

Christmas Cup 2025



Start times –

Start window from 10.30-12.00, the usual Masterplan way of no allocated start times. Just turn up at the start and someone will slot you in, separating people on the same course.

Course Closing time strictly 13.30. Everyone must be back at the finish before then. This is because there will be limited daylight in which to carry out a search and rescue. Choose an early start if you might be out for a long time. Controls will be collected from 13.30. A rescue will be launched soon after.

Parking –

The only parking is in the large public carpark at Aberfoyle. From there it is several km to assembly (see map) on flattish roads / forest roads. The options are to walk or run, to cycle, or for drivers to drop off passengers at the points shown on the map, then return and park at Aberfoyle. It is not possible / permitted to drive any further into the forest than the drop-off points.

IMPORTANT Safety –

- Its winter so **please** be sensible and wear/ bring appropriate clothing etc. There will be space at assembly to drop clothes and stuff for after.
- There is an area of **tree harvesting**, machinery will not be active during our time there but do not climb any timber stacks or equipment and take care around the site. Runners may encounter very recent unmapped felling on the penultimate leg on Day 3.
- The tree disease Phytophthora Ramorum (PR) is in the Queen Elizabeth Forest Park which is killing Larch trees so we will be conducting **foot/shoe baths** in soapy water after you finish to prevent any spread.

First Aid kit located at assembly.

Please be courteous to other forest users, the tracks round the forest are cycle ways so take care when crossing.

Please as always check for ticks. [Check for ticks | Forestry and Land Scotland](#)

Other –

All maps 1:7500, 5m, 2025

Recommended to bring a map-case

Orange Score –

45mins (from when you punch the start, remember to start your watch so you know how long you have). Your map will have all the controls in a certain area, punch as many as you can/ want in 45mins. Any time over 45mins will result points lost. On Day 1, you **must** punch the final control #100 and the finish. That's because there's a deep stream which I only want people to cross by the finish. All the controls are 10 points except for 100 points for the finish. Safety bearing is SOUTH (downhill) then turn WEST (right) to beyond where the deep stream goes under the track

Day 1 Planner – Graeme Ackland

Day 2&3 Planner – Martin Bagness

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