

## Final details Bethacar Moor Galloper 5<sup>th</sup> February

### Location information

Near: Ulverston

Lat,Lng: 54.27342,-3.06650

Postcode: LA12 8HN

What3Words: [///harder.weekend.bedsread](#)

The pins on the maps show the location of the parking, the start may be some distance away  
Open an interactive map in:

[GoogleMap](#) - [OpenStreetMap](#) - [AppleMaps](#) - [BingMap](#)

### Directions / Parking

Parking is along the forest roads north of Bessy Bank Lane.

Routes will be signed from the A5084 at Lowick Bridge and from the minor road between Colton and Oxen Park at GR 315867. From the entrance to the forest track at GR306870 it is nearly 2k to Race Assembly. Linear parking is along this route and you should have £2 CASH TO HAND.

THERE WILL BE NO PARKING FOR LARGE MOTORHOMES. Campervans please park as directed.

Please share cars if possible.

### Assembly (GR SD 311888)

This is at the far end of the forest track that is being used for parking.

Registration, toilets and first aid will be at assembly.

### Registration and start times

Registration from 9.30 – 11:30am

Entry on the day available until 11:30am. (£9 for seniors and £5 junior)

Start times 10.30-12.30

### Course closing time 14:30

If you think you may need a long time, please start by 11:45.

We strongly suggest that Juniors and less confident orienteers start as early as possible.

### Start and Finish locations

Distance to start :600m and 25m climb from far end of the linear parking, flagged in red.

Distance from finish to the assembly: 300m (just off the route to the start)

The route to and from the start and finish crosses a small stream. Take particular care if it has rained a lot in the previous few days.

### Cagoules and Whistles

Whistles and full leg cover are compulsory. Cagoules are strongly advised and may be compulsory. This will be indicated at the entrance of Bessy Bank lane so please come prepared. Remember it is still early February and the moor is very exposed. In the event of very poor weather, carrying a cagoule as well as hat, gloves and waterproof trousers is advisable. Carrying a mobile phone is recommended; the emergency number is on the map.

### Emergency procedures

In the event of a minor accident please administer your own first aid. For more serious incidents there will be a First Aider at assembly.

The nearest A&E is hospital is Furness General in Barrow [NHS Urgent care search](#)

If lost on the course, head SOUTH to the track which runs west to east. Follow this track west to regain the start for relocation or retirement.

### **Terrain**

A Championship standard open area with few line features. Although hilly there are no major climbs

### **Course information**

Course	Length	Map scale
Brown	7.8K	1:10
Blue	5.8k	1:10
Green	4.1k	1:7.5
Short green	3.1k	1:7.5
Very short green	2.2k	1:7.5
Light green	3.0k	1:7.5
Orange	2.3k	1:7.5
Yellow	2.2k	1:7.5

### **Cancellation**

In the event of the need to cancel the event this will be on Lakeland Orienteering Website after 7am 5<sup>th</sup> February

### **Dog restrictions**

Dogs are only allowed on a lead and are not allowed to accompany orienteers on the course.

### **Control collection**

Help to collect controls from 14:30 is welcome.

### **Contacts / Officials**

Planner – Andy Robinson

Controller Jerry Purkis

Organiser - Carol McNeill and Rebekah Beadle