



Cairngorms Ultra Event Notes

Welcome to the Cairngorms Ultra. We have a fantastic event venue with the start/finish, registration, parking & camping area all in one great location. To help make your day as enjoyable as possible, please read all this essential information, as well as checking the event page on our website and any Facebook updates.



Please Note: No entry transfers/deferments/swapping of entries or amendments can be made from now, whatever the reason. Your race number has now been allocated; this cannot be amended either prior to the event or on the day.

You will need to bring your personal photo ID to registration so that we know it is you. Race numbers are to be collected in person.

We will be at the event venue on Thursday. As there is limited mobile coverage & we will be extremely busy setting up, we may be unable to respond to any general event enquiries.

Event Venue:	Mar Lodge, Mar Lodge Estate, Braemar, AB35 5YJ
Date:	Saturday 13th June 2026
Start Time:	0800

Event Schedule:	
Friday	
1600-1830	Registration Open 1600-1830
	Camping Area Arrivals from 1600-2100
Saturday	
0630-0745	Event Car Park & Registration Open
0750	Event Briefing
0800	Race Start (Mass Start)
1430-1500 (approx.)	Presentation at Finish Area

Travel & Parking: Mar Lodge Estate is located west of Braemar. Access to the event venue is via the Linn of Dee road & the West Drive entrance. National Trust Mar Lodge has kindly asked participants not to use the Victoria Bridge entrance.

What Three Words: minimums.validated.repeats

OS Grid Reference: NO 09520 89913

If you are registering on Friday & not camping, please park in the allocated car parking area in the field.

If you are planning to arrive after registration on Friday, please find a camping spot in the allocated area, pitch considerately, keeping noise to a minimum. Arrivals from 1600-2100. Please do not arrive earlier.

Directions: To get to the venue from Braemar, follow the unclassified road (signposted Linn of Dee) from the A93. Follow this road for approx. 6.5 miles to reach the Linn of Dee car park. Continue past the car park for a further 1.5 miles, then turn right, event HQ is located a further 500m from here. Follow the signs and park as directed by the marshal. Parking is free for event participants with an allocated parking area at the venue (see diagram below).

Directions can be found here:

<https://www.google.com/maps/d/edit?mid=1eJD6PYK-pMF0luPzSAY4udftdHUb5Ng&usp=sharing>

