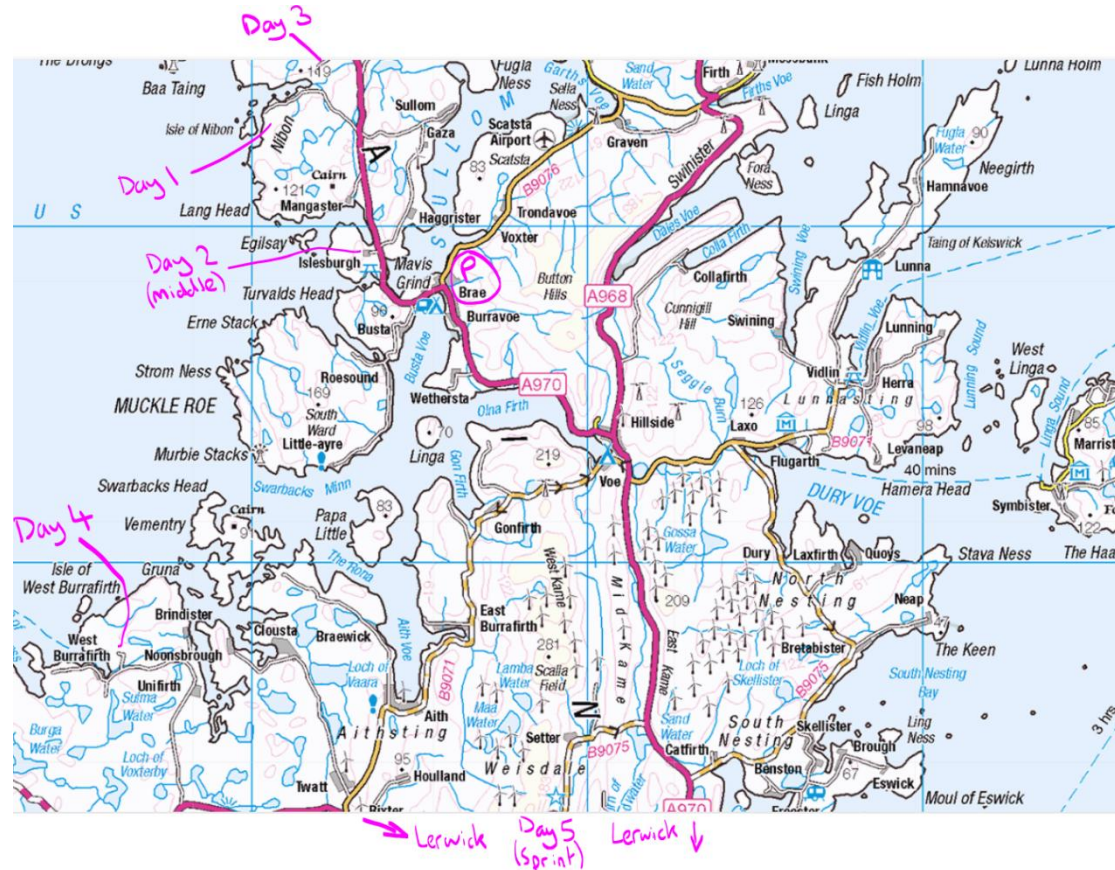


Coast & Islands Orienteering Week

Shetland, 20-25th July 2025

We look forward to welcoming you to Shetland for what promises to be a highly enjoyable week of orienteering!



[Google Map of the week](#)

Program

Sunday 20 th July	Day 1	Nibon	Bus or cycle
Monday 21 st July	Day 2 (Middle)	Islesburgh	Bus or cycle
Evening: 7-8pm	Talk by Marcali Taylor - author/historian/guide	Islesburgh Community Centre, Lerwick	Free sign-up here
Tuesday 22 nd July	Day 3	Hamar	Bus or cycle
Evening: 7-10pm	Ceilidh	Brae Community Hall	Free sign-up here
Wednesday 23 rd July	Rest day		
Thursday 24 th July	Day 4	Muckle Hoo	Special parking arrangements or cycle
Friday 25 th July	Day 5 (Sprint)	Lerwick	Park in Lerwick

WhatsApp Community: This will include separate groups for e.g. car sharing, along with announcements from the organisers. Important announcements e.g. cancellations will still be emailed.
[Join Coast & Islands WhatsApp](#)

Days 1, 2 and 3 Bus / Parking Arrangements

For the first three days, you can either cycle or use the shuttle bus service we are providing. There is absolutely no parking at the competitions. Buses will leave from Brae High School every 30 minutes starting at 09:00. Start times will be 10:00 - 13:00 and the last bus back to Brae will leave the competition at 14:45. The journey is approximately 10-15 minutes. The bus driver will need to take a break in the middle of the day - 12:15 - 12:45, after the 12:00 bus from Brae.

We have made a [Bus Rota](#) for which bus to get. Please stick to your allocated bus as there are not many spare seats on other buses. If you have special requests please contact us.
If you are getting the bus, please park your vehicle at either Brae High School ([Google Maps](#)) or Brae Community Hall ([Google Maps](#)).

Other information relevant to all days:

Assembly: As usual at Coast & Islands, the Assembly area (aka Arena) will be very minimal in terms of infrastructure. No food traders or equipment shops. We will have portable toilets.

Dogs are allowed on short leads in Assembly, but not at the starts or on courses. Lots of sheep around!

