Welcome

The Big 5 O-Week committee, the five supporting O’ clubs and the South African Orienteering Federation would like to welcome you to the second edition of the Big Five O-Week. This year we are based in the town of Kaapsehoop (or Kaapsche Hoop as many of the locals prefer!), a small but beautiful location on the edge of the Great Escarpment, surrounded by pine plantations. The area is specially noted for its unique mountain grasslands, beautiful vistas and thick mist! We hope the event will run smoothly and that your orienteering experience is enjoyable and unique. During the five day, the event will also host two World Ranking Events for the Elite categories, which we hope will bolster our efforts at developing elite orienteering in South Africa.

The organising committee have started this Big 5 event from scratch and we would definitely like to improve on it again in future years. To further improve, we would encourage you to give us your feedback after the race, both positive and negative on how we can improve in the future. With this in mind, we would love to see your support when we organise the next Big 5 in two years time.

In the meantime, enjoy the Big 5 in 2013/4!

The Big 5 Organising Committee

Big 5 Regional Map

ROAD MAP BIG5 O-WEEK

- Big5 O-Week venues (30 Dec 2013 - 4 Jan 2014)
  - Day 1 Kaapsehoop (middle)
  - Day 2 Kaapsehoop (normal / WRE long)
  - Day 3 Nogdwanana (normal / WRE middle)
  - Day 4 Kaapsehoop (long)
  - Day 5 Nelspruit (finale)
### Programme

**Sunday 29.12.2013**
- 14.00 – 19.00  Registration and info
- 14.00 – 19.00  Open training
- 17.00 – 19.00  Pasta buffet

**Monday 30.12.2013 – Day 1 : Kaapsehoop Hoop Rocks (Kaapsehoop)**
- 09.00 – 12.00  Registration and info
- 09.00 – 12.00  Start
- 17.00 – 19.00  Spit Braai and Social

**Tuesday 31.12.2013 – Day 2 : Battery Creek (Kaapsehoop)**
- 08.00 – 11.00  Registration and info
- 09.00 – 11.30  Start
- 21.00 – 21.00  New Year’s Eve Party!

**Wednesday 01.01.2014**
- 10.00 – 10.00  Metrogaine Fun Event on Kaapsehoop Town map

**Thursday 02.01.2014 – Day 3 : Elandshoogte (above Ngodwana)**
- 08.30 – 11.00  Registration and info
- 09.00 – 11.30  Start
- 19.00 – 19.00  “See How they Ran” Course Presentation evening & Social

**Friday 03.01.2014 – Day 4 : Pear Orchard (Kaapsehoop)**
- 08.30 – 11.00  Registration and info
- 09.00 – 11.30  Start
- 19.00 – 19.00  Final Dinner & Social

**Saturday 04.01.2014 – Day 5 : Lowveld Botanical Gardens (Nelspruit)**
- 08.00 – 09.00  Registration and info
- 08.30 – 10.00  Start
- 10.00 – 10.45  Start – M21E and W21E
- 11.30 – 11.30  Prize Giving for the Big 5 O-Week

---

### Total Number of Countries / Competitors / Classes

#### By Country

<table>
<thead>
<tr>
<th>Country</th>
<th>AUS</th>
<th>AUT</th>
<th>CAN</th>
<th>FIN</th>
<th>FRA</th>
<th>GER</th>
<th>ITA</th>
<th>GBR</th>
<th>NED</th>
<th>NOR</th>
<th>RSA</th>
<th>RUS</th>
<th>SUI</th>
<th>SWE</th>
<th>USA</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
<td>5</td>
<td>1</td>
<td>10</td>
<td>3</td>
<td>4</td>
<td>4</td>
<td>21</td>
<td>3</td>
<td>9</td>
<td>88</td>
<td>1</td>
<td>20</td>
<td>9</td>
<td>2</td>
</tr>
</tbody>
</table>

#### By Class

<table>
<thead>
<tr>
<th>Class</th>
<th>M21E</th>
<th>W21E</th>
<th>M21A</th>
<th>M21B</th>
<th>W21A/B</th>
<th>M12</th>
<th>M16</th>
<th>M20</th>
<th>W20</th>
<th>W35</th>
<th>M40/45</th>
<th>W45</th>
<th>M50</th>
<th>W50/55</th>
<th>M55</th>
<th>M60/65</th>
<th>W60/65</th>
<th>M70</th>
<th>W70</th>
<th>M80</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>35</td>
<td>19</td>
<td>5</td>
<td>4</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>6</td>
<td>1</td>
<td>4</td>
<td>12</td>
<td>8</td>
<td>7</td>
<td>6</td>
<td>10</td>
<td>12</td>
<td>8</td>
<td>7</td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

**Grand Total : 182**

* Please note that some classes were combined due to low entry numbers.
**Event Centre & Registration**

The Event Centre for Registration will be the **Bohemian Groove Café** ([www.bohemiangroovecafe.co.za](http://www.bohemiangroovecafe.co.za)) in the village of **Kaapsehoop**, about 30km outside of the city of Nelspruit (Mbombela). It is approx. a 3.5 hrs drive from Johannesburg. Registration will also take place at the **event arenas** prior to each day's competition.