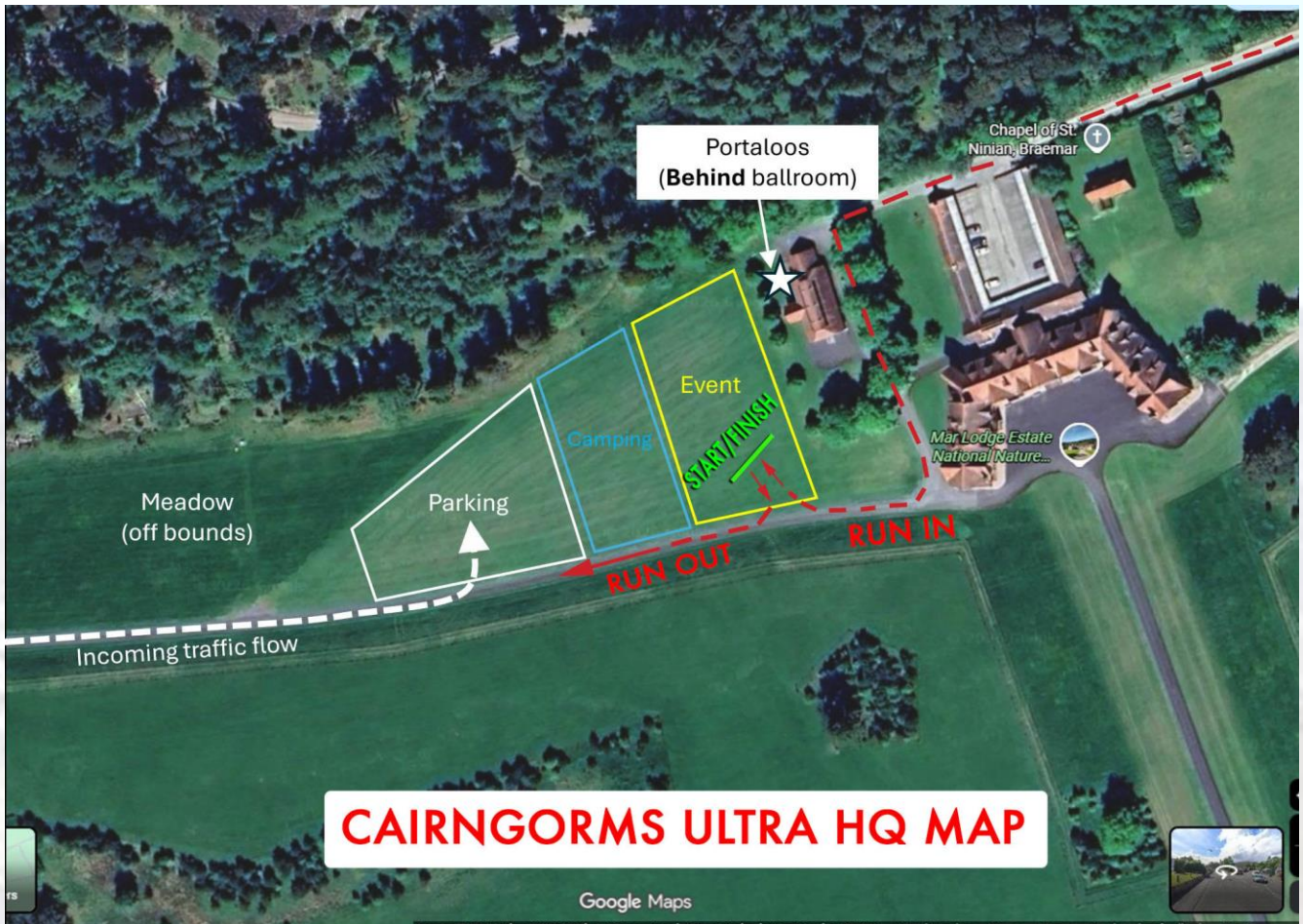


Event HQ: This is to be on the West Lawn on the left side of the access track (see diagram).

Toilets: Portable toilets will be available at the venue. There are no changing or shower facilities at the venue. There are also public toilets on the course located at the National Trust for Scotland car park at the Linn of Dee.

Registration: This will be from the High Terrain Events tent adjacent to the start/finish area. You will need to bring your personal photo ID to registration so that we know it is you.

Registration will be available both Friday between 1600-1830 & Saturday 0630-0745.



You will need to register when you arrive & collect your event number, drop bag (details below) & numbered stickers. Safety pins will be provided.

Your number must be clearly visible throughout the event. It is ok if you are wearing waterproofs over this, just unzip if a marshal asks for your number.

Please add your ICE (In Case of Emergency) details & any medical conditions in the space provided on your event numbers. Do not fold your number otherwise you will incur a 1-hour time penalty.

If you register & decide not to start you MUST inform event HQ. This is very important.

Retirements: If you retire early for whatever reason, you must inform event HQ or a marshal. This is an essential safety requirement of the event.



Briefing: There will be a compulsory event safety briefing 10 minutes before the start (start area). Any essential updates will be explained at the race briefing. The start/finish procedure will be explained here.

Event Camping: **Access to the camping field is available until 9pm.** The gate will be locked after this time. Portable toilets are provided. There is no changing, washing up, shower facilities or electric provided. Fresh water will be available; however, it will help to bring your own supply.

If you have booked a camping spot, please pay for this at registration. **This is cash only; ensure you have the correct money as no change will be available.** You will be issued a camping ticket to display on your vehicle dashboard. If you would like to book, please email by Wednesday 10th June.

If you prefer camping with full facilities Braemar Caravan Park is in the village. For further details & how to book here contact Braemar Caravan Park direct: www.braemarcaravanpark.co.uk

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



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	46k	9:15	1715
CP6	Glenn Quoich	Track Junction	NO 079 937	52k	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.

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 each CP location.

If timed out or decide to retire at either CP's 1-3 participants are advised to retrace the route back to Mar Lodge. Any participant continuing the course after the allocated time limit will be informed that they will not be covered by the event safety team.

