
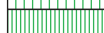



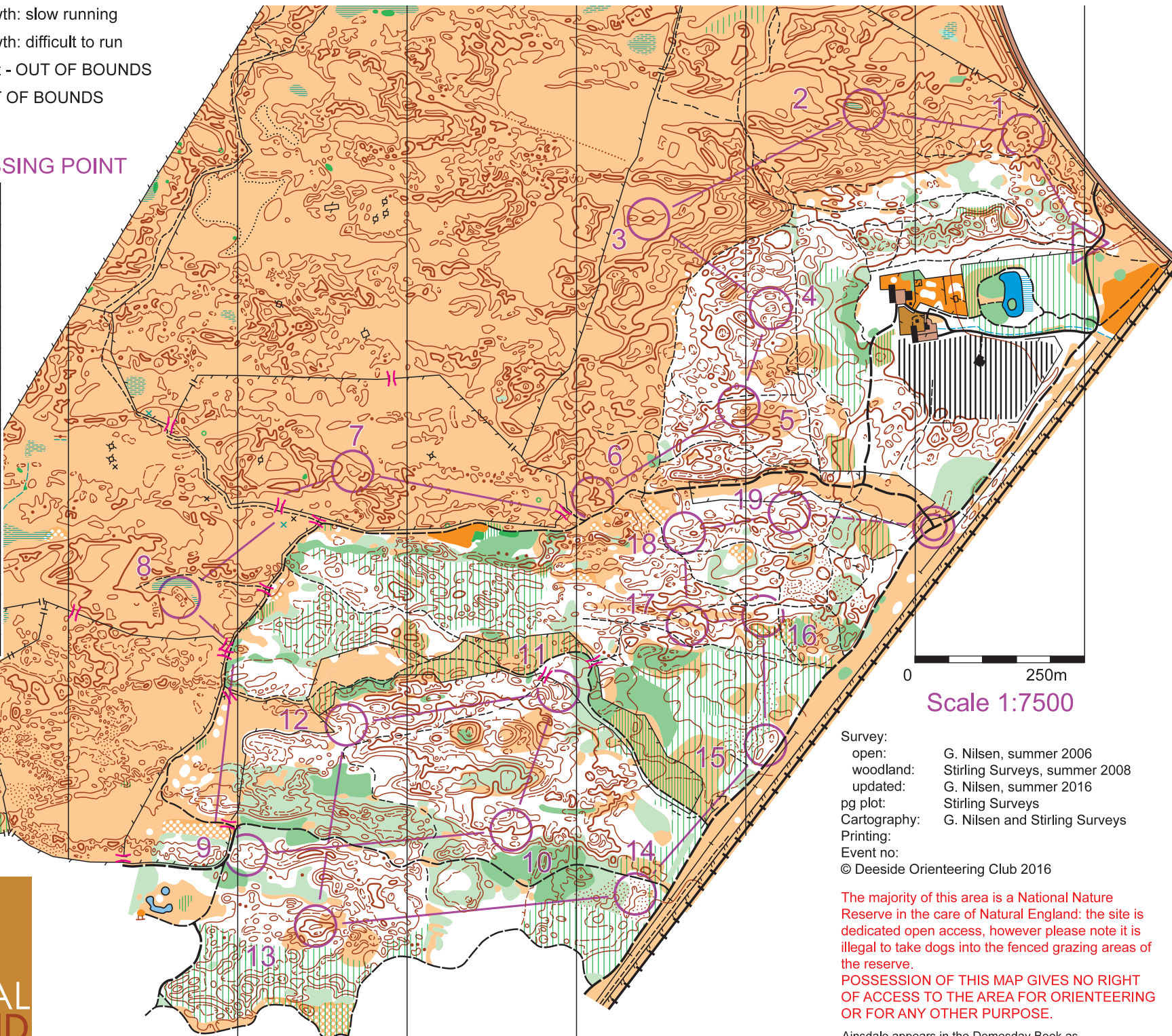


-  undergrowth: slow running
-  undergrowth: difficult to run
-  settlement - OUT OF BOUNDS
-  other OUT OF BOUNDS
-  car park

 = CROSSING POINT

Ainsdale MapRun Map				
Long	5.3 km			
▷	←	↙		
1 55	⊙			
2 31	⊙			Q
3 32	⊙			ḡ
4 33	↙	⊙		
5 34	↑	ḡ		
6 35	←	ḡ		ḡ
7 36	⊙			
8 57	⊙			
9 41	ḡ			
10 42	ḡ			ḡ
11 44	ḡ	⊙		
12 43	ḡ			
13 52	⊙			ḡ
14 54	⊙			⊙
15 46	ḡ	—		ḡ
16 56	ḡ			
17 49	↙	⊙		Q
18 50	ḡ			
19 47	⊙			

○--- 200 m ---○



0 250m  
Scale 1:7500

Survey:  
 open: G. Nilsen, summer 2006  
 woodland: Stirling Surveys, summer 2008  
 updated: G. Nilsen, summer 2016  
 pg plot: Stirling Surveys  
 Cartography: G. Nilsen and Stirling Surveys  
 Printing:  
 Event no:  
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The majority of this area is a National Nature Reserve in the care of Natural England: the site is dedicated open access, however please note it is illegal to take dogs into the fenced grazing areas of the reserve.  
**POSSESSION OF THIS MAP GIVES NO RIGHT OF ACCESS TO THE AREA FOR ORIENTEERING OR FOR ANY OTHER PURPOSE.**

Ainsdale appears in the Domesday Book as "Finluesdel" or Aegenwulf's valley