GPS Co-ordinates for Town: 25º35’35”S 30º45’55” E

Competitors will receive a **Registration Pack**. It will include:

- Your race number and safety pins. This must be worn on the front of your shirt at all competitions. It is waterproof. It features your name, nationality, race category and start time for each day.
- A plastic bag for your map in case of wet conditions
- A Big 5 T-shirts, if purchased.
- A ticket for the social events (Pasta Buffet, Spit Braai and Final Dinner), if purchased.
- A gate entry ticket for the Lowveld Botanical Gardens in Nelspruit (Day 5). If you loose this, you will need to pay the gate entry fee on arrival on day 5.
- Your Big 5 2013/4 O-Week Buff.

Registration and our Info points on each day will also handle to following sales:

**Training Maps** : will be on sale at registration on Sunday afternoon and Monday morning for R20 each.

**T-shirts** : Excess units of our high quality First Ascent ‘**Technical**’ will be on sale at registration whilst remaining stocks last. The Big 5 t-shirts are available in Mens (Petrol blue colour) and Womens (Turquoise colour) styles. T-shirts cost R250, with payment only accepted in cash in South African Rand.

**Compasses** : A few remaining ‘Moscompasses’, balance for the southern Africa zone, are also still available for sale at R450 whilst stocks last.

**Social event tickets** : A few remaining social event tickets might be left over for sale.

**On The Day entries** will be taken for the Open Short, Medium and Long courses at all registration venues. Entry fee per day is R175 (Seniors), R95 (Juniors). Emit card hire is R15. On-the-day entrants are not eligible for mementoes or spot prizes.

---

**Embargoed Areas. Previous Maps**

All competition areas are embargoed until the start of the event on each day. Please do not enter the Kaapsehoop rock fields outside town before Day 1, as the embargoed map is immediately adjacent to the town. This is the area from the edge of the houses up to the escarpment and the forest watch tower. The embargoes are lifted after each day’s event.
Previous maps of all areas (a rogaine map of the Kaapsehoop area and the 2012 map of the Botanical Gardens) will be on display at Registration and at the info point in the event arenas. They are also available on the Big 5 website. There are no previous orienteering maps for Days 1 – 4.

**Training**

A training area will be open on Sunday 29 December (pm) and Monday 30 December (am) on Kaapsehoop Town and Cemetery maps (2 maps on 1 page: in 1:5’000 scale and in 1:10’000 scale, 5m contours).

The maps cover the town, a section of old gold mining works and some rocky boulder terrain nearby as well as some pine forest around the historical graveyard. This area is immediately around the event centre in Kaapsehoop and various parts of the maps are similar to terrain on Days 1, 2 and 4. Maps will be provided with approximately 10 control flags in the terrain. Maps can be bought from the organisers at the event registration for R20.

**Social Events**

The Big 5 O-Week prides itself on its social program, allowing interaction between orienteers from around the world. This year we have a selection of events taking place:

1) **Pasta Buffet**: Sunday 29th December at Bohemian Groove Café, Kaapsehoop

   This takes place during registration from 5pm – 7pm. Cash bar on premises. Pre-booked tickets are needed.

2) **Spit Braai (barbecue)**: Monday 30th December at Ngodwana Dam Lapa, near Ngodwana

   Join us for a great social evening as we have a mixed roast on the edge of Ngodwana Dam under the Ngodwana social club’s lapa, watching the sun set over the water. Vegetarian options and a cash bar are available. Pre-booked tickets are needed. Function starts at 5pm.
3) New Years Eve: Tuesday 31st December at Bohemian Groove Café, Kaapsehoop

Our unofficial New Years Eve party will happen in and around the vicinity of Bohemian Groove Café who will have a live band playing. They also have a bar. If you would also like dinner at the restaurant, please remember to book directly with them in advance as table space is limited!

4) Metrogaine: Wed 1st January, starting outside Bohemian Groove Café, Kaapsehoop

We have created a short and fun Mini Rogaine / Orienteering Score event around town that is perfectly suited for families and kids as well. Event starts at 10am. Cost is R20 per map.