CP1 & 3 Locations: CP1 is located to the rear of Derry Lodge at the footbridge over the river Derry. CP3 (aid station location). This will be located just across the footbridge from CP1:



CP2: Located at Hutchison's Refuge. The path up to CP2 at Hutchison Bothy has some pinch points, not least the small footbridge. Please take care as runners returning will be meeting outward runners on this section. Trekking

poles (if using) will be best stowed between Glas Allt Mor and CP2.



Approaching CP2



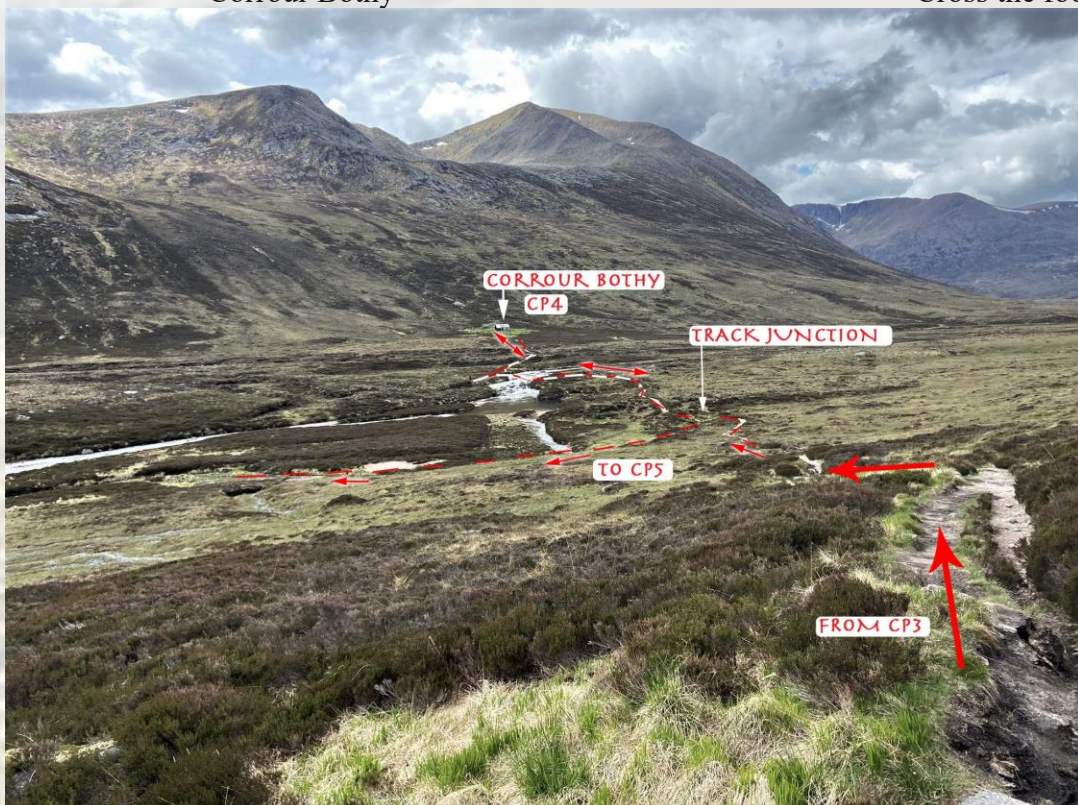
CP4 Corrour Bothy: To reach CP4 at Corrour Bothy there is a short out & back section; Cross the footbridge over the river Dee to reach CP4 located a short distance further on at Corrour Bothy.



