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Long

Magnetic North 2015

# The Nower

## Scale 1:5,000



Contour Interval  
5 metres

Courses close at 14.30  
You must go to download  
even if you don't complete  
the course

The Nower 2017			
Long	3.4 km	110 m	
1 201	X		
2 224	⊗	○	
3 223	X		
4 204	←	↗	↘
5 219	↙	∨	
6 217	↑	∩	
TAKE CARE CROSSING ROAD			
7 216	↘	∧	∧
8 215	∪		
9 214	∧		—

TAKE CARE CROSSING ROAD			
10 221	⊗		—
11 226	⊗		○
12 218	○		
TAKE CARE CROSSING ROAD			
13 228	→	⊗	○
14 225	→	•	
15 213	↗	∩	∩
16 229	○		
17 222	→	∪	
18 220	∪	∪	

60 m

- Contour
- Index Contour
- Form line
- Earth bank
- Earth wall
- Small earth wall
- Erosion gully
- Small erosion gully
- Small knoll
- Depression, small, large
- Pit
- Major road (A25)
- Minor road
- Road
- Vehicle track
- Footpath
- Small footpath
- Less distinct small path
- High stone wall
- Fence
- Ruined fence

- Open land
- Open land with scattered trees
- Rough open land
- Rough open land with scattered trees
- Forest: slow running
- Undergrowth: slow running

- Forest: difficult to run
- Undergrowth: difficult to run
- Vegetation: very difficult to run
- Settlement

- Parking area
- Cairn, Seat
- Thicket, Rootstock (>2m)
- Distinctive tree
- Buildings
- Distinct vegetation boundary
- High fence, with gate

Survey by Mike Elliot, January 2015.  
Based on LIDAR data from Geomatics, with reference to previous orienteering maps.  
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Cartography by Mike Elliot using OCAD11.  
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Grid Reference TQ155486

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The depiction of a track or path on this map does not imply the existence of a right of way.