

Cairngorms Ultra: Route Checkpoints & Aid Station Information

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

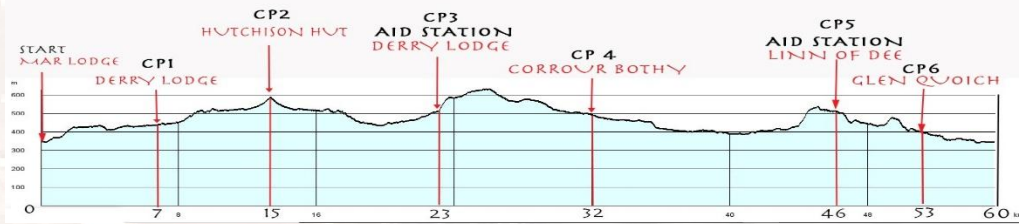


Time Limits: 12hrs for the full event (Based on 5km/hr (3.1mph) approx.).

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.



CAIRNGORMS ULTRA ROUTE PROFILE



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 12hrs 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 040 935	7k	1:25	0925
CP2	Hutchison Bothy	Mountain Bothy	NO 022 997	15k	3:00	1100
CP3 Aid Station	Derry Lodge	Track Junction at footbridge. North side of Derry Burn	NO 040 935	23k	4:30	1230
CP4	Corrou Bothy	Mountain Bothy	NN 981 957	32k	6:15	1415
CP5 Aid Station	Linn of Dee	Track before road at Linn of Dee bridge	NO 060 897	46.5k	9:15	1715
CP6	Glenn Quoch	Track Junction	NO 079 937	52.5k	10:15	1815
Finish	Mar Lodge	Event HQ	NO 096 898	60k	1200	2000

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

Any participant not reaching these locations in the allocated time will not be permitted to continue the event. If you are timed out or decide to retire at either CP's 1 - 3 it is recommended to retrace the route back to Mar Lodge.

Aid Stations: There will be two aid stations located at the following control point locations:

Aid Station	LOCATION	GRID REF	DISTANCE	DROP BAGS
CP3	Derry Lodge	NO 040 935	23k	No
CP5	Linn of Dee	NO 060 897	46.5k	Yes

No cups will be provided for cold drinks. To help minimize waste you will need to bring your own water bottle, bladder, etc. It is important that you are carrying sufficient food and water supplies to be partially self-sufficient on the course.

CP 1 & 3 Derry Lodge: These will be located next to the footbridge at the rear of Derry Lodge. CP1 is on the south side of Derry Burn, CP 3 on the north side.



There will be a selection of jellies, flapjacks, savoury biscuits, energy bars & water provided at CP3.

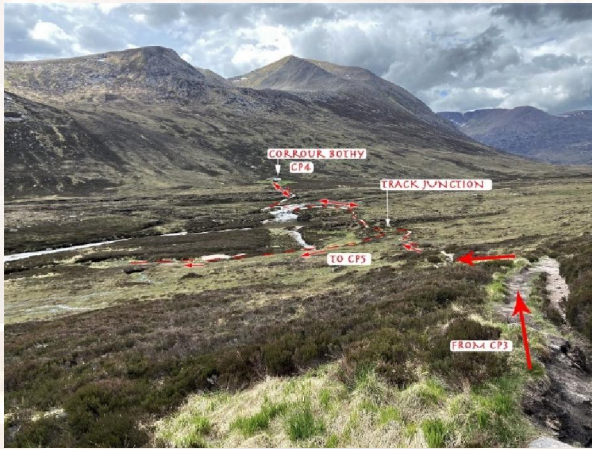
Please Note: The aid station at CP3 at 23k will be providing basic supplies only. Treated water will be available. Due to the uniqueness of this route, there is no permitted vehicle access into these remote areas. All supplies to this location will be carried walking/cycling by event personnel to this location. We are therefore limited to the amount we can provide here. However, as we are unable to carry large volumes of fresh water, this will be collected from the burn & treated with water purification tablets.

CP2 Hutchison Refuge: Located in the spectacular Corrie Etchachan at 700m, this is the highest point of the course.



Corrie Etchachan & Hutchison Refuge

CP4 Corrour Refuge: To reach CP4 at Corrour Bothy there is a short out & back section; Cross the footbridge over the river Dee to reach CP4 located a short distance further on at Corrour Bothy.



CP5 Linn of Dee: The main aid station will be at the Linn of Dee. This will be located on the track just before reaching the road at the Linn of Dee bridge (Approx. 100m before the National Trust car park).



CP6 Glen Quoich: Follow the singletrack trail alongside the lochans through the beautiful Clas Fhearnaig. Descend into Glen Quoich to reach CP6, located at the track junction at the base of the descent.



Clas Fhearnaig



Glen Quoich





Drop Bags: If you'd like some of your favourite nutrition without having to carry it for the full duration drawstring bags will be available for all participants. This will need to be arranged at registration. These will be transported to the aid station at CP5 adjacent to Linn of Dee car park.

Drop bags will be returned to the finish area, bear in mind take it may take a while to return them as they will be brought back once the CP closes. If you prefer, you can collect these earlier as the Linn of Dee car park is only a short distance from Mar Lodge.

You are permitted to have your own supporters, friends and family meet you on any other part of the course. Please keep any external assistance to checkpoint/feed stations.

If you prefer not to carry large volumes of water, there are plenty of opportunities to re-fill from streams on the course at your own discretion.

Water Filters: If you are unsure of drinking straight from the streams there are several types of soft flasks with filters available for runners. These are ideal as they filter bacteria and protozoa from natural water sources, so you can drink easily and safely without needing to carrying large volumes of water and therefore less weight.



Whilst there are various brands available, we personally have been using the Salomon Soft Flask XA Filter during long runs.

The flask incorporates a filter that cleans the water as you drink it, allowing clean water to pass straight through.

The flask shrinks down as you drink from them, so once you empty the bottle, it's almost weightless and you can easily stash it in your pack.

With a reusable filtered bottle, you're also making a positive environmental impact by avoiding single-use plastic bottles.

Course GPS Measurement: Recorded with Garmin Fenix 6 Pro. 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