Corrour Bothy



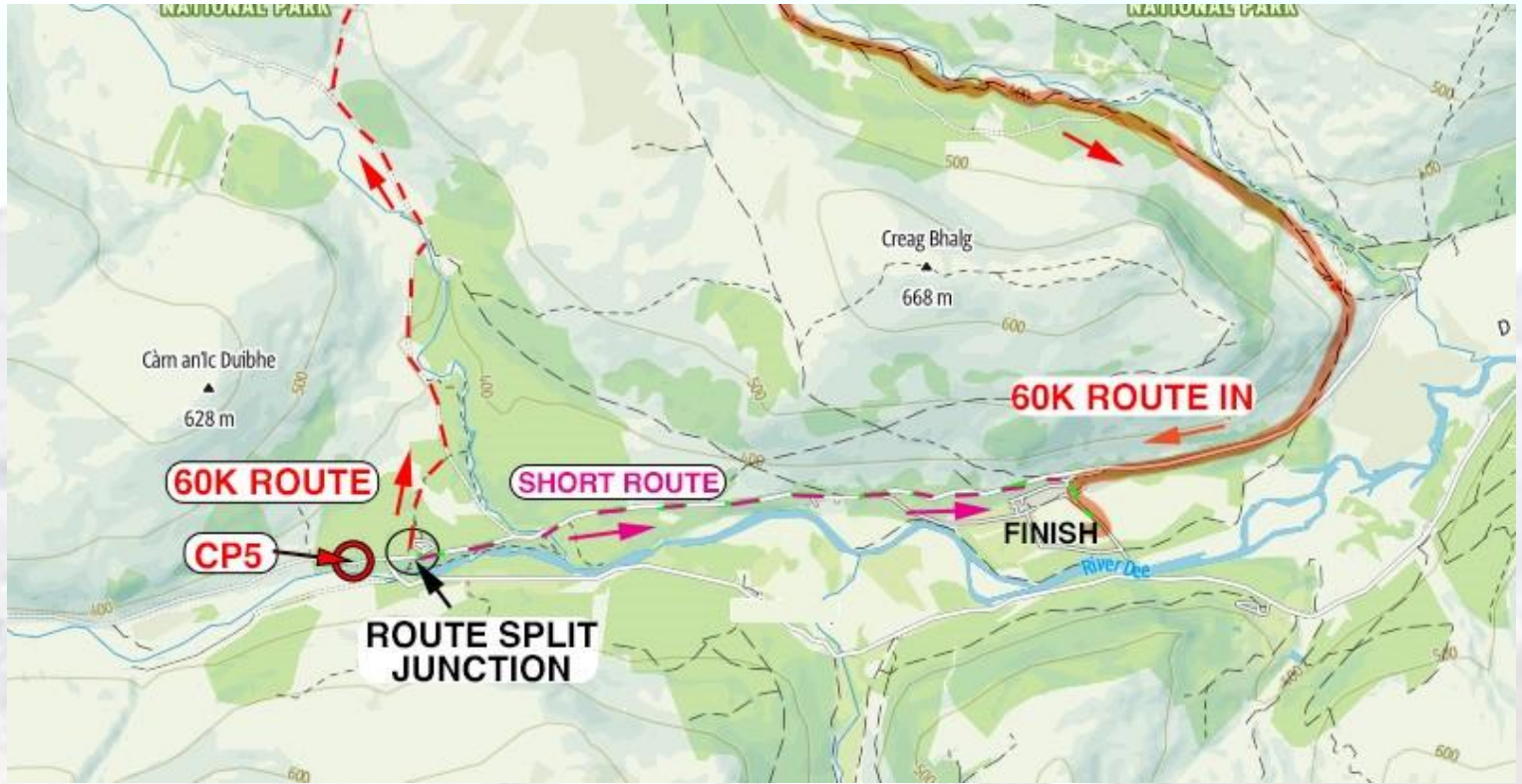
Cross the footbridge



Ensure the CP marshal records your number, then cross back over the bridge & turn right after approx. 150m (at the faint path junction NN 985 955). There is a small cairn at the junction, though the path is a bit indistinct initially as

it's quite wet at that point. Follow the track along Glen Dee towards White Bridge & CP5.

'Short' Course Option: If you reach CP5 at the Linn of Dee & decide not to continue the full route, there will be an option during the race to continue directly along the road to the finish at Mar Lodge. This will give 30 miles/48k & therefore still classed as an ultra. You will still be classed as a 'Finisher' & receive an amended finish time & finishers medal. Please note you will not be eligible for prizes & need to reach CP5 within the specified time limit



'Short' Course Procedure: It is important to inform the marshal at CP5 & at the finish if you opt for the shorter distance. There will be a route split sign approx. 100m after CP5. Continue straight on the road for approx. 4k, then rejoining the course into the finish area. For the 60k route, turn left onto the trail at the route split sign.



