in use to allow participants to cross the A93 to the Arena and to the walk to the starts. PLEASE obey all instructions from marshals and return by the same route.

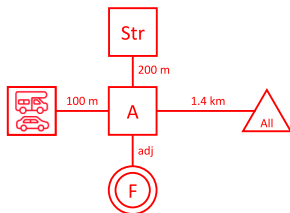
**Public Transport:** Two Stagecoach buses service Braemar - 201 & 202. Cyclists and walkers can go directly to the arena where cycles can be secured close to the shelter.

**Arena:** The Arena comprises 2 fields - an upper field with spectacular views that will contain a "remote" finish, spectator control (on the Elite and 7 longer courses) and String courses and a lower field with Download, Information, EOD, First Aid, Traders, Toilets etc. Club tents are allowed in both fields and there will be a site plan on entry to the Arena.

**Starts:** The White start and combined Red / Green / Blue starts are about 150m apart, roughly 1.4km (25m total ascent) easy walking from the car park and arena. Exit the arena at the SW corner and follow the pavement on the east side of the A93 southwards through Braemar. Please walk single file to allow faster runners to pass without stepping off the pavement. Turn left after 1km onto a forest road, just past the Youth Hostel. Parents should accompany younger juniors to the start. Access to the White Start is only for White Start competitors plus any adults accompanying young children. All other competitors must keep out of the White Start area before and during their run. No competitor toilets at the Start, ONLY in an emergency can one of the 2 helper toilets be used.

**Maps and mapping notes:** Original map by Contours Orienteering and Survey Services 2005. Survey and cartography by Deeside Orienteering and Leisure (DOLM) 2016 based on LiDAR supplied by the Scottish Orienteering Association and photogrammetric plot by Stirling Surveys. Updated by DOLM 2024. © MAROC. Maps are approximately A4 size

**Terrain:** Terrain is generally runnable with excellent visibility. All courses use the open, mature pine forest on the lower slopes of Creag Choinnich. Mid



length courses also traverse some low, forested moraine ridges and the longest courses climb onto an intricate heathery area. Part of the hillside has a series of close and mostly parallel extraction lanes which for clarity are not mapped. Many controls are close to the minimum separation so accuracy is needed! Tracks and paths in the area are well used the general public, please show them due courtesy especially if there are dogs with them.

**Finishes:** The Finish is in the upper part of the arena with a taped funnel from last control. Download is approximately 100-150m downhill in the lower field.

**String and off-string courses:** The String courses are located in a sloping field next to the upper arena field. The terrain is moderately steep so course lengths may be shorter.

**Safety:** In the competition area there are some seasonal ponds but these are clearly visible. Longer course cross a low point in a high deer fence at a marked crossing point. Longest courses will climb above some very high crags but are kept safely away from them; an area below these crags is marked Out of Bounds to prevent an unsafe route choice. Please obey all Out of Bounds areas that surround the Arena.

**Junior Courses:** Courses 22 and 23 follow distinct paths, tracks and fences with taped routes between their second-last and last controls.

**Special Information:** Courses 1E, 2E and 2 to 7M & 7W have a spectator control beside the Arena. Dogs are allowed in both the parking and arena fields (on a lead at all times) BUT NOT on the walk to the Starts, so runners can walk on the East pavement unhindered. If you wish to walk into Braemar please use the west pavement.

Course	Start	Length (km)	Climb (m)
1E	Red	4.8	180
2E		3.8	150
2		3.8	150
3		3.7	155
4		3.7	170
5		3.5	155
6	Blue	3.2	100
7M		3.5	105
7W		3.4	105
8M		2.8	90
8W		2.8	85
9		2.5	60
10M		2.7	85
10W		2.8	85
11		2.4	70

Course	Start	Length (km)	Climb (m)
12	Green	2.2	90
13		2.2	100
14		1.7	80
14		1.9	65
16		1.8	65
17		1.7	70
18		2.1	95
19	White	2.2	90
20		2.2	105
21		1.6	70
22		1.5	65
23		1.2	35

# DAY 4 - Balfour

**Organising clubs:** Forth Valley Orienteers (FVO)

& Clydeside Orienteers (CLYDE)

**Organisers:** Dave Coustick (FVO)

& Rob Truswell (FVO)

**Planners:** Ben Stansfeld (FVO)

& Klaas Wynne (CLYDE)

**Controllers:** Roger Coombs (MAROC) & Chris Low (MAROC)

## Directions:

**There are 2 car parks, A (west) and B (east).** Campervans over 5m, EVs and any car with a passenger aged 70 and over or aged 11 and under should use car park A which is approximately 300m from the arena. Priority parking for helpers and those with special needs will be in the arena. All other cars should use car park B which is approximately 1.8 km from the arena.