5) How They Ran Evening: Thursday 2nd January, at the Bohemian Groove Café, Kaapsehoop

We will put together a ‘show and tell’ evening where some of the top orienteers will discuss their races and route choices from the last three days of competition. We have some top international competitors racing, so their comments and analyses should be very interesting.

6) Final Dinner & Social: Friday 3rd January, at the Ngodwana Sports Club Hall, Ngodwana

Our final function will be a sit-down dinner at the Ngodwana Hall in Ngodwana village starting at 7pm. Join us for a final celebration. The function will have a 3-course meal with vegetarian options and a cash bar available. Pre-booked tickets are needed.

**General Information**

Contacts:

- Big 5 Organisation: Nicholas Mulder +27 82 898 7871

Kaapsehoop Town

Kaapsehoop (or Kaapsche Hoop to use the old Dutch spelling) started in the 1870’s upon the discovery of gold in the streams around the town. A thriving community developed quickly, but as per many gold rushes, it was short-lived. By the late 1970’s the town had fallen into disrepair, with only about 5 houses occupied. Since then, a growing tourism industry has seen a revival in town, based on the history and scenic and natural beauty of the area. There are now about 150 residents in the area.

The region is dominated by plantation forests which are the main commercial activity in the area. Large tracts of mountain grasslands offer a special habitat to a variety of fauna and flora, including many endangered species. A large herd of over 300 wild horses grazes the area, remnants of the old mining days.

The town is accessible on an extremely good tar road, either from Ngodwana or from Nelspruit.

**Shops**

There is one small kiosk selling drinks and basic essentials in town, next door to the Bohemian Groove Cafe. The nearest shops are either a Spar in Ngodwana (14km) or Woolworths, Pick n’ Pay and other major chain stores in the city of Nelspruit (30km). Nelspruit also has numerous large shopping malls.
Restaurants

There are numerous restaurants in the area:

- Bohemian Groove Café, Kaapsehoop
- Salvador Bistro and Bar, Kaapsehoop
- Koek 'n Pan, Kaapsehoop (famous for their pancakes!)
- Misty Hills Hotel, Kaapsehoop
- Ngodwana Sports Club, in Ngodwana resident’s village

Petrol / Diesel

The nearest petrol stations are in Ngodwana and Nelspruit.

Banks and ATMs

The nearest banks are in Nelspruit. Ngodwana has an ATM whilst one or two restaurants have a limited cash payment service from their tills.

Hospital

The nearest hospitals are in Nelspruit.

Nelspruit Medi Clinic - +27 13 759 0645

Medical Standby

We have a medical crew on stand by at the finish / event arena of every competition day.

Medical Standby 1:  Aderick Van Der Westhuizen +27 83 387 2970
Medical Standby 2:  Hennie + 72 256 7265

Parking

Please follow the directions of the parking marshal on where to park on all days. For Days 1 and 2, please respect right of access ways in Kaapsehoop town and don't park on people’s lawn or in their driveways. Don't block the flow of other vehicle traffic! Beware of forest vehicles, which may need to pass by at any time.

Latest Information

The latest information (news board) regarding the event or other issues will be displayed next to registration / info desk on each day.

Online Results

Results will be published on www.bigfive-o.co.za as soon as possible after each day

Big 5 Shop and Food & Drink at Event

We will be selling excess Big 5 T-shirts at the registration area in both mens and ladies styles. Exact sizing is dependent on remaining stock. Excess compasses and social tickets will also be on sale.

Drinks and snacks will also be on sale in the forest event arenas (on Days 2, 3, 4).
On Day 1, there are various Restaurants and kiosks in town whilst on Day 5 there are restaurants and kiosks in the botanical gardens.

**Lost Property**

Any lost items that have been found or misplaced will be kept at the info desk at each event.

**Malaria**

Kaapsehoop is not in a Malaria area due to the high altitude. Nelspruit is on the border of the Malaria endemic region, but further precautions should not be necessary unless travelling further north or east, for example into the Kruger National Park. More information about Malaria can be found at: http://www.bigfive-o.co.za/news/malariaadvisory

**Weather**

The Big 5 takes place during high summer in a mountain environment. The average temperatures in Kaapsehoop in January are 25 °C during the day and 13 °C at night. However, the weather can change dramatically within hours and often the town experiences 4 seasons in one day. The average rainfall is very high as the town sits on the edge of the escarpment. Thunderstorms during the afternoons and night are very likely, whilst heavy mist is common in summer. We recommend that you always be prepared for a change in weather conditions and that you expect to orienteer in the mist or rain on at least one day. Please note that temperatures drop rapidly during a thunderstorm and hail is very likely.