Course Way Marking: The course will be marked with pink directional signs with black arrows at the junctions. This will be explained at the briefing. Please familiarise yourself with the course maps & route. The responsibility is on the competitor to follow the correct route. Course maps are not provided. The Harvey's British Mountain map covers the full course on one map if you require a map.

Aid Stations: Due to the remote areas & uniqueness of this route, you must ensure that you are carrying sufficient food and water supplies to be partially self-sufficient on the course.

There will now be three aid stations located at the following locations: Derry Lodge (23k), Whitebridge/Chest of Dee

(39k) & Linn of Dee (46k).

Aid Station	LOCATION	GRID REF	DISTANCE	DROP BAGS
CP3	Rear of Derry Lodge-Track Junction at footbridge. North side of Derry Burn	NO 040 935	23k	NO
	Whitebridge	NO 018 884	39k	NO
CP5	Linn of Dee	NO 060 897	45k	YES

CP3 Derry Lodge: This will be located next to the footbridge to the rear of Derry Lodge. Jellies, selection of biscuits, energy gels/bars & water provided.



CP3 aid station



Basic supplies provided at Chest of Dee

Please Note: The aid stations at CP3 at 23k & Whitebridge (39k) will be providing basic supplies only. All supplies will be carried walking/cycling by event personnel to these locations. We are therefore limited to the amount we can provide here. As we are unable to carry large volumes of fresh water, this will be collected from the burn & treated with water purification drops.

There will be plenty of opportunities to fill up with fresh mountain water from natural rivers along the route. If you are unsure of drinking directly from the streams, we recommend using a soft flask that incorporates a filter & also



water purification tablets.

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 NTS car park). Water, coke, juice, fruit, selection of biscuits, flapjack & energy gels/bars provided



CP5 location



Linn of Dee

Drop Bags: If you'd like some of your favorite nutrition without having to carry it for the full duration, resealable bags will be available for all participants at registration. Drop bags will be transported to the aid station at CP5 Linn of Dee. These will be returned to the finish area when 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.



Drop Bag Procedure: This will need to be arranged at registration. You will need to attach the sticker provided & place these in the allocated box prior to the start.

If you would like to have any additional kit in your drop bag i.e. spare thermal/shoes, please ensure that you collect these before you leave the venue as we will not post anything after the event.

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.

To help minimize waste & reduce environmental impact at refreshment points you will need to either carry your own water bottle, bladder, cup, etc. Therefore, there will be no cups available at the hydration stations for drinks.



Points to Note:

Crossing Derry Burn (20km): On the return from CP 2, retrace your steps back along Glen Derry to the track junction at the location of the old Derry Dam. You will then need to cross Derry Burn here & follow the path to the west of Derry Burn to CP3. The bridge at this location is now open.



Black Bridge & the section along Lui Water towards Derry Lodge: This section is reached soon after the start at 3.9km & further into the course at 47km (after CP5 at the Linn of Dee). On the initial section, continue the track towards Derry Lodge. At 47km cross the bridge & turn left following the main track to Derry Lodge for approx. 1km



To reach CP6 it's important to turn off the main track: After following the main track to Derry Lodge for 1km, turn right onto the singletrack which climbs towards Clais Fhernaig & CP6 at Glen Quoich:



Luibeg Burn: 25.5km GR NO 014 938

There are two options here; either ford the river at the steppingstones or continue 400m upstream & cross the footbridge (NO 013 942) over Luibeg Burn. If water levels are too high, then use the footbridge.

Potential High-Water Levels: Crossing of Glas Alt Mor & Luibeg Burn: The crossing points at these locations may be impassable due to high water levels. If water levels are too high for a safe crossing

at these locations, then the following measures will be implemented:

Glas Alt Mor; 17km GR NO 035 986

CP2 will be located here if necessary & not at Hutchison Bothy.

Any updates will be displayed at registration & explained at the race briefing.

Mandatory Equipment & Checks: Ensure you are carrying the specified mandatory kit. There will be no kit inspections at registration. Random kit checks will be in place throughout the event including the start and finish.

Weather forecast: www.metoffice.gov.uk

Event Emergency Contact Numbers: Event First Aid 07769831780 Event HQ 07811184812

Please add these numbers to your mobile before the event (Mobile coverage is extremely limited throughout). These numbers are only for emergency contact during the event & not for general enquiries.

