

GREAT WILDERNESS CHALLENGE 2025



Essential Information Equipment - Race Categories under SAF Rules

REMEMBER - all participants, runners and walkers, must wear numbers on front, not on backs or rucksacks

RUNNERS ◀ ESSENTIAL! ▶ WALKERS

25

Mile Race

Minimum equipment to be carried:

- Full body cover, including cagoule and trousers of waterproof material.
- Map of at least 1:50,000 scale of full area of race.
- Compass and whistle.

CHANGING ROUTES

If, due to injury or lack of training, participants feel unable to undertake their chosen route, then it is perfectly admissible to drop down to a shorter route, either walking or running. Please let us know as early as you can, but it is possible to change on the morning of the event itself, if necessary.

FOOTWEAR

All walkers are strongly recommended to use boots for this event. A variety of conditions underfoot will be encountered, and only in extremely dry weather would trainers be adequate for the whole journey.

COUNTRY CODE

Challengers are expected to observe the Country Code at all times. Protect wildlife, avoid any damage and leave no litter.

It is absolutely vital to wear or carry adequate protective equipment on this event, given the lack of shelter, inaccessibility by vehicle and possible extreme weather changes inherent in these routes.

All walkers on all 4 routes must carry waterproofs - cagoule and trousers - as a priority. Additional spare items of clothing are obviously advisable, but will be left to the discretion of each individual. Equipment checks will be carried out.



NO DOGS ON BUSES

Dogs are not allowed on the buses to Aultbea and Dundonnell. Entrants wishing to take their dogs will therefore require to make alternative arrangements to get to their starting point.

13

Mile Race

- Full body cover, waterproof cagoule and trousers, available to wear or carry.
- A decision based on weather conditions will be announced at registration on whether these items must be carried.

ALL RUNNERS FAILING TO COMPLY WITH THESE REQUIREMENTS WILL BE DISQUALIFIED



water/juice is available at all checkpoints
STAY HYDRATED!

FAILURE TO PRODUCE WATERPROOFS WILL LEAD TO DISQUALIFICATION

25 Mile Walkers and Runners Cut Off Times

- Walkers must finish within 10 hours, runners within 8.
- Cut-off times are 2:00 pm at Carnmore and 5:00 pm at Kernsary for all participants. Participants deemed unlikely to reach Poolewe by 6:30 pm will be withdrawn and transported back.
- If you're unsure about meeting these times, we strongly recommend switching to a shorter route

Accident Risk!

7 & 13 Mile Circular Walkers - please note:

- For safety reasons, please walk in **single file** on the steep, narrow 40 yard section of path above the west end of Loch Kernsary.
- Parents carrying babies/infants must ensure that they are securely fastened in **suitable backpacks**.

EVENT TIMETABLE

EVENT	25 Walk	25 Run	13 Aultbea	13 Circular/10k Run	7 Walk	1.5/3.0 Miles
Registration	6.15 - 7.15	8.00 - 9.00	9.00 - 9.50	9.30	10.00	11.00
Buses Depart	7.30	9.15	Runners 10.00 Walkers 10.10	n/a	n/a	n/a
Start Time	8.30	10.30	10.30	10.30	11.00	midday/11.30

IDENTIFICATION PROCEDURE

All Walkers and Runners will be issued with waterproof, tearproof numbers.

In all cases, numbers must be worn on front, not on rucksacks or bumbags.

Please assist the marshals by having numbers exposed at all checkpoints.

Runners Prize List

25 MILE RACE

1st, 2nd, 3rd Males
1st, 2nd, 3rd Ladies
1st Veteran, 40/50/60

13 MILE RACE

1st Local
As above, plus 1st U/21

25 MILE WALKERS No early starts permitted All walkers must be officially checked off at 8.30 by marshals.

SEE ABOVE FOR CUT OFF TIMES

13 AULTBEA Runners start 10.30 prompt Walkers follow on immediately after runners.

13 CIRCULAR/10k RUNNERS No early starts permitted Start time 10.30. Last starters must be over start line by 10.45. 10k Runners leave first before the 13 Circular participants.

7 MILE WALKERS No early starts permitted Please do not enter the Hall until your registration time. Start time 11.00. Last starters must be over the start line by 11.15.

1.5/3.0 MILE WALKERS 1.5 mile walk starts at Inveran at midday, with transport provided to the start. 3.0 mile walk starts at riverside at 11.30.

HEALTH & SAFETY The above strict timetable rules are designed to increase the safety aspect of the event and adhere to event insurance rules. Accidents and problems have occurred in the past with unchecked early starters.

CATERING Complimentary Soup, Sandwiches, Teas, Coffees, and Baking will be served in the Hall throughout the day from approx midday onwards to all participants. Come along and help yourselves.

PRIZEGIVING Starts in Hall at 6.00pm. All participants, marshals and supporters welcome.

CEILIDH Join us for the GWC Ceilidh from 8pm in the hall. Music by Loudon Mackay & Ali MacQuarrie

SAFETY TEAMS

Safety and medical care back-up for the event will be provided by:

