

CHOC "O"2019 – Hey Diddle Diddle

Here is this years 'Norwegian O' style course and is known as Choc "O".

SHORT – 12 + km (controls 1 2 3 4 8 9 10)

LONG – 16 + km (controls 1 2 3 4 5 6 7 8 9 10)

An up-to-date version of OS Explorer Map OL24 (White Peak) at 1:25,000 scale will show necessary detail. The area of the route is between Eastings 99 to 04 and Northings 66 to 72. However, remember there are many paths on the ground that don't appear on the map (and visa versa), so local knowledge will certainly help. It will be necessary for you to know how to use a grid reference: - 6 figure references are used. Basic navigation skills required, there is no fine navigation.

ESSENTIAL: Print off this instruction sheet and the control descriptions and take it with you along with a map, plastic cover, compass and pen or pencil to write down each grid reference. At each control you should find a small white stake in the ground (if not buried by snow) which gives the grid reference of the next control. I would strongly recommend that you write the grid reference down and then with the help of the control description mark it on your map. **At control 4 there will be a choice of routes (short and long) take care you write the correct grid reference down.**

At the last control there will be some goodies under a green recycling box. Please complete the log book, help yourself to chocolates and reseal the plastic box. If chocolate is running low please text me on the following: - Julie Gardner 07973373381 or if you would like to donate, please bring along and add to the supplies.

All controls are on open access land. If/when you leave open access land please navigate carefully and use public rights of way. It goes without saying that you make sure someone responsible knows what you are doing - someone you can contact in the event of difficulty or emergency. **Be prepared for poor weather and visibility. You should take enough clothing and food to be warm and fed in winter for several hours on the hills.** Fell and trail shoes should be worn and have a good grip. A head torch should be part of your kit in case you accidentally get caught in the dark. Check the weather forecast before setting off. The event is not supervised - so look after yourself and take care crossing roads.

The course will be open on a "turn up when you want to" basis and the controls will be in place from 9.00am Sunday 22nd December to 4.00pm Sunday 12th January. Due to the atrocious weather we are having, I have extended the closing date of the course.

The start/finish is on bus route 58 and a very fine and cheap alternative which may add to the ambience of your day. Peak View café is open 10am - 5pm Thursday, Friday, Saturday and Sunday (01298 22103).

You can go solo, pairs or in a small group. If unsure of your navigational skills it may be an idea to go around with another person. Another option would be to do the short course first, and then come back another day and do the long course.

Many thanks to Brian Jackson for going around the course with me, checking the controls and grid references, providing sound advice and banter.

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| START AND FINISH | Opposite the Cat and Fiddle | GR 001 719 |
| Control 1 | Footbridge (20m downstream) | GR 000 715 |
| Control 2 | Wall junction (Re-entrant* 25m N) *small valley | |
| Control 3 | S end of quarry (shallow cave) | |
| Control 4 | Fence corner (N side adjacent stream) | |
| | <u>SHORT ROUTE GO TO CONTROL 8</u> | |
| Control 5 | Stone barn (E end inside) | |
| Control 6 | Footbridge (tree W bank) | |
| Control 7 | Wall junction (adjacent to metal gate) | |
| Control 8 | Track bend/Footpath junction (W side of footpath post) | |
| Control 9 | West pond (NE edge) | |
| Control 10 | Small woodland (SW corner 30m upstream) | |

FINISH: challenge completed at control 10. There is a log book at the finish, please record you have been and any other comments. Navigate back to your transport.