



The Legendary Choc 'O' * 2021/22

(*Choc=short for Chocolate and O=short for orienteering)

Live from Wednesday 22 December to Wednesday 5 January

Start from the Cattle Grid in Carding Mill Valley, Church Stretton; Park sensibly and safely somewhere which allows you easy access. Please park with consideration for residents and other people. If you park in Carding Mill Valley please use the pay and display meters- *National Trust Members bring your cards to park for free.*

CHOC "O" is a navigation challenge on the Long Mynd. You have to navigate around a set of control points starting from the grid reference point shown at the bottom of this sheet. At each Control there should be a white post, on the post will be the grid reference and control description for the next point on the course. Write down the **grid references** and **description** and mark the control on your map. Ensure you copy the correct grid reference for your course!

At the last control you will find goodies. Enjoy, reseal tin, leave a message in the book and hide the sack! If you leave your email address we will keep you informed about other **WREKIN Orienteering** events..

This year there are 3 course options for longer or shorter courses. Straight line lengths to the last control are:

Short; 6.5km

Long; 10.5km

Longer; 13km

These may seem short distances but you may find for some legs a more circuitous route with less climb and /or better going will be the optimum route.

THE LONG MYND – is a high lump of sometimes very steep or shapeless ground. Visibility can be very poor and relocating can be difficult. Even if the weather and visibility is good in Church Stretton please assume that there will be thick cloud and high wind when you leave the shelter of the Valley.

Terrain: Steep-sided valleys with monster bracken in places and heather of various depths on open moorland crossed by numerous paths and tracks. Not all the paths are shown on the map. All courses will encounter steep ascents, descents, contouring, stream crossings, wet ground and heather, depending on route choices. There has been a lot of rain on the Mynd recently. Many of the tracks are wet, muddy and can be slippery. Please be careful!

NAVIGATION equipment – Map; OS Long Mynd 217 Explorer, plastic bag (for map cover), compass, pen, paper. A bright torch could help if you set off after lunch. GPS is allowed but the organisers decisions on correct locations remains final.

KIT: FRA standard plus more to allow for winter and extended duration. Take hat, gloves, enough clothes, a good waterproof jacket and overtrousers

SURVIVAL: Take some food, drink, whistle, and a phone together with any other kit you feel necessary. The nature of the event is that only you and anyone you inform know you are taking part. Please tell somebody you are out, (and who will raise an emergency if necessary), when you expect to finish and when you are back. You take part in this unsupported activity entirely at your own risk. Only take part if you are a competent navigator and have experience of the hills in winter.

Entry: Free. You can go solo, pairs or in a larger group – easier to find posts and more fun. Please follow Covid guidelines.

If the Chocolate supply is running low or there are other issues then let me know – text might be best

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START CONTROL: Fence West Side GR: SO4493 9423