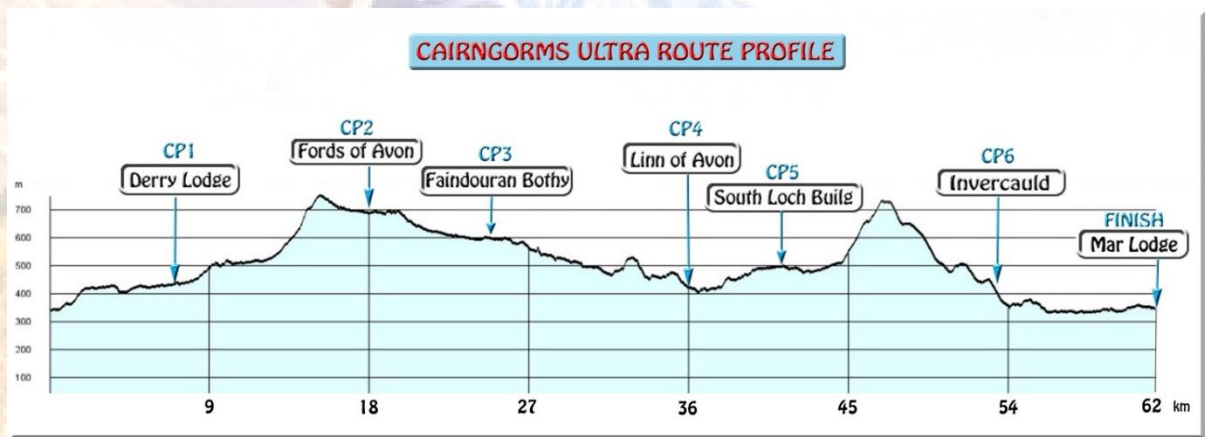


Cairngorms Ultra Route Checkpoints & Time Limits

Start/Finish Location: Mar Lodge, Mar Lodge Estate, Braemar, Aberdeenshire, AB35 5YJ.

Time Limits: 12:30hrs for the full event (Based on 5km/hr (3.1mph) approx.).

Checkpoints: There will be six control checkpoints on the route. These CPs are indicated on the event map & must be visited in the order specified.



Maximum Time Limits: We want everyone to finish the race whilst enjoying this amazing area. However, for safety reasons, there is a maximum time allowance of 12:30hrs for the full event (Based on 5km/hr (3.1mph) approx.) with intermediate course cut-off times established at specific locations. These will be located at:

CONTROL	LOCATION	DESCRIPTION	GRID REF	DISTANCE	TIME LIMIT(Hrs)	ACTUAL TIME
CP1	Derry Lodge	Path Junction to rear of Derry Lodge. Adjacent to footbridge	NO 040 934	7k	1:25	0925
CP2	Fords of Avon Refuge	Path Junction Adjacent to Shelter	NJ 042 031	18k	3:35	1135
CP3	Faindouran Bothy	Track adjacent to bothy shelter	NJ 081 061	24k	4:50	1250
CP4	Linn of Avon Path Junction	Track Junction	NJ 179 073	36k	7:15	1515
CP5 Aid Station	Loch Builg	Track Junction approx. 500m SE of Loch Builg	NJ 193 026	42k	8:25	1625
CP6 Aid Station	Invercauld Forest	Forest Track Junction	NO 164 936	53k	11:00	1900
Finish	Mar Lodge	Event HQ	NO 096 898	63k	1230	2030

Re Actual Time: These times are based on a 0800-start time.

If timed out or decide to retire at either CP's 1 or 2 participants are advised to retrace the route back to Mar Lodge. Retirements at CP 5 will be transported by event vehicle to Event HQ. Any participant continuing the course after the allocated time limit will be informed that they will not be covered by the event safety team.

Any participant not reaching these locations in the allocated time will not be permitted to continue the event. If you are timed out at either CP's 1 & 2 it is recommended to retrace the route back to Mar Lodge.



CP 2 Fords of Avon

Refuge: This is located immediately after crossing the Fords of Avon.

Whether you want to stop & take pictures, change into dry socks or simply take a breather in this stunning area, ensure you turn right off the main track onto the small less well defined track which follows parallel with the river.



Cross the river at the Fords of Avon...



Then turn Right at the Shelter at CP2



CP 4 Location at the Linn of Avon



CP 5 Location

Course GPS Measurement: Recorded with Suunto Ambit Peak. We try to ensure that we measure the courses as accurately as possible using several different recording devices & various recording settings. Please note that the actual distance and elevation gain can vary between +/- 5 % depending on the measurement method, i.e., make & model of watch/GPS unit, unit settings, tree cover, etc.

High Terrain Events