Course planning: Alasdair Pedley and Joe Hudd.

First Aid: We will have a first aid kit at Assembly.

Results: We will use the SportIdent app for download and so results will be at [Events · Masterplan Adventure · SPORTident Center](#). They will be live if we have internet signal.

Clothing: No restrictions, so shorts are allowed.

Safety:

Days 1-4: Please be very careful if you go close to the sea cliffs. They can be very large and often have little warning above them. We will put tape along the top of the ones the courses go closest to. The terrain contains many other crags as well, which can be large.

Competition Information

Day 1 - Nibon

Assembly: Nibon, the end of the road.

Start: 500m with 50m climb from Assembly

Finish: Adjacent to Assembly

Start times: 10:00 - 13:00

Courses:

Course	Distance (km)	Climb (m)	Controls	Map scale
Long	8.4	345	25	1:10,000
Medium	5.9	235	17	1:7,500
Short	3.6	135	14	1:7,500
Orange	2.5	80	11	1:7,500

*Long will have a double-sided map.

** Orange will have one short taped route between two controls. If you are not on Orange, you may see these tapes. Please ignore them.

Map: ISOM, Alasdair Pedley Aug. 2024

Terrain: Complex contours and rock features on the slopes above the sea, where runnability is generally very good. Higher up the ground is peatier, which tends to have more subtle contours and some marshes. There is some short heather but runnability is still good.

Day 2 - Islesburgh (Middle)

Assembly: Islesburgh farm. Many thanks to Addie, Margaret and Ann Doull.

Start: 400m with 30m climb from Assembly.

Finish: 400m (flat) from Assembly.

Start times: 10:00 - 13:00

Course	Distance (km)	Climb (m)	Controls	Map scale
Long	5.0	270	22	1:7,500
Medium	3.6	150	18	1:7,500
Short	2.6	95	12	1:7,500
Orange	2.2	85	9	1:7,500

Map: ISOM, Martin Bagness Jun. 2024

The mapping style is quite different from Days 1, 3 and 4.

Terrain: Good contour and rock detail along with some larger slopes too. There are more fences - Long and Medium cross one fence which may be climbed, but all other fences are marked with purple overprint and must only be crossed at the marked crossing points.

Day 3 - Hamar

Assembly: Enisfurth. Many thanks to Willie, Adam and Kelvin Duncan.

Start: 800m with 40m climb from Assembly.

Finish: Adjacent to Assembly.

Start times: 10:00 - 13:00

Course	Distance (km)	Climb (m)	Controls	Map scale
Long	8.8	355	21	1:10,000
Medium	6.5	285	16	1:7,500
Short	4.4	165	11	1:7,500
Orange	2.0	55	9	1:7,500

Map: ISOM, Alasdair Pedley Jun. 2025

Terrain: Complex contours and rock features on the slopes above the sea, where runnability is generally very good. Higher up the ground is peatier, which tends to have more subtle contours and some marshes. There is some short heather but runnability is still good.

Day 4 - Muckle Hoo (West Burrafirth)

You may drive to the event, but due to limited car parking, there will be two separate start windows.

Even so, **please car share if you can, or cycle.** If cycling, you can park in e.g. designated parking laybys on the main road, but do not park in passing places.

A: Arrive from 9:00, Starts 9:30 - 11:30, leave the car park by 13:00

If you are in Group A, and think you will be out for a long time, please aim to start earlier rather than later.

B: Arrive from 13:15, Starts 13:45 - 15:15.

If you have a preference for being in either group A or B, please email us at masterplanadventure@gmail.com

Parking:

Car Park 1: Adjacent to Assembly, space for approx. 20 cars. [Google Maps](#).

Car Park 2: West Burrafirth Ferry Terminal, space for approx. 30-40 cars. [Google Maps](#).

Assembly: Engamoor, West Burrafirth. [Google Maps](#).

Many thanks to Mr and Mrs Fraser

Start: 600m with 40m climb from Assembly.

Finish: 300m from Assembly.

Course	Distance (km)	Climb (m)	Controls	Map scale
Long	8.5	380	27	1:10,0000
Medium	6.0	235	18	1:7,500
Short	3.7	115	15	1:7,500
Orange	2.2	45	9	1:7,500

*Long will use a double-sided map.

Map: ISOM, Joe Hudd Jun. 2025

Terrain: We have saved probably the best terrain of the week until last - complex contours and myriad rock features cover the majority of the area. Runnability is very good, predominantly short grass. Some larger hills give interesting route choices on longer legs.

Day 5 - Lerwick (Sprint)

Assembly / Start / Finish: Fort Charlotte, Lerwick.

Please enter Fort Charlotte through the northern gate (the other two gates are being used for start and finish).

Parking: Please park yourselves in Lerwick.

Start times: 11:00 - 13:00. Courses close 14:00.

Course	Distance (km)	Climb (m)	Controls	Map scale
Long	3.2	130	20	1:4,000
Medium	2.4	85	17	1:4,000
Short (/Orange)	1.7	55	13	1:4,000

*Long will use a double-sided map.

Map: Alasdair Pedley Aug. 2024, with Jun. 2025 minor updates

Terrain: Steep narrow alleyways on the slope above the harbour. Pedestrianised for the majority.

Road crossing for Medium and Long: These courses cross a 30mph road twice. Please be very careful when crossing.

Safety: Please be courteous to pedestrians. The alleyways can be very narrow. This is not a World Championships.