Nelspruit is at much lower altitude and conditions are likely to be warm and very humid for Day 5. The average min / max temperatures are 17 °C and 29 °C.

Weather forecasts will be posted at Registration desks.

**Competition Information**

**Scoring System and Results**

The results for each day are based on the competitor’s running time.

The overall results of the Big 5 event are based on points calculated from the running time of each day, using the following formulae:

\[
\text{Competitors Points} = \frac{\text{Winner’s Time} \times 1000}{\text{Competitor’s Time}}
\]

Competitor’s that exceed the time limit, are disqualified or retire receive 0 points.

For the overall Big 5 result, the best 4 of 5 races will count. If a race or a category has to be annulled or cancelled, then the best 3 of 4 races will count.

**Start Lists**

Start lists will be available at http://www.bigfive-o.co.za/ from the 16th of December.

Start lists will be displayed at registration as well as at the start.
Race Number

The race number must be worn clearly on the front of your shirt and may not be altered in any way. The following is printed on your race number: Name, Club, Country, Category, Start Times, Emit number. If you lose or destroy your number, please contact the info desk at events to receive a new one.

Electronic Punching

The electronic punching system is EMIT. Emit cards can be hired from registration at R12 per day. Emit backing labels will be provided in your registration pack, 1 label per day. Hired Emit cards must be returned at the finish of your last competition. In the event of loss or non-return, R300 will have to be paid.

The Emit Card is used as follows:

- One minute before your start, hold your Emit card in the base block for about 3 seconds to clear all existing data.
- Ensure that your backup label is properly inserted in your card and that the plastic side of the paper label is facing outwards. Ensure that the pin mark on the base unit punches the backup label.
- At the control, place your Emit card on the base unit, ensuring that contact is made between the pin and the backup label. There will be a visible light flash on the base block, but no audible sound.
- At the finish, place your Emit card on the finish unit, which will be placed on the Finish line.
- Follow the channel or other directions to the download tent. At the tent place your Emit card on top of the download reader and keep it there until the finish official tells you to lift it.
- Receive your results / split time printout from the Finish official.

Control Descriptions

The control descriptions with the IOF symbols will be issued at the start assembly area. M12, W12 and Open courses will also have English descriptions available. An IOF control description symbol list will be on display at the start assembly area.

Whistle

Whistles are not compulsory, but are advisable.

GPS

For the World Ranking Events (M21E and W21E classes only), IOF Foot Orienteering Competition rule 21.4 is applicable. This states that GPS devices or any electronic device that uses GPS technology and allows you to receive visual or audible information about your position, speed or distance travelled is forbidden and will result in disqualification.

Clothing restrictions

There are no clothing restrictions for orienteering in South Africa. However, leg protection is advised for the 4 events in the Kaapsehoop area. Burrs and similar plant seeds are frequent in the forest and we recommend leggings with a dense weave that do not allow such seeds to adhere. Ticks are found in the area, particularly where the wild horses have been grazing.
Footwear

Shoes with dobb spikes are allowed during the races, but we request that they not be used on Days 1 and 5 as they can damage the environment that you compete in. Sharp pointed spikes are forbidden. Any shoes with metal spikes are forbidden inside buildings.

Hazards

There are no dangerous animals in the competition areas, although competitors may encounter various species of buck, jackal, monkeys and other small mammals. Snakes (including venomous ones) are found in the areas but they will usually move out of a runner’s way. No snake bite incidents have taken place in over 30 years of South African orienteering! Please also check for ticks after each race and consider using a tick repellent spray.

Toilets

Toilets will be located at the registration / arena areas for all days. Toilets will not be available at the start areas.

Assembly areas

Toilets, Results lists, Registration desk and space for club tents available at all assembly areas. Please note that some assembly areas may have long grass.

Start

The route to the start will be marked with Yellow tape. There is one start location for all courses. It is the competitor’s responsibility to be at the start on time. No water is provided at the start.

Map issue and Start Procedure

The courses and control descriptions are pre-marked on the maps. Maps are made from waterproof synthetic paper that is sweat and splash proof. In case of rain however, we strongly recommend that you use the plastic bags that are issued to you in your registration pack, as the printing on the map can chafe off when submerged in water.

The start procedure begins 3 minutes before your start time (T – 3) when an official will call you up from the waiting line. You will be asked to wait in the back most start block until 2 minutes before your start (T – 1). You can them move forward 1 block.