Competitors can go directly to the start from Car Park B but must report to download even if they do not finish their course. **The bridge over the River Dee at Aboyne is closed.**

**If approaching from the west (e.g. Ballater, Braemar)** leave the A93 Deeside Rd at Dinnet, cross the bridge and then continue east along the B976. Shortly after passing Aboyne bridge turn right and follow a minor road for 2 miles (3km) for car park A or continue straight on for a further 3 miles (4km) before turning sharp right for car park B.

**If approaching from the east** cross the river Dee at Potarch (unless you are already south of the river). Then travel west on the B993 for 2.5 miles (4km) and turn right onto the B976 for a further 0.5 mile (1km). Turn left and follow signs for car park B or continue for a further 3 miles (4km) before turning left to follow signs for car park A.

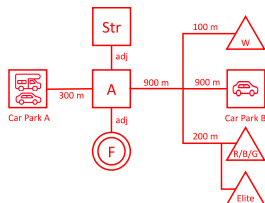
**If you are coming from Aboyne** by car you should initially travel west on A93 for car park A, crossing the Dee at Dinnet then following instructions as above. From Aboyne to car park B travel east on A93 to Potarch and then follow instructions above.

**If cycling from Aboyne** cross the Dee and turn left for 300m then follow signs to car park A and continue past there to the arena. We DO NOT recommend walking along this road as it is very narrow and will have a lot of orienteering traffic.

**Parking:** Car Park A: GR 543 965 w3w: brimmed.revisit.offers  
Car Park B: GR 557 970 w3w: hurricane.honestly.scars

**Arena:** 300m from car park A, 1.8km from car park B

**Starts:** For all starts leave the arena and follow the minor road east for 800m. Turn off the road and follow a wide track for 100m, then the routes diverge with the White Start being 100m (40m total ascent) up another track, and the Green, Blue and Red starts 200m (50m total ascent) up a separate track. There will be a separate warm-up area for elite classes near the Red Start.



**Maps and mapping notes:** Previous maps by Deeside Orienteering and Leisure Maps (DOLM) based on photogrammetric plot by Stirling Surveys. Revised for Royal Deeside 2025 by DOLM 2024/25. © MAROC.

**Terrain:** Largely runnable, varied, plantation forest with some rough open ground. Several complex contoured areas. Parts of the plantation forest have been recently thinned, with much evidence of the workings being visible. There are many unmapped extraction lanes. There may be deep heather and bracken on some courses. Recent storm damaged windblown trees have been mapped with an orientated dark green uncrossable symbol.

**Finishes:** The Finish is in the arena.

**String and off-string courses:** Adjacent to the arena

**Safety:** Forestry operations have been taking place recently. Any machinery, log piles or other articles of work must be avoided. The forest is used by mountain bikers and their trails will be crossed by most courses. Occasional mountain bikers may be encountered on the day. Please give them a wide berth. A dry stone wall approaching the finish is only crossable at marked crossing points.

**Junior Courses:** Courses 22 and 23 follow distinct paths, tracks, walls and rides with some taping between controls. There is also a taped section on course 21. Special Information: Day 4 is a World Ranking Event for elite classes who will run a middle distance course.

**Special Information:** Because of the distance from Car Park B to the arena please give club tents to someone who is allowed to park in Car Park A. If this isn't possible please contact the organisers for permission to park in Car Park A.

Course	Start	Length (km)	Climb (m)
1E	Elite	5.9	265
2E		4.7	215
2	Red	8.0	315
3		7.7	300
4		6.9	255
5		6.3	230
6	Blue	6.1	205
7M		5.7	200
7W		5.6	195
8M		5.6	185
8W		5.5	190
9		4.8	200
10M		4.6	180
10W		4.7	185
11		4.3	185

Course	Start	Length (km)	Climb (m)
12	Green	4.0	175
13		3.6	135
14		3.6	130
15		3.2	125
16		2.0	70
17		1.8	55
18		4.1	145
19		2.9	105
20	White	4.8	205
21		3.1	140
22		2.8	100
23		2.4	75

# DAY 5 - Glen Glen Dye

**Organising clubs:** Interlopers Orienteering Club (INT), Grampian Orienteers (GRAMP) & Badenoch and Strathspey Orienteering Club (BASOC)

**Organisers:** Colin Eades (INT) & Janette Macleod (BASOC)

**Planners:** Rob Hickling (BASOC) & Ian Hamilton (GRAMP)

**Controllers:** Trevor Hoey (FVO) & Paul Caban (INT)

**Directions:** Parking is off a minor road (labelled Old Military Road on some maps) at Cuttieshillock, 1 mile (1.5km) south of the (B976). This road may be used by residents.

