

South Achray SoSOL Final Details Sunday 26th April 2026

Version 4 Updated 2026-04-20 (updates in [blue](#))

PLEASE CHECK FVO [website](#) before leaving for the event for last minute updates:

Important safety information is at the end of the document

[South Achray](#)

The areas include the fantastic ancient woodland above Aberfoyle. We are delighted to return here after the successful SoSOL event here last year.

South Achray offers varied and technically interesting terrain for orienteering. The area includes several steep slopes and sections of intricate contour detail, requiring careful navigation and good route choice. Runnability varies across the map and the area includes a complex network of paths, providing many route options, though competitors should be aware that some smaller paths are indistinct or less obvious on the ground. Overall, the terrain rewards accurate map reading and thoughtful decision-making.

The area includes many streams and marshy areas, the majority of which can be crossed with little difficulty. White/Yellow courses are planned to follow paths, so will avoid this entirely. The area is also bisected by a small river – with an impressive waterfall! Many of the courses will cross this river at a bridge. The Green, Blue & Brown courses will require crossing some of the larger wet ditches in the area. The depth of water is naturally variable depending on recent rainfall – so please cross carefully. In case of heavy rain an alternative route may be enforced on the day – please follow any instructions provided.

[Important Environmental Notes](#)

Forestry Land and Scotland (FLS) are aware of the tree disease, [Phytophthora Ramorum](#) (PR) being present in the Queen Elizabeth Forest Park which is killing Larch trees. To help mitigate the spread of this disease please wash your footwear before and after the event with warm soapy water. More information can be found on the FLS [website](#)

In addition, we will provide a **foot wash station** at the start and at the download tent for **all competitors to use both before and after their run.**

[Location](#)

The main parking for the event is Riverside Carpark in Aberfoyle just off the main street (shown inside the pink highlighted area below). Enquires and download will be situated in a tent on the grass adjacent to the car park (see the gold star). Other public parking locations around the town can also be used if required.

Please avoid using the parking area east of the Wool Centre if possible. Alternative overspill parking is available (but is chargeable) at the Lodge Forest Visitor Centre. If parking here please carefully follow the map extract (see the end of this document) and signs to the start areas to avoid entering the competition area.

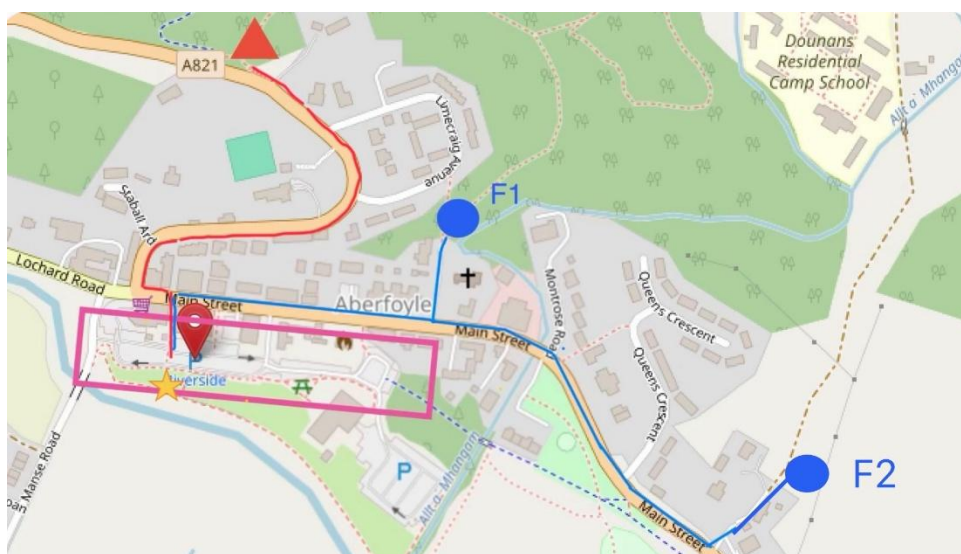
Parking location ([google maps](#))

- **Postcode:** FK8 3UQ
- **Lat,Lng:** 56.17818 -4.38398
- **NN521009**
- **What3Words:** [///fond.prefect.swimsuits](#)

Registration and Start/Finish

The start and finish are a short walk from the car park along the side of local road. The routes will be taped with red & white tape.

The route to the start is indicated below by the red line (and red triangle) and is approximately a 700m walk from the carpark. There are two finishes depending on the course. Most courses finish at F1 and the route from the finish F1 to return to download is approximately 400m and is shown by the blue line below. The longer courses (Green, Blue and Brown) finish at F2 and have a longer walk of 750m back to download. Competitors should head south to the Main Street and follow the tapes back to download. **All competitors MUST report to download after completing their run.**



Important Notes

The route to Start/Finish crosses the A821 (Main Street) at a zebra crossing then follows the pavement alongside the main road (see map extract).