At T-1, you will be asked to clear your Emit card. Hold it down on the clearing unit for 3 seconds.

At your start time (T = 0), you can cross the start line. You can then pick up your map according to your race category from the correctly marked box. This is self-service. Please confirm that you have the correct map for your course and age category.

The marked route to the start flag must be followed, which is indicated on the map by a triangle.
Controls

An example control will be located near the Registration desk at the event arena that will also serve as a test unit. If an Emit brick is faulty, the backup label will be punched by the Emit base and will prove that you visited the control.

Out of bounds areas

Out of bounds areas (either Black or Red stripes) and Private ground or Flower beds (Olive Green) may not be entered. Entering an out of bounds area will result in disqualification. Out of bounds areas on the map will follow IOF / ISOM and ISSOM conventions.

Special Map symbols

- Rootstock (tree stump)
- Animal hole (Day 1 – 4) Termite hill (Day 5)
- Significant tree
- Park Bench (Day 5 only)
- Dangerous Mining Trench (Day 4)

Day 4 has significant old mining earthworks in the forest and there are numerous dangerous cliff, quarries, ditches and pits in the terrain. Some trenches are very deep (2m), yet may be quite narrow (30cm – 1m wide). They are not always visible due to bushes and grassy vegetation. These trenches are marked with a special symbol on the map, two parallel black lines with white space in-between.

Drinks in Terrain

Water points will be provided for on all three ‘forest’ days (2, 3 and 4) for the middle and longer distance courses. Water points may either be located in the forest (marked with the ‘cup’ symbol on the map, or at control points (marked on the control description). Some water points will be manned, whilst others will be self-service.

Finish

Do not forget to punch the finish control on the finish line, otherwise you will not be classified.

Downloading

Follow the channel from the finish to the reading stations. You will receive a print out of your personal split times.

Problems and Queries at Download

If you have a problem or query following your download, please go around the side of the tent to the next computer where your query will be dealt with.
Drinks

Water will be available at the end of the finish channel. Please only take 1 water bottle.

Retirement

If you do not complete your course, **YOU MUST REPORT TO THE FINISH!!!** Not doing so may result in an unnecessary search and rescue exercise.

Shadowing

Shadowing of young orienteers may only take place on the M12 and W12 courses and may not be done by a family member. The young orienteer and shadower must not interfere or help other competitive orienteers on the course. Any help given to a competitor must be reported by the shadower at the finish and will result in the competitor being marked as non-competitive. If the shadower is also competing in a category, the shadower must first complete their race before shadowing the M/W12 orienteer.

Map return

The competition map may be kept after finishing. In the spirit of orienteering and fair play, do not show your map to any competitors who have yet to start.

Non-starters

Maps for non-starters can be collected at the registration desk the next day.

Results

Provisional results of each day for each class will be posted at the event arena. Results will also be uploaded to [http://www.bigfive-o.co.za/](http://www.bigfive-o.co.za/) as soon as possible after the end of each day.

Memento

All entrants of the full 5-Day competition will receive a commemorative buff at registration.

Prize Giving

Prize giving will take place at the end of Day 5 and will recognise that who finish 1st, 2nd and 3rd in each category in the overall results after 5 days. Prizes will only be handed out to those present. There will also be lucky draw prizes. These will be drawn after the prize giving, with the lucky winners required to be present.

Protests

Protests should be made to the registration / info desk at the event arena up to 1 hour after the closing of the finish.

Big 5 O-Week jury

WRE Advisors: Ian Bratt (Day 2) and Garry Morrison (Day 3)

Ted Finch (GBR)

Nicholas de Klerk (South African Orienteering Federation)

Eugene Botha (Reserve jury member)
Damage or Special Incidents

Please report any damage to property (e.g. fences) or other incidents to the registration / info desk at the event arena.

Cancellation / Postponement of Race

Please note that the organisers reserve the right to cancel, delay or postpone any of the race days due to logistical or safety issues. The cancellation of a race is an option of last resort and this worst case scenario will only be enacted if there is significant danger to competitors. Where possible, we will prefer to postpone start times until any situation has been corrected. We will try to communicate any event changes as soon as possible.

Insurance and Liability

All participants at the Big 5 O-week take part at their own risk. The organisers accept no liability. Participants are responsible for their own insurance, both medical and personal equipment. Foreign participants should ensure that their insurance is valid in South Africa. Please ensure that you have personal identification and insurance details on you for all hospital and doctor visits.