**If approaching from Ballater and Braemar** follow the A93 eastwards to Dinnet and cross the Dinnet Bridge to the B976 (South Deeside Road). Turn left and follow the B976 for 13 miles (22km) to Whitestone. Turn right and follow the minor road for 1 mile (1.6km) to Cuttieshillock and turn left to follow an unmetalled track for a further 500m to parking.

**If approaching from Aboyne** follow the A93 for 7 miles (11km) eastwards from Aboyne, passing through Kincardine O'Neil to Potarch Bridge. Turn right to cross the bridge then immediately left to follow a minor road for 4 miles (6km), signposted towards the Cairn O'Mount. At Whitestone turn right and then immediately left to Cuttieshillock.

**If approaching from Banchory** cross the Dee Bridge at Banchory and follow the B974 (South Deeside Road). After 3 miles (5km), at Strachan, continue straight on onto the B976 and after 2 miles (3km), at Whitestone turn left to Cuttieshillock.

**If approaching from Fettercairn** follow the B974 Cairn O'Mount road to Strachan. Turn left and follow the same directions as traffic approaching from Banchory. Please note that the minor road on the left at the AA box is closed for the event.

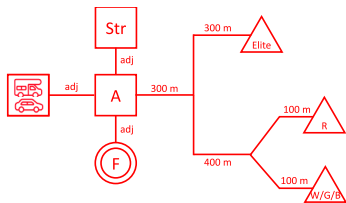
**Parking:** GR 649 913 w3w: winning.salutes.startles

**Arena:** Adjacent to parking.

**Starts:** Routes to all starts leave the arena to the South. After 300m, all pass through a gate after which the route to the Elite start turns North for a further 300m (20m climb). The Red, White, Green and Blue starts are a further 500m (total ascent 30m), which includes a short (<100m) section up a moderately steep bank. 100m before the starts is a flat waiting area in open land; Red start is North of this area, and White, Green and Blue a common start south of the area. Note that there is no shelter or shade here.

**Maps and mapping notes:** Previous maps by Deeside Orienteering and Leisure Maps (DOLM) and Stirling Surveys. Revised and extended for Royal Deeside 2025 by DOLM 2024/25. © GRAMP.

**Terrain:** Large open conifer plantation with a variety of rock features, moraines, contour and water detail. Longer courses extend into a newly mapped extension of lower visibility, runnable forest with good rock detail. Recent extraction lanes have not been mapped for the purposes of clarity. Also, recent storm damaged windblown trees have been mapped with an orientated dark green uncrossable symbol. Some areas of heather, bracken and bog myrtle may





also be encountered. There are piles of timber alongside some recently felled areas that must not be crossed - the most prominent of these are mapped as solid green lines. Those who think that they know Glen Dye well can expect a few surprises.

**Finishes:** The Finish is in the arena.

**String and off-string courses:** Next to NE corner of the car parking, 200m from arena.

**Safety:** There is a public road through the centre of the area that will be closed to all but the few residents along the road. All but the shortest courses cross this road twice and care must be taken when approaching it. Forestry operations have been taking place in the forest fairly recently so any machinery, log piles or other evidence of work must be avoided. Pools which are mapped as uncrossable water features must also be avoided.

**Junior Courses:** The shortest courses cross a small burn which may mean wet feet and will be marshalled. Courses 22 and 23 follow paths tracks and fences with a fence crossing and some tapes between controls - in these stretches, smiley faces will help competitors know that they are going the correct way.

**Special Information:** Day 5 is a Long Distance World Ranking Event for elite classes. Drinks stations are marked on Elite course maps only - competitors on other courses may encounter drinks stations but must not take drinks as we must not run short for the WRE competitors who have to run for at least 90 minutes. There is a warm-up area for Elite competitors that is close to all of the other starts. All non-elite competitors can warm-up alongside the tracks on the routes to the starts, but must not cross any red/white tapes.

