
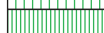


























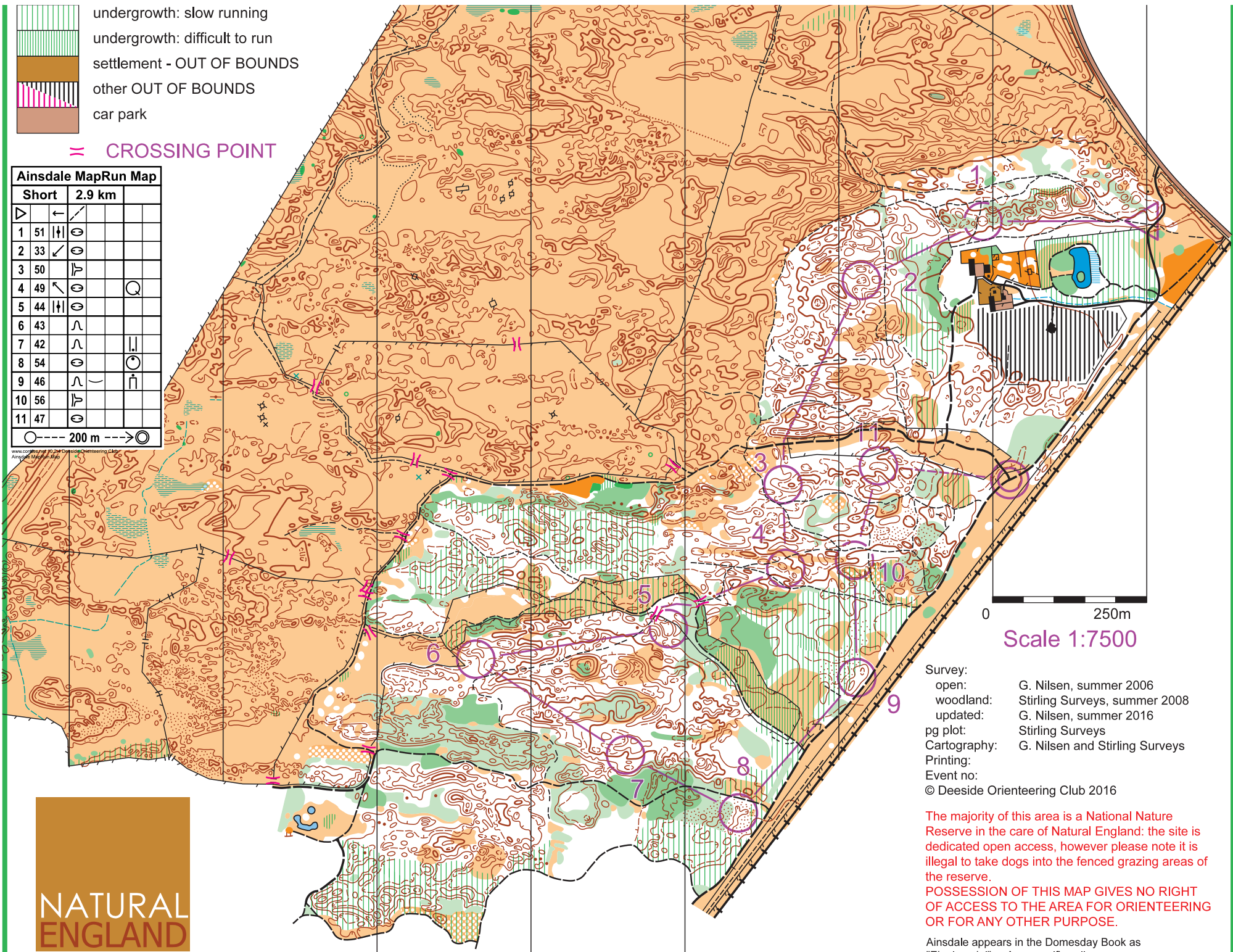


-  undergrowth: slow running
-  undergrowth: difficult to run
-  settlement - OUT OF BOUNDS
-  other OUT OF BOUNDS
-  car park

 = CROSSING POINT

Ainsdale MapRun Map			
Short	2.9 km		
			
1	51		
2	33		
3	50		
4	49		
5	44		
6	43		
7	42		
8	54		
9	46		
10	56		
11	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