Thank you

The Big 5 organising committee would like to thank the following persons and organisations:

- First Ascent, our lead sponsor. First Ascent is South Africa’s leading outdoor clothing manufacturer.
- Komatiland Forestry, SAPPI, Kaapsehoop town residents association and the South African National Botanical institute for allowing us access to their areas for orienteering.
- Bohemian Groove Café for allowing us permission to use their restaurant for registration.
- Portable Shade gazebos. Contact us for discounted rates.
- Cally De Klerk, for artistic design of the Big 5 logo.
**Organisation**

Committee: Michele Botha, Ian Bratt, Nicholas Mulder, Stephanie Mulder, Craig Ogilvie, Sarah Pope, Joan Van Jaarsveld, Nico Van Hoepen.

Helper Clubs: Adventure Racing Club (AR CLUB)
- Rand Athletics Club Orienteers (RACO)
- Rand Orienteering Club (ROC)
- University of Pretoria Orienteering Club (TUKS-O)
- University of the Witwatersrand Orienteering Club (WITSOC)

**Tourism**

Together with Cape Town, Mpumalanga is one of the premier tourism areas in South Africa. The Mpumalanga regions host a vast array of landscape, cultural and natural attractions, including the southern part of the world famous Kruger National Park. The final event of the Big5 is less than 45 minutes drive from the Kruger Park.

Here are some tourist recommendations near each of the venues:

**Kaapsehoop Region**
- Follow one of the day hiking trails. Day permits available from Koek ‘n Pan restaurant.
- Horse riding with Kaapsehoop Horse Trails (by appointment) [www.horsebacktrails.co.za](http://www.horsebacktrails.co.za)

**Nelspruit region**
- Chimp Eden (Chimpanzee sanctuary 10km outside Nelspruit on the Barberton road) [www.chompeden.com](http://www.chompeden.com) Tours at 10h00, 12h00 and 14h00.
- Sudwala Caves [www.sudwalacaves.com](http://www.sudwalacaves.com)

**Other Lowveld Attractions**
- Kruger National Park. Since this is high season, booking is strongly advised even for day visitors as there is a limit on the number of cars allowed into the park. [www.sanparks.org](http://www.sanparks.org)
Day 1 – Kaapse Hoop Rocks

General
This is the first of three days in Kaapsehoop. The event arena is in the middle of town. The area is extremely complex with detailed rock outcrops.

Competition Type
Middle distance

Map
Kaapsche Hoop Rocks (altitude 1650 – 1712m)
Scale 1:5’000, 5m contours, size 30 x 21cm
Surveyed by Nicholas Mulder 2013

Course planning
Stephanie Mulder

Controlling
Nicholas Mulder

Parking
In town and next to the main tar road.

Event arena
In the centre of town in a grassy field.

Clothing and bags
Can be left in the event arena at your own risk.

Terrain
The Kaapsehoop rockery is a very big boulder fields on gently sloping terrain. Green vegetation is almost non-existent, with very fast open grassland dominating the area. However, the density of rocks and stony ground will determine running speed. The map will be extremely intricate and navigation very testing, particularly amongst some of the rock pillars.

There are a few indistinct footpaths crossing the area. The weather can be very variable and mist can reduce visibility in this area to less than 30m on a bad day.

Start interval
3 minutes

Maximum time
150 minutes

Water points
Water at the finish / event arena only.

Toilets
At the event arena only

Special Notes
Please do not wear metal spiked shoes as it damages the rocks

Parking – Arena
100 – 500m, depending upon arrival time.

Arena – Start
600m on large tracks. Approx. 8 min walk.

Finish – Arena
0m

Acknowledgement
We wish to thank the Kaapsehoop residents association for the kind use of the area.
**Day 2 – Battery Creek**

**General**  
Day 2 is literally a walk across the road from Kaapsehoop and our first foray into the pine plantations. This is a **World Ranking Event** for M21E and W21E.

**Competition Type**  
Long distance

**Map**  
**Battery Creek**  
(altitude 1470 – 1670m)  
Scale 1:10’000 (**1:15’000** for M/W21E and M40), 5m contours, size 30 x 21cm  
Surveyed by Nicholas Mulder 2013

**Course Planning**  
Nicholas de Klerk

**Controlling**  
Nicholas Mulder

**WRE Advisor**  
Ian Bratt

**Parking**  
In town and next to the main tar road.

**Event arena**  
In the forest across from Kaapsehoop town.

**Clothing and bags**  
Can be left in the event arena.

**Terrain**  
The area is pine forest, with mixed runability depending on the plantation age. The area has forest vehicle tracks, some that have overgrown, and a few hiking trails. Some areas have recently cut branches that will slow runability, whilst undergrowth of brambles and young pine saplings are found in some sections. Some areas have dense undergrowth where through passage is not recommended. The area also incorporates some open rocky terrain with runability reduced by rock density. Some small sections of historical mining work can be found on the map. The area is on a plateau, but some forest terrain extends over the edges, allowing for significant climb on moderate to steep slopes.