Dundonnell Mountain Rescue

Local Medical Practice

PDG Helicopters

25 Mile Route

ROUTE DETAILS

Dundonnell to Poolewe

- **START - 113852** - Corrie Hallie on A832.
- **Checkpoint 1 - 101824** - Summit of first climb. Just past this checkpoint, the route branches **right** at cairn and continues by rough moorland path to Shenavall Bothy. **Great care must be taken on the steep descent to Shenavall.**
- **Checkpoint 2 - 063807** - Abhainn Strath na Sealga. This river has to be forded, also Abhainn Gleann na Muice 0.75 miles further on. From Larachantivore (054802), the route follows a stalkers' path south along the riverside for 1 mile, then turns **right** (048786) up Gleann na Muice Beag for 2 miles to the next checkpoint.
- **Checkpoint 3 - 026779** - Near highest point of route. Continues over plateau before descending steeply towards Dubh Loch and Carnmore. **Care required.**
- **Checkpoint 4 - 980767** - Carnmore Lodge Gate. Continue over the causeway to the next path junction (968754). Turn **right** and continue to Strathan Buidhe. Turn **right** (945760) at cairn and descend to ford river. Regain path and follow marker flags to next checkpoint.
- **Checkpoint 5 - 928774** - Doubles as checkpoint 2 on 13 mile circular route. Leading runners will meet walkers on this section to Kersary Wood. Follow forest track to next checkpoint.
- **Checkpoint 6 - 897794** - Exit gate of Kersary Wood, where route turns **left** down to Kersary Cottage, then turns **right** at T-junction below the cottage to follow estate road to Inveran and Poolewe.
- **Finish - 859807** - At riverside near Poolewe Bridge.



RACE CATEGORIES UNDER SAF RULES

Map required - Ordnance Survey 1:50,000 Sheet 19

STRATHAN BUIDHE BRIDGE:

Please note this river is bridged 400 yards upstream. Please use it if you are unsure about fording the river - or just want to stay dry-shod!

CHECK/SAFETY POINT GRID REFERENCES

- Checkpoint 1 101824
- Checkpoint 2 063807
- Checkpoint 3 026779
- Checkpoint 4 980767
- Checkpoint 5 928774
- Checkpoint 6 897794



13 & 7 Mile Route

13 Mile Route

ROUTE DETAILS

Circulars from Poolewe

- **START - 863814** - Both routes follow a narrow and spectacular path (Important - see "accident risk", overleaf) alongside Loch Kersary to Kersary Cottage (793893). At this point, the 7 Mile route turns **right** and proceeds to Inveran and Poolewe. The 13 Mile route turns **left** up towards Kersary Wood.
- **Checkpoint 1 - 897794** - Entrance to Kersary Wood. Continues on forest track then joins path leading to Carnmore. On this section walkers will meet lead runners on 25 Mile route. **Please allow runners right of way as they pass. Also keep dogs on a tight lead.**
- **Checkpoint 2 - 928774** - Route now leaves Carnmore path, turning **right** to join narrow path - superb scenery in all directions - contouring the northern slopes of Beinn Airigh Charr before gradually descending towards Loch Maree.
- **Checkpoint 3 - 894768** - Junction of path and Ardlair/Kersary road. Turn right and follow road via Kersary and Inveran to Poolewe.

Aultbea to Poolewe

- **START - 879884** - Drumchork. Route proceeds by rough undulating Land-Rover track for 5.5 miles.
- **Checkpoint 1 - 927828** - Fionn Loch end of track. Route now traverses rough ground for 2 miles. **Marker flags must be followed to next checkpoint.**
- **Checkpoint 2 - 923809** - Route turns **right**, joining estate track from Fionn Loch to Poolewe, where, at Kersary, it merges with other GWC routes for the last 3.5 miles to the finish.

DRINK STATIONS

Stay Hydrated. Use the Water Stations. They're there for your benefit.



SCOTLAND



CHECK/SAFETY POINT GRID REFERENCES

13 Aultbea

- Start 879884
- 1 927828
- 2 923809
-

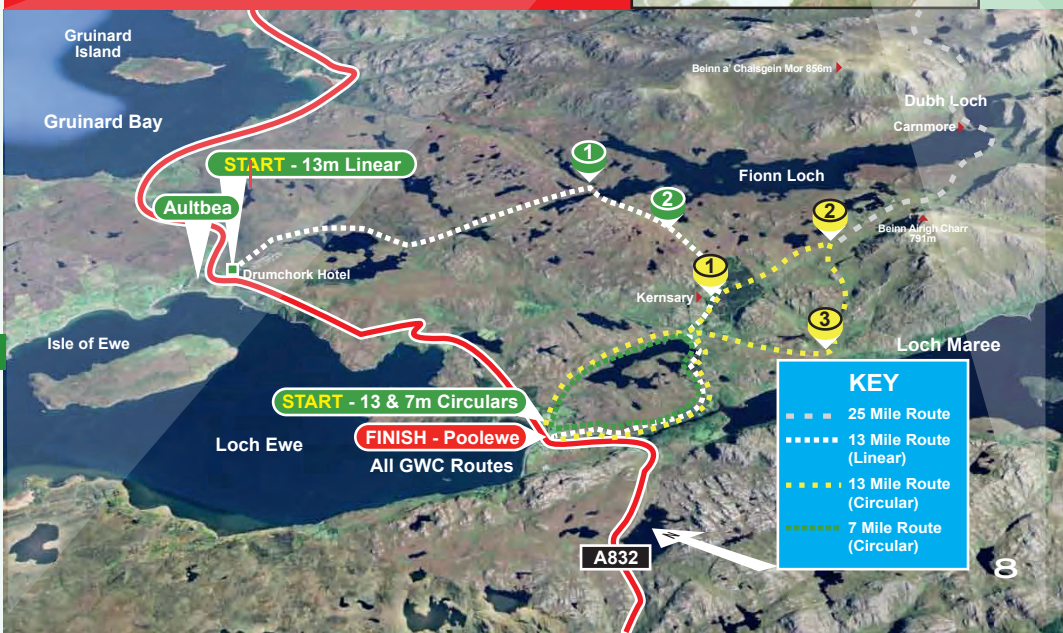
Finish 859807

13 Circular

- Start 863814
- 1 897794
- 2 928774
- 3 894768

Drinks

Finish 859807



KEY

- 25 Mile Route
- 13 Mile Route (Linear)
- 13 Mile Route (Circular)
- 7 Mile Route (Circular)