

# Carnethy Tour de Capelaw Handicap

15<sup>th</sup> August 2018. From 7pm.

## Race Route Notes

Start at gate at Bonaly Country Park Car Park (NT 611 674).

Take left hand path, down some steps and over bridge, turn left at the Orienteering Post and follow the path up towards White Hill, keeping the fence on your right.

As the fence on your right makes a 90 degree turn take the right hand path to the stile at White hill (CP1).

Cross the stile and head towards Capelaw following the path beside the wall/fence to the gate.

Go over the gate and continue straight ahead. After approximately 50 yards take the steep path on the left up some small crags. Continue on the path to the col between Capelaw and Allermuir (CP2).

Bear slightly right and take the trod downhill (faint at first) heading towards Glencorse.

Cross a small burn and then run alongside a wall, soon passing a ruin. Cross another small burn and then join the path coming down from Phantom's Cleugh.

Head for the corner of a plantation, and when you meet the large path turn right (large square stone) (CP3).

Follow the path up hill to Maiden's Cleugh, passing a ruin on your right. Go over the gate/gap in wall (CP4). After approximately 20 yards take the trod on your right that contours Harbour Hill.

After 800 yards, bear right and cross a wall to head towards the Bonaly Reservoir plantation. Follow the path and pass through a gate. Once through the gate turn left, and follow the Scalextric path down to the corner of the forest.

Climb over the fence (CP 5) and follow the path downhill through the trees. Once out in the open, turn right and follow the path back to gate at the Bonaly Country Park Car Park. (Finish).