**Start interval**  
3 minutes

**Maximum time**  
180 minutes

**Water points**  
Three water points in the forest, either at control points or path crossing.

**Toilets**  
On the main road near the assembly area.

**Warm up area**  
Please restrict your warm up to the area immediately next to the main road and the area used for the training map.

**Parking – Arena**  
100m – 300m

**Arena – Start**  
750m on forest tracks. Approx. 15 min. walk.

**Finish – Arena**  
0m

**Acknowledgement**  
We wish to thank Komatiland Forests for the kind use of the area.
Day 3 – Elandshoogte

General
We cross the Elands Valley to the main ridge of the Great Escarpment and the highest orienteering map in South Africa. It’s a long but spectacular drive via Clivia Pass, a top quality private tar road to Elandshoogte at the top (this translates to ‘Elands Heights’). Hopefully the weather is good and the views and the forest make up for it. This is our second World Ranking Event for M21E and W21E.

Competition Type
Middle Distance for WRE courses, a Normal Distance race for all others categories.

Map
Elandshoogte (altitude 1880 – 2045m)
Scale 1:10'000, 5m contours, 30 x 21cm
Surveyed by Ian Bratt 2013

Course planning
Ian Bratt

Controlling
Nicholas Mulder

WRE Advisor
Garry Morrison

Access
42km drive. Allow 1 hour. From Kaapsehoop, drive the 14km down to Ngodwana. Cross over the N4 and continue straight past the petrol station / shopping centre. Go past the SAPPI offices and continue up Clivia Pass, checking in at the security gate at the bottom. The pass is 28 km of winding uphill, but at least it’s tarred!

Parking
At the top of the pass on the road side.

Event arena
On a forest track next to the tar road. The area is very exposed to sun, wind and rain.

Clothing and bags
Can be left in the event arena.

Terrain
The area is situated on the edge of the escarpment. The weather can be very varied: mist, fog rain, thunderstorms and the occasional sunny spell can all be expected. Please be prepared for adverse weather.

The southern part of the area is open with some tracks, rock features and cleared felled and recently replanted areas. The northern part of the area consists mainly of undulating semi-mature pine forest with a network of forest tracks and many rock features. Runnability (and visibility) is generally excellent.

Two large open areas and one smaller one are shown on the map as rough open with thick undergrowth and contain many rock features. These have NOT been mapped and should be considered as “FIGHT” – enter at your own risk!! There is one (marked) crossing point across one of these areas (approximately 50 metres of “slow run”).

Another prominent feature of the area is a number of various sizes of “clearings” which contain thick undergrowth with rock features. These are generally marked on the map as dark green (“vegetation, difficult to run”) containing boulder clusters, boulder fields and boulders.

Start interval
3 minutes

Maximum time
180 minutes
Water Points  There are two (manned) water points (water only) at track junctions on obvious routes between controls.

Toilets  At the assembly area near the car park.

Special Notes  There is no cell phone coverage in most of the area, including arena and car park.

Parking – Arena  0m to 0.5km, depending upon arrival time.

Arena – Start  1.0km on large tracks. Approx. 15min walk.

Finish – Arena  1.4m on large tracks. Approx. 20min walk.

Acknowledgement  We wish to thank SAPPI for the kind use of the area.

**Day 4 – Pear Orchard**

General  Our final day in the forests is a short walk from Kaapsehoop town. The arena is at the historic ‘Pear Orchard’, now a beautiful picnic site beside a small brook.

Competition Type  Long distance

Map  Pear Orchard  (altitude 1460 – 1650m)

Scale 1:10’000 (1:15’000 for M/W21E and M40), 5m contours, size 30 x 21cm

Surveyed by Dave Peel (GBR) and Nicholas Mulder 2013

Course planning  Brian Courtnage

Controlling  Nicholas Mulder

Directions  1 km from Kaapsehoop along the main tar road in the direction of Ngodwana.

Parking  If staying in Kaapsehoop, please walk to the arena as there is limited parking. Otherwise park in the picnic area carpark and beside the forest track.

Event arena  A grassy picnic site under trees overlooking a dam.

Clothing and bags  Can be left in the event arena.