In the event of a medical emergency please be aware that it may take a while for any assistance to reach you & that you will soon cool down rapidly. Due to the limited signal in areas of the course, do not rely on your mobile phone to make your position known, but use other strategies - marshals, other competitors, members of public, or the sweeper runner to summon the event safety team/MRT.

Contingency Shelters & Locations: If required there are several contingency shelters on the route:

LOCATION	Description	GRID REF	DISTANCE
Bob Scott's Bothy, located near to CP 1 & 3	Mountain Bothy	NO 042 931	7K & 23k
CP2 Hutchison's Hut	Mountain Bothy	NO 022 997	15K
CP4 Corrou Bothy	Mountain Bothy	NN 981 957	32k
CP5 Linn of Dee	Event Tent	NO 060 897	46k

Road Safety: There are several sections on public roads near the start & finish. Great care must be taken throughout; be prepared to stop if necessary. Obey instructions from any marshals.

Headphones: If you are running with headphones, ensure the volume is at a level where you can hear instructions from any event safety marshals.

Trekking Poles are permitted.

Running with Dogs: Regretfully we do not allow runners with their dogs at the event. You are welcome to bring your dog to the event venue. Dogs must be on leads always whilst in the grounds of Mar Lodge & please clean up after your dog. If you would like to enjoy a walk with your dog at the venue, there is a walking path along the

riverbank.

Finisher's Medals: Participants are to collect these themselves at the finish line rather than being presented with them. Medals will be available to collect from an allocated stand.



Prize Categories: 1st – 3rd Male/Female overall across the finish line, 1st M/FV40, 1st M/FV50, 1st M/FV60+

If a V40/50/60+ finishes in the top three overall, they will be awarded a prize from this category. The prize for the 1st V40/50/60+ will then be awarded to the next finisher from that category.

We have some unique handmade trophies made ourselves using local sustainable wood

Please attend the presentation to receive any prize you have won or just to show your support! We regret that prizes cannot be handed out early or posted out. All prizes are to be collected at the presentation.

Results: Overall results will be available online at www.highterrainevents.co.uk soon after the event. It takes a while to clear up so please be patient. You can also check your result & finish position with the timing marshal.

Presentation: This will take place at the finish area at approx. 1430-1500.



Please ensure you have collected all your clothing/kit. We are unable to post any leftover items. This includes finishers medals, etc.



Environmental Guidelines: Please respect the area that you are running in. The event is held on NTS land who have very kindly given their permission to use it. **Please ensure that you drop no litter on the course & be courteous to members of the public.**

If you need to take energy bars, gels etc. make sure that you dispose of the wrappers appropriately. You can dispose of any wrappers, etc. at CP5. Remember, the marshals will be carrying everything out on foot/bike from the other CPs.

Depending on the weather, the midges may be out. Please come prepared especially if you are camping.

Be alert for possible ticks [https://www.nhsinform.scot/illnesses-and-](https://www.nhsinform.scot/illnesses-and-conditions/injuries/skin-injuries/tick-bites)

[conditions/injuries/skin-injuries/tick-bites](https://www.nhsinform.scot/illnesses-and-conditions/injuries/skin-injuries/tick-bites)

Ensure you wash your hands before handling any food as livestock have recently been grazing in the field.

Race Pictures: These will be available to download for free on the event website. Please be patient as it may take a while to download them.

For environmental reasons, we do not have vehicle access to most of the course. Give a big thanks to the event marshals who will have run/cycled & carried various supplies to these remote locations.

Spectators: This route is great for any friends & family who are spectating. With the route returning through the Derry Lodge CP & the iconic Linn of Dee, there'll be plenty of opportunity to provide a bit of encouragement. If you would like further information on this stunning area visit:

www.nts.org.uk/visit/places/mar-lodge-estate

<http://braemarscotland.co.uk/>

Please check www.highterrainevents.co.uk & event registration for any last-minute updates.

Enjoy this beautiful area & a big thank you to NTS Mar Lodge.

We look forward to seeing you on Saturday. Enjoy this beautiful area & have a great event.

Ian Mulvey

All enquiries regarding entries for this event should be directed to email: info@highterrainevents.co.uk (Before Friday 12th). We may be unable to respond to any last-minute enquiries.