


Low and High Rigg - Galoppen

Sunday 8th November 2026

Final details at 03.11.2026

With Fell Runners' course! The RED COURSE is extra-long and designed for FELLRUNNERS, new to orienteering, who want to tighten up their nav. It's long, with lots of climb, but not so fiendishly difficult!

Parking on the old A66 near Burns/Naddle Bridge
Postcode CA12 4RN
Grid Ref 302 239
W3W guests.solution.records

Please note; there will be a pause at the start for 2 minutes for Remembrance Sunday at 11:00am. Please avoid this time or wear warm clothes.

Terrain: Steep open fell with crags and rock detail, some marshy sections. Courses mostly avoid the bracken and steeper cliffs.

Car Parking: On the old A66 near Burns/Naddle Bridge. Please park neatly along the verges.

Directions: Please approach from the A66 taking the turnoff for Burns.

Toilets: At assembly.

Starts: 10:30 – 12:30

Walk to the start from assembly is around 300m with around 50m climb.

Results will be displayed at download.

Near and far finishes: Courses close at 14:30. It is vital that you download.

Far finish (Brown, blue and green) - 1.6km and generally downhill from the finish to assembly. Please follow tapes. Please note, taped route does not use the public footpath through Row End that we have used in the past – please avoid this.

Near finish (All other courses) – 300m from assembly, follow tapes.

Pre-entry: open and is available for all courses. Prices: seniors £10 and juniors/students £5. If you are new to orienteering and would like to go round as a group or in a pair, just enter one person and let us know how many additional maps that your group would like.

Entry on the day: for the White, Yellow, Orange and Red courses only subject to map availability (Senior £10, Junior £5, extra maps £1.00) White and yellow maps to be collected from registration.

White and Yellow courses: White and Yellow maps need to be collected from registration. Where some paths become indistinct, there may be pegs with white tape to mark the path.

Maps: A3 1:10000 for Brown, Blue and Red. 1:7500 A3 for Green. A4 1:7500 for all other courses. There is a map-flip on Brown and Red courses. This means that you must turn the map over at a certain control and continue on the other side of the paper.

White and yellow courses have text control descriptions. Orange and red courses have both symbol and text control descriptions. All other courses use symbols for control descriptions.

Green circles (ISOM bushes or trees) are mainly small trees.

There is no bracken screen on the map and although bracken is present, courses are designed to avoid these areas. Some small paths shown on the map can be hard to see in areas of dead bracken

Rough open is shown as white on the map. The enclosures of trees are shown in light green. These areas are runnable forest. Walled fields are shown on the map as fast open in yellow/orange.

Boulder sizes vary. Descriptions give boulder heights.

After the rain last week, some marshes are now ponds and some ponds have changed shape.

Uncrossable walls/fences are shown with purple line and must only be crossed at marked crossing points point. Please be patient and wait your turn if others are crossing slowly. There is now only one crossing point on the main wall on Low Rigg.

Very short green is a separate course to short green. Please pick up the map for the course that you'd like to run.

Control Descriptions: Loose in start lanes and on the maps

Timing: Sportident – Controls will be SIAC Enabled. You will need to punch the Start and Finish.

Dibber Hire: Free but £30 payable if lost. To pre-order, leave the SI number blank during entry process and collect from Download on the day. Also available for entry-on-the day.

SAFETY

- Clothing: Shorts are allowed, but competitors should be tick-aware and thoroughly check after the event.
- Weather: The area is exposed and if cagoules are compulsory, competitors will be advised in the final details and/or by signage in the field.
- Whistles are compulsory.
- There are grazing sheep and cows in the area. Please do not run directly at them.
- There are cliffs and crags on the area, the rock can be very slippery when wet.
- Safety bearing for all courses is NORTH.
  On High Rigg, to the road, follow tapes to assembly.
  On Low Rigg, to the road, follow tapes to assembly.
- White, Yellow and Orange courses do not go out onto the southern area of Low Rigg. If these competitors accidently go through a crossing point onto the fell, they will see a sad face sign telling them to go back into the field.
- Other members of the public and the farmers may be in the competition area. Please be mindful and cheery as we are grateful to them for allowing us to use their land.
- Route to the start and from the finish. Please close gates after you.

- The nearest defibrillator is located at The Lake District National Park Office at Threlkeld. CA12 4TT W3W negotiators.repair.dwelled.
- All courses use gates and wall crossing points. Please be respectful of other users who might be a bit wobbly on the steps and give them time to descend safely. Some of the wooden stiles are slippery and may have some sharp wire which we have covered.

Dogs on leads - no dogs on the course or on route up to start. If you'd like to take your dog for a walk, please use the public footpaths.

The following courses are available with a guide to lengths and who they might suit;

Course	Technical difficulty	Approx Course length	Approx climb	Who this course would suit
White	TD1	1.0km	60m	Novice juniors and family groups
Yellow	TD2	1.9km	100m	Developing novice juniors and family groups
Orange	TD3	2.6km	135m	Novice adults or experienced youngsters
Red	TD3	7.9km	530m	Adult fell runners
Light Green	TD4	3.3km	190m	Adult improvers
Short Green	TD5	3.6km	160m	Adults wanting a shorter but challenging course with a hard navigational difficulty.
Very Short Green	TD5	2.7km	110m	Adults wanting a shorter but challenging course with a hard navigational difficulty but a lower physical difficulty.
Green	TD5	4.3km	290m	Experienced under 18s and adults wanting a short but challenging course with hard navigational difficulty.
Blue	TD5	6.5km	440m	Experienced orienteers
Brown	TD5	8.8km	580m	Experienced orienteers

COURSES CLOSE AT 2.30PM. PLEASE REPORT TO DOWNLOAD AT ASSEMBLY EVEN IF YOU DO NOT COMPLETE YOUR COURSE

Nearest A & E
Cumberland Infirmary
Newtown Road
Carlisle
CA2 7HY
NY 387561 What3Words : ///cool.pines.tribune

Mary Hewetson Cottage Hospital, Crosthwaite Road, Keswick – Minor Injuries Walk in
What 3 words : ///exclusive.tooth.flap
Postcode: CA12 5PH

Officials:
Organiser – John Ferris-Worth (WCOC)
Planner – Julie Ferris-Worth (WCOC)
Controller – Karen Parker (BL)