Terrain  Pine forest plantation, with some small stands of eucalyptus as well as a large area of open grassland. The forests have mixed runability, with some areas of denser forest due to pine saplings and bugweed growth. Some areas also have recently cut branches lying on the ground. The open areas generally have medium length grass that can slow speed slightly where it gets longer. There are significant historic mining works in parts of the forest and the open grassland, with quarries, steep embankments, ditches and trenches. Caution and prudent route choice is advised in these areas.

Most of the area is on gentle to moderate slopes, but in the north, the Battery Creek provides for some steeper slopes with exposed rock detail coming through.
Some riverine areas have particularly dense bushy vegetation and passage is not recommended through these areas.

### Start interval
3 minutes

### Maximum time
180 minutes

### Water points
Three water points at controls and road junctions.

### Toilets
At the event arena in the picnic site.

### Special Notes
The main tar road will be crossed by all courses, with extreme caution advised. A marshal will be on hand at a crossing point that is used by some of the courses.

### Parking – Arena
0m to 200m, depending upon arrival time.

### Arena – Start
400m on forest tracks. Approx. 8 min walk.

### Finish – Arena
0m

### Acknowledgement
We wish to thank Komatiland Forests for the kind use of the area.

---

**Day 5 – Lowveld Botanical Gardens**

**General**
The final day, a Sprint event, features the Lowveld Botanical Garden in Nelspruit. Often described as a subtropical paradise, the character of the Garden is shaped by the two rivers that run through it; the Crocodile and the Nel. Their spectacular waterfalls may be viewed from two viewpoints. The Garden boasts an African Rain Forest, as well as a rich variety of trees, including Baobabs, Cycads and Figs.

**Competition Type**
Sprint distance

**Map**
**Lowveld National Botanical Gardens** (altitude 600 – 650m)
Scale 1:4’000, 2.5m contours, size 30 x 21cm (Map drawn to ISSOM specification)
Surveyed by Pieter Mulder (2011), Updated by Nicholas Mulder (2013)

**Course planning**
Pieter Mulder

**Controlling**
Nicholas Mulder

**Directions**
34km drive from Kaapsehoop. Allow 40 mins. Drive down to Nelspruit. Cross over R104 (Samora Michel Drive) after 29.4km. 800m later turn left into Madiba Drive. After 2.8km turn right into Emnotweni Rd. Follow this for 550m and turn right at the traffic circle. Follow the O’ signs to the car park.

GPS Co-ordinates for the Gardens:  30°57'58.16"E 25°26'42.61"S

**Parking**
In the main Botanical Gardens car park. Please use the car-park as the warm-up area as the gardens are embargoed until you start your course.

**Entry to the Gardens**
Please present your gate entry ticket at the turnstiles to the gardens to get free entry. If you have lost your ticket, you will be charged R24 (adult) or R10 (child).
Event arena

The start is at the main gate of the gardens, whilst the finish is at the Red Fig Leaf restaurant in the middle of the map. The event arena at the finish is embargoed until you have completed your course. It is a short walk back to your car after.

Clothing and bags

There will be a bag transfer from the start to the finish. Please leave any items at the designated collection point.

Terrain

A mixture of dense forest interspersed with roughly paved narrow footpaths, expansive lawns bordered and crossed by larger paths and, if your route choice takes you there, the elevated boardwalk in the rain forest. The venue offers a composite of precise navigation, challenging route choice and fast running. The extent of climb is modest for all courses.

Start interval

2 minutes, 1 minute for M21E and W21E, with M21E and W21E starting last.

Maximum time

75 minutes

Special Notes

Park benches are represented on the map by the circular black symbol (man-made object). Large ant-hills are represented by a brown cross.

Please note that the footpaths and walkways in the gardens are extremely slippery and caution must be taken in places. However, please do not wear metal spiked shoes as it damages the paved surfaces, some of which are wooden.

Out of Bounds

Flower beds and other cultivated garden plants and dense forest are forbidden to cross (marked in olive green, or dark green / black on the map). Crossing these will lead to disqualification.

Toilets

At the main entrance gate between the parking and the start.

Parking – Start

200m

Finish – Start

600m on paved tracks

Spectators

The finish arena at the Red Fig Leaf restaurant will be very well suited to watching the M21E and W21E courses in action.

Recommendation

We recommend that after prize giving, you take the opportunity to visit the spectacular Cascades viewpoint and traverse the African rainforest on the boardwalks.

Acknowledgement

Our generous host is the SA National Biodiversity Institute who govern the Garden, with curator Avhatakali Mamatsharaga (Taki for short), at the helm. Enjoy the Gardens and leave the place in the beautiful state that you found them in.