

# CORRIEYAIRACK 18 - SAFETY BRIEFING NOTES

## WATER

- You are expected to be self-sufficient for both water and food.
- Water stations to top up are 1) At the summit 2) At Melgarve Changeover

**OBEY THE HIGHWAY CODE** on all road sections.

## COMMUNICATION

- Please help with the safety checks.
- Shout out your name to stewards at the Summit and Melgarve.
- Inform the contact numbers below if dropping out.

## BIKERS BEWARE

- On the zigzags and long straight before Melgarve be prepared to dismount. Beware of loose chips and deep cross-drains.
- After the farm at Glenshero there are loose chips on the tarmac road.

## CLOSING DOWN THE HILL AT 3.30PM

- All runners, walkers and bikers must be at Melgarve by 3.30pm or accept a lift. Last bike allowed to leave Melgarve will be 3.30pm.

## WEATHER REPORT

- Remember the Corrieyairack is a high Mountain Pass.
- There can be unpredictable foul weather at ALL times of year.
- Carry protective clothing. NO HELMET NO RIDE!
- An up to date local report will be available at the Start.

## PLEASE TAKE PART AS TEAMS or STAY IN GROUPS

- Stick to the original main track.
- Look out for marker sticks with yellow arrows where its confusing.

### In the event of injury or accident:

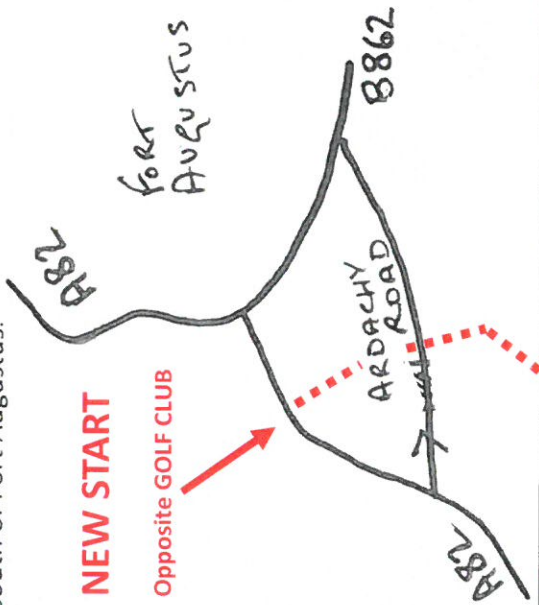
First contact must be with the Rescue Medics. They will organise assistance. If possible, it must be their decision to call the air ambulance. Do not phone 999 in the first instance, especially on the hill section.

### CONTACTS:

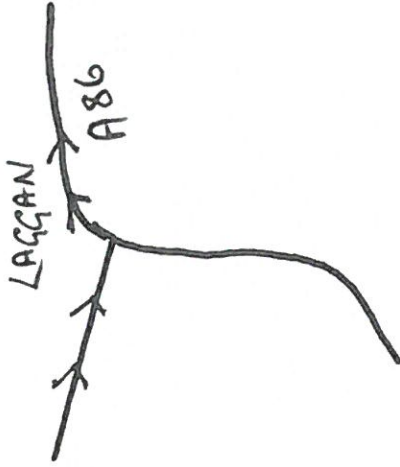
HILL SECTION SAFETY	07901686821	RescueMedic
ROAD SECTION SAFETY	07901686821	RescueMedic
EMERGENCY CONTACT	07857421611	Andrew MacKenzie

# CORRIEYAIRACK CHALLENGE – PUBLIC ROAD JUNCTIONS

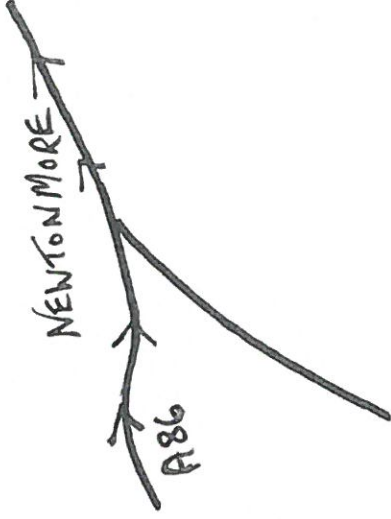
1. **Ardachy START** — is situated a few miles south of Fort Augustus.



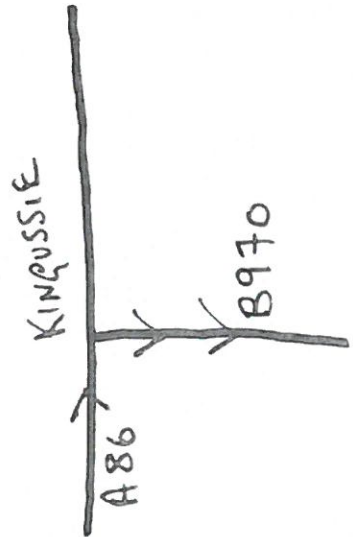
2. **Laggan Junction** — Turn left to join main road to Newtonmore.



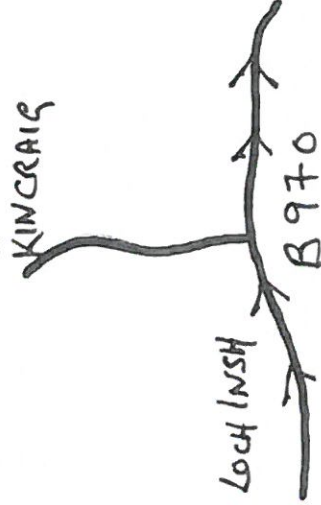
3. **Newtonmore Junction** — fork left through town centre to Kingussie.



4. **Kingussie Junction** — turn right to Ruthven at Duke of Gordon Hotel.



5. **Loch Insh Waterports** — Keep straight on (do NOT turn left to Kinncraig)



6. **Inverdrue Junction** — turn right to Cairngorm for Badaguish FINISH (before Loch Morlich!!)

