

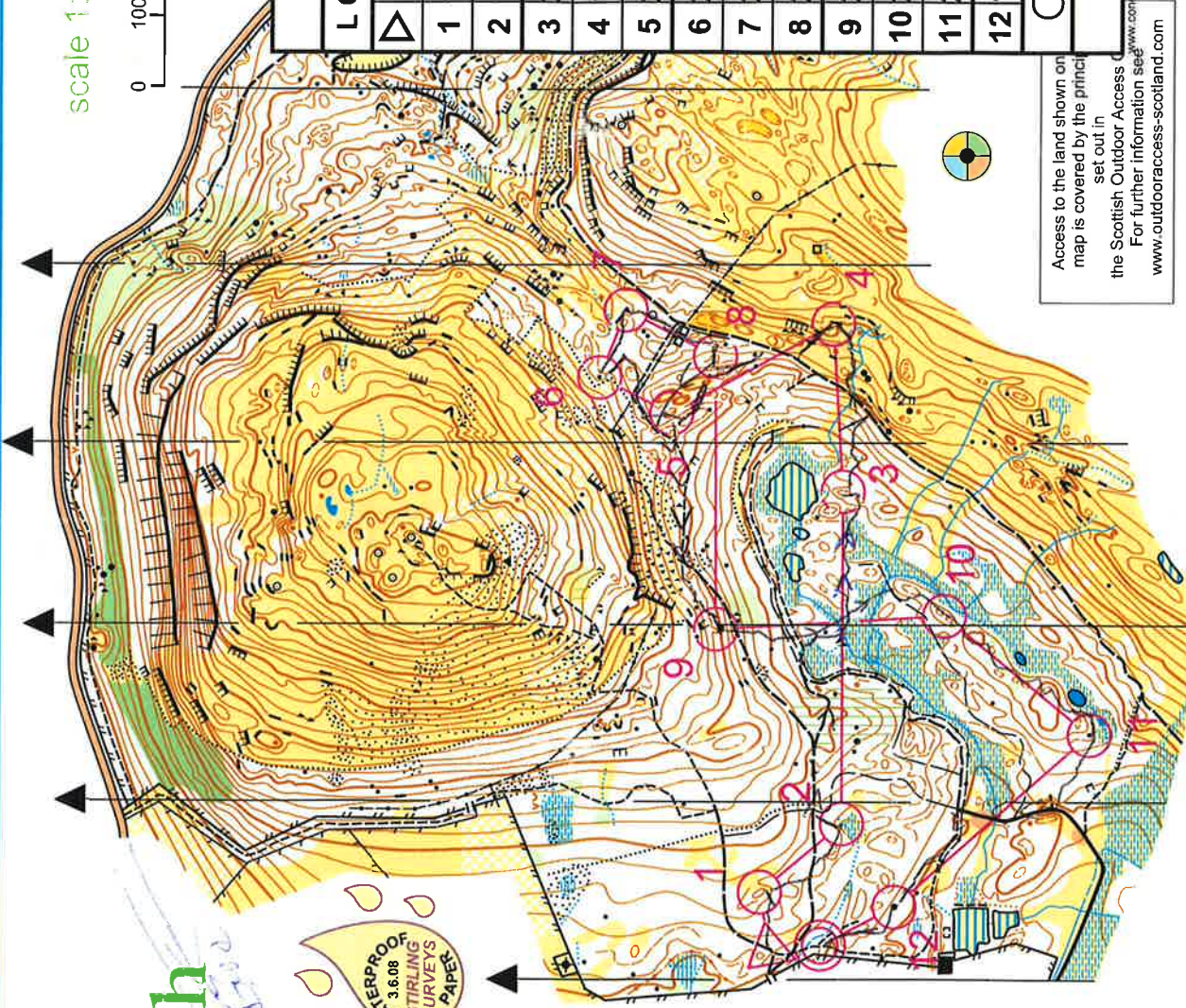
Creag Choinnich



scale 1:10,000 contours 5m



magnetic north 2003



- open land
- rough open land
- rough semi-open land
- forest: runnable
- forest: slow run
- forest: walk
- undergrowth: slow run
- distinct vegetation
- boundary
- contour
- index contour
- form line
- small gully
- small earth wall
- knoll, depression, pit
- dangerous crag
- passable crag
- boulder, large boulder
- boulder field
- stony ground, cairn
- pond
- uncrossable marsh
- marsh
- seasonal marsh
- narrow marsh
- crossable stream
- ditch
- forest road
- footpath
- small footpath
- indistinct path
- extraction track
- parking area
- ruined wall
- fence
- high fence
- ruined fence
- crossing point
- building, ruin
- radio mast
- power line

MAROC 8 June 2008		3.0 km	155m
L Green			
1	193		
2	196		
3	203		
4	118		
5	212		
6	213		0.5m
7	215		0.5m
8	216		
9	210		
10	206		
11	209		0.5m
12	195		1.0m

Access to the land shown on this map is covered by the principal set out in the Scottish Outdoor Access Code. For further information see www.outdooraccess-scotland.com

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 Grid Reference: NO 164 915
 the Scottish Orienteering Club 2006

MAROC 8 June 2008			
L Green	3.0 km	155m	
▷	✓		
1 193	○		○
2 196	≡		∧
3 203	↑ ○		○
4 118	∧		
5 212	← ⊖		
6 213	▲ 0.5m		
7 215	▲ 0.5m		
8 216	∧ -		
9 210	β		○
10 206	○		≡
11 209	▲ 0.5m		
12 195	▲ 1.0m		○
OK	125 m	> ○	
Courses close 3:30pm			

www.marocscotland.org.uk

Very soft ground.
 Glad I went
 Local Day

8.6.08. WALKER SUMM

Light Green 3km + 1 km walk to
 Start of the finish

Mostly dropped to Group 2.5 as usual about
 1 km to go - Start/Finish Glad I didn't
 get a broken lamp!

1-2 up the hill, just for the 2 hooker lucky

3-4. Had up hill climb to head - head should go
 up side north of on top side. The lucky.

4-5. Bats back to head - only once about above
 location of - path on down slope side 2
 not along top bit on the side - could be better!!

5-6. Head up hill climb to head - head should go
 up side north of on top side. The lucky.

6-7. Head up hill climb to head - head should go
 up side north of on top side. The lucky.

7-8. || to head - could be better than 1.0m!

8-9. - across path to path - but in opp direction
 now. Confused (dangerously from where
 higher path comes in.

9-10. OK till path on cross mark between
 E and S but not safe! some indication how
 crossed stream than OK.

10-11. Walked along the back of the lake.

11-12. OK - just starting to get tired
 so fast.

12. Finish || to signpost.

rea
 Helen Greenwood GRAPP
 Light Green W70
 Course L Green 3.0 km 12 C
 Time : 1:14:54

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1(193)	3:05	3:05	
2(196)	2:27	5:32	
3(203)	9:27	14:59	
4(118)	9:14	24:13	
5(212)	9:04	33:17	
6(213)	3:05	36:22	
7(215)	2:38	39:00	
8(216)	3:45	42:45	
9(210)	8:23	51:08	
10(206)	8:45	59:53	
11(209)	6:09	1:06:02	
12(195)	6:24	1:12:26	
F	2:28	1:14:54	