

GWC KINTAIL 2011 - a brief description of the format for this year's Challenge

Overview - On 20th August 2011 the Challenge will be held in Kintail, with routes of 18, 10 and 8 miles. The event centre will be on NTS ground at Morvich Farm from which all routes will start and finish (postcode for location is **IV40 8HQ**). The long route will be the 18 mile circuit of Beinn Fhada, with walkers going round clockwise and runners anti-clockwise; the intermediate route will be a 10 mile figure-of-eight towards the Glomach Falls area, involving strenuous ascent to over 1700'; and the easier 8 mile option will be an out and back route through spectacular Gleann Lichd alongside the meandering River Croe, similar to our customary 7 miler though slightly longer. All three routes are highly scenic, surrounded by an array of Munros and Corbetts including the famous Five Sisters of Kintail range, and intermingled with wild glens, dramatic corries, secluded lochs and magnificent waterfalls. Detailed route descriptions will be contained in entry literature.

Map Recommended - Ordnance Survey Landranger 1:50000 scale Sheet 33.

Fitness - The 18 mile Beinn Fhada circuit, though shorter than our usual Dundonnell-Poolewe route, still requires a good level of fitness and endurance, and has a similar amount of ascent (around 3000'); the Glomach 10 miler is slightly more strenuous than either of our usual 13s, with twice as much ascent; the less arduous Gleann Lichd 8 miler is low level and suitable for most levels of fitness and ability.

Event Centre - This will be situated on ground adjacent to the National Trust Countryside Centre and the Morvich Caravan Club site. A marquee will be used for registration and catering purposes. Toilets will be situated nearby on site.

Car Parking - Ample parking at event centre.

Walking - Available on all three routes.

Running - Available on 18 and 8 mile routes only i.e. not on Glomach route.

These initial arrangements could be subject to slight modification - we will keep you posted.

Information on accommodation etc can be found at the following websites:

Kintail Community Website - www.visitkintail.co.uk

Loch Duich & Kintail Community Website - www.aroundtheloch.co.uk

National Trust Morvich - www.nts.org.uk/Property/40

Walk Highlands - www.walkhighlands.com

Visit Scotland - www.visitscotland.com