Course	Start	Length (km)	Climb (m)
1E	Elite	13.5	375
2E		10.4	340
2	Red	7.1	210
3		6.9	185
4		6.5	185
5	Blue	5.6	145
6		5.4	145
7M		5.1	150
7W		5.0	150
8M		4.6	150
8W		4.6	150
9		4.2	140
10M		3.9	120
10W		3.9	120
11		3.8	125

Course	Start	Length (km)	Climb (m)
12	Green	3.6	120
13		3.3	105
14		3.2	105
15		3.1	75
16		2.2	50
17		1.9	35
18		3.7	130
19		2.9	105
20	White	4.6	110
21		2.9	60
22		2.6	35
23		2.1	20

## REST DAY & OTHER ACTIVITIES

### Ballater Sprint - Wednesday 30th July

For those who look forward to a Sprint event this will take place in Ballater which was also used in 2017. Ballater has numerous royal connections with the Royal Family's holiday home, Balmoral Castle, only 7 miles to the west. Unfortunately, we had to limit entry numbers and this event is now full.

The area is a mix of steep pathed woodland, open parkland, areas of housing of varying complexity and the historic village centre. The start window of two hours (from 10:30 until 13:30) is before the MTBO event so that you can take part in multiple events.

**Organising club:** Edinburgh University Orienteering Club (EUOC),  
**Organisers:** Issy Sunley (EUOC) & Emma Crawford (EUOC) **Planner:** Ewan Bennett (EUOC),

**Controller:** Roger Scrutton (ESOC). For further details see [scottish6days.com/day-information/sprint](http://scottish6days.com/day-information/sprint)

### Mountain Bike Orienteering – Wednesday 30th July

One pre-entry MTBO event organised by ESOC/MOR is taking place on the rest day at Scolty Hill, near Banchory. Enter via the British Mountain Bike Orienteering website at [bmbo.org.uk](http://bmbo.org.uk). For further information see [scottish6days.com/day-information/mtbo](http://scottish6days.com/day-information/mtbo)

Entries are open until Monday evening after Day2 and bike hire is available locally.

### Social Programme

Our social programme is all based in the Victoria & Albert Halls, Ballater. Tickets available at the Event Centre on Saturday and from RaceArenas.

**Whisky Tasting Evening:** Sun 27th July & Mon 28th July at 19:00. £15 (over 18s only) Join us for a special whisky tasting experience led by local expert Rebecca Levie, previously of the renowned Fife Arms in Braemar. Discover the rich history of Scotch whisky, explore its origins, and gain insight into the craftsmanship behind every bottle. Enjoy a curated selection of choice malts—plus a few intriguing surprises.

**Natural and Cultural Heritage Talk:** Mon 28th July at 19:00. £4 / £2 (under 18) Join Stuart Jennings, the reserve manager, as he shares insights into the natural and cultural heritage of RSPB Crannach, a small but diverse nature reserve near Ballater. The reserve features a range of woodland habitats and upland moorland, home to a variety of wildlife. Bird species commonly seen include Scottish Crossbills, Black Grouse, Tree Pipits, Redstarts, and Spotted Flycatchers. The area also supports rare plant life, such as Twinflower and Green Shield Moss.

**Traditional Scottish Ceilidh** Tuesday 29th July at 19:00. £14 / £7 (under 18)

Come along for a fun-filled evening of Scottish Country dancing, led by the lively local band The Flying Piemen. Whether you're an experienced dancer or a complete beginner, it's the perfect chance to enjoy great music, energetic reels, and a warm community atmosphere.

**Table Quiz:** Wednesday 30th July at 19:00. £24 per team (max 6 people)

Hosted by Mike Stewart, a seasoned orienteer, this fun-filled quiz night is perfect for friends and family alike. Form a team of up to 6 and take on a variety of entertaining rounds—including a special orienteering twist to keep things interesting!

**Wildlife and Walking on Balmoral Talk:** Thursday 31st July at 19:00. £4 / £2 (under 18):

Join Glyn Jones, Ranger at Balmoral Estate, for an illustrated talk exploring the rich wildlife and walking opportunities on this iconic Royal estate in Upper Deeside. Balmoral is not only a royal holiday retreat but also a working estate, encompassing farmland, deer stalking, grouse shooting, and fishing, as well as extensive areas of ancient Caledonian Pine Forest. Stretching from the River Dee to Lochnagar and its surrounding Munros, much of the estate is accessible to the public under the Scottish Outdoor Access Code. The castle itself is open daily from 10:00 until 17:00 all week. Discover what makes Balmoral such a special place for both nature and recreation.

**Am awa noo, Catch a'bidie in 2027**



**We look forward to seeing you at  
JK2026 and at Scottish 6 Days 2027**