Please ensure that all juniors are accompanied if necessary along this route to keep them safe

Yellow and White maps are to be collected from registration before heading to the start

Toilets

There are public toilets at the Riverside carpark.

Start Times

There will be punching starts between 11am-12:30pm. You may have a short wait at the start to ensure you are slotted into an appropriate time slot. Course closes at 2.30pm

Timing

SPORTIdent timing will be used and contactless punching (SIAC) will be enabled on all controls with the exception of the start and finish. Competitors will have to physically punch the start and finish unit.

Shadowing and Pairs Entries

Shadowing and Competitive Pairs entry options are available. Shadowing is where a junior competitor takes part, with an adult following on for safety or confidence purposes. This usually takes place on the White, Yellow or Orange courses. You pay for one entry, and receive one dibber. Only the junior competitor shows up in the results (e.g. Maggie McBabb + 1). Competitive Pairs, on the other hand, sees both competitors make an entry. Each gets a race map, but there is only one dibber. Both will appear in the results (e.g. Shug McPhater and Effie McClumph).

Course lengths (subject to final controlling)

- White – 1.1km Climb 25m (TD 1) - 9 controls
- Yellow – 1.6km Climb 35m (TD 2) - 9 controls

Yellow and White maps collected from registration before heading to the start

Note, on the yellow & white course a short section from the start and the first control is taped with red and white tape. Competitors should follow the tape from start kite to control 1 and then continue their course as normal.

- Orange – 2.1km, Climb 75m (TD 3) – 12 controls
- Light Green – 3.0km, Climb 115m (TD 4) – 12 Controls
- Short Green – 3.2km, Climb 120m (TD 5) – 15 Controls
- Green – 4.0km, Climb 125m (TD 5) – 16 Controls
- Blue – 5.1km, Climb 175m (TD 5) – 26 Controls (includes map flip)
- Brown – 6.7km, Climb 235m (TD 5) – 31 Controls (includes map flip)

The TD4 & TD 5 course cross the main river that bisects the area. This river can be dangerous to cross in some areas. Competitors should cross the river at the bridges which are marked crossing points on the map.

The Brown, Blue and Green courses finish at F2. The other courses finish at F1.

Unfortunately we are not able to offer a string course at this event.

Control Descriptions

Control descriptions will be printed on the map and there will be loose control descriptions available at the start.

Map Details (<https://www.fvo.org.uk/maps/south-achray>)

All Courses: Scale 1:7,500, Contours 5m

The Blue & Brown courses have a map flip. All courses are printed on SRA4 paper

Important, please take note of the **out-of-bounds areas** marked on the map, including

- The Dounans Centre and surrounding open ground is marked as out of bounds.
- The Aberfoyle Golf Course to the east of the map is also out of bounds. Courses are designed to ensure no obvious or advantageous route choices cross this area.
- Various specific areas marked as out of bounds to respect wildlife and sensitive marsh lands.

Results

We plan to upload live results during the event to <https://www.fvo.org.uk/live/>. Results will also be available on the FVO website, winsplits, routegadget and livelox shortly after the event.

Contact Number & Officials

Any queries prior to the event, feel free to contact Jack Cheyne (on 07798 887261 or by email jack.cheyne@yahoo.co.uk)

Special thanks to all the volunteers who have made the event possible and to our officials:

Organiser/Asst-Planner: Jack Cheyne

Planner: Dominic Edward

Controller: Ross McLennan

Key Safety Information

1. The main safety risk is related to the walk from the parking to the start and finish. This involves walking on the path at the side of the road and crossing the main street in Aberfoyle at the zebra crossing. **Juniors should be accompanied and closely supervised by adults both on the walk to the start and the return from the finish.**
2. The areas can be wet and marshy in areas. Competitor should take care on wet and muddy slopes and paths.
3. Note the longer courses encounter several ditches. These vary in size and the depth of water can depend on the recent rainfall. Competitor should cross with care and consider their own abilities when selecting a suitable location to cross.
4. Please be aware of other woodland users. The area is popular with dog walkers. Competitors (particularly juniors) are advised to slow their pace and give plenty of room to other users of the woodland.
5. The terrain in the South Achray area can be compact and there will be many runners in the areas covering a variety of course and route that may intersect each other. Please be courteous to other runners (particularly those running in the opposite direction to you) and allow space for other runners to pass safely.
6. Note, that ticks can be present in the forest area. All participants are advice to check for ticks. Advice on how remove them can be found here:
<https://forestryandland.gov.scot/visit/activities/walking/check-for-ticks>
7. A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.
8. You have the option of downloading, completing and handing this [Medical Form](#) to the Organiser (via Registration) so that existing medical conditions are known about in the event of an incident. Please put in a sealed envelope with your name on it. It will only be opened if required and will be destroyed unread if you don't collect before the end of the event.
9. **Everyone must download at the finish, whether or not you have completed the course.**

Alternative overspill parking

