

Orienteering in the Cairngorms
7th – 11th June 2004 (Adults 18 +)

Outline

This course is for anyone who wants to improve their navigational skills and take the opportunity for personal development, whilst helping to create a Trail-Orienteering ('Trail-O') course. Conventional orienteering combines fast running with precise navigation, typically through forests or over moorland. Trail Orienteering (Trail O) is an adaptation of the sport designed so that people with mobility problems can participate in meaningful orienteering recreation and competitions. It completely eliminates the element of speed over the ground, but makes the map-interpretation element much harder, and is therefore excellent for honing navigational skills. Able-bodied people can compete on equal terms with disabled people. See www.trailo.org for more information.

So, you won't need to be superfit, but willing to enjoy and explore the beautiful Glenmore Forest. We will provide the necessary technical skills input so that participants can get on with the designing and planning.

Complimenting the external orienteering will be the opportunity to explore your own internal world. We will offer enjoyable and creative ways of doing this. Sometimes this will be solo, in pairs or in groups.

Accommodation and Catering

We will be based in a comfortable lodge at Badaguish Centre. Each bedroom accommodates between 2 and 4 people with all linen provided, showers, drying facilities, a lounge, and a well-equipped kitchen. All accommodation is fully accessible, though we ask that you let us know in advance of any special needs you may have. We will be living and eating communally, so although the shopping will have been done, we will all need to help to prepare and cook the food. See www.badaguish.org for more information about the centre.

Leaders

Karen Darke is a successful Trail O'er, and has been designing permanent Trail O courses for recreational use in the UK, and competing internationally for a number of years. She also has a strong interest in development training and the outdoors.

Soo Redshaw has worked with groups of all ages in the outdoors for many years. She is an experiential development trainer and is especially interested in exploring wilderness areas and taking the time to enjoy them.

Travel

We will meet at Badaguish on the morning of 7th June and leave on the late afternoon of 11th. There is a wide range of accommodation available in the area, from camping to hotels, if you need it before or after the course. Lifts can be arranged from Aviemore railway station. Once you are at Badaguish there will be very little vehicle travel, but it would help with costs if participants would be willing to use their vehicles during the course for the short journey to Glenmore Forest from Badaguish (or be willing to walk a few kilometers each way through the forest).

Please come and join us and improve your navigation, create a course for others to enjoy and learn more about yourself.