

North of Scotland LDWA



presents



The Laich o' Moray 50 Mile Challenge Walk

29th & 30th August 2026

Participants' Information Pack



Welcome to the 2026 Laich o' Moray 50-mile challenge.

This information pack should contain everything you need to know, so please read it thoroughly. If you have any questions before the event, please email the event coordinator, Pete Mitchell at: petem.nwglidwa@btinternet.com

North of Scotland LDWA group has run several successful challenge events including the Speyside 100 in 2024 and previous Laich o' Moray challenge walks, so we want it to be as smooth and successful as possible – both for us and for you. There will be an evaluation after the event, and we welcome all feedback to help us improve another time.

During the event, please keep to the Outdoor Access Code and at road crossings and other key points please obey any instructions given by the marshals. These are primarily for your safety as the event takes place in some very remote areas.

This event is a personal challenge and not a race. Timings will be kept and Certificates awarded, but everyone who finishes is a winner and everyone will receive the same goody bag.

Also, the route is not waymarked and you won't find big arrows directing you along the way, except for one place where we would not like you to go astray. You will have received links to a gpx file, grid references for the checkpoints and a detailed description in advance of the event. The route as described is 50 miles and the cut off for the finish is 24 hours.

Important Note

The use of any NSAIDs (such as ibuprofen, naproxen, celecoxib, mefenamic acid, indometacin, high-dose aspirin, diclofenac) during the event is seriously advised against. If you are unsure about any medication, please check with your GP ahead of the event. Paracetamol is allowed.

We look forward to welcoming you to the North East of Scotland and this 100 qualifying event.

Pete and the NoS LDWA LoM2026 planning team.



The Laich o' Moray Challenge Walk takes place on Saturday 29th & Sunday 30th August 2026.

Registration

Registration will take place at the **Rafford Village Hall**, Rafford, Forres, IV36 2RU from 7.00am (What3Words [///paper.dozen.blackouts](https://www.what3words.com/paper.dozen.blackouts)).

Please make sure you have updated your medical information on SiEntries in case of incident. This will only be accessed to pass to Emergency Services should the need arise and deleted immediately after the event.

You will be given your event tally at Registration. You should write your name and Emergency Contact Number on the back of your tally immediately before attaching it safely to your person or your rucksack.

A bag can be left with our baggage coordinator in the hall ready for you at the end of the walk. Please make sure you clearly label it with your surname.

Please make sure your tally is clipped at all checkpoints and the 3 separate clipper points. This is the only way we will know your whereabouts on the route at any time. The locations and grid references for the event are noted below.

Timings:	Registration	07.00 – 07.55
	Start (Walkers)	08.00
	Start (Runners)	10:00

Health and Safety

The use of any NSAID whilst taking part in this event is seriously advised against due to the dangers associated with its consumption during endurance events, especially in hot weather.

Please ensure you have sufficient fluids with you to avoid dehydration between checkpoints. Keep hydrated, especially if the weather is warm during the day, but don't overdo it. Little and often is the key. Water and squash will be available at registration at Rafford and all the checkpoints.

Your health and safety is our prime concern. There will be medical/first aid cover for the whole event, based at the checkpoints and at the event HQ in the Rafford Village Hall and contactable by any marshal or checkpoint officer if needed. It is planned that one of the sweepers will also have a First Aid kit

A number of our marshals are also trained first-aiders. If you are in any doubt about your health or wellbeing at any time, please let someone know. You will never be far from a checkpoint or marshal, and it is in all our interests to keep you safe and healthy at all times.

However, even with the best plans laid out, accidents do happen. Please keep an eye out for your fellow participants and alert one of the event team if you are concerned about anyone. If something happens out on the route, please stay with them and ask a fellow participant to alert the team at the next checkpoint. If you are near the rear of the pack there will be sweep marshals who will be able to help.

A few of the basic long distance tips are well worth repeating: don't start out too quickly – it's going to be a long day; drink to thirst; eat frequently from the start – there is plenty of variety along the way; if you're having a low moment, don't do anything rash – a sit down, a cup of tea or squash, a tasty morsel and a hug and you are likely to be ready for anything – or at least the next few miles until you reach the next checkpoint ☺



If you do decide to pull out before the end of the event, for whatever reason, you **MUST ONLY** stop at a recognized checkpoint. This is not only for your own wellbeing where we can take care of you, keep you warm, assess your condition and recover you to base HQ, but is also a safety check as it shows you are still on the route. We don't want to be calling out the coastguard or mountain rescue when you are actually sleeping in the back of your friend's car somewhere!

You are going to be on the move for up to 24 hours, by the sea, through towns and villages, or in a remote forest. Even in August we can have snow or a heatwave, so the chances are you're going to get either cold and wet or too hot! Don't underestimate just how cold you could get, especially as you slow down and feel tired later in the event. Please carry an extra long sleeved layer for warmth and head covering in case of too much sun – the route is very exposed in places.

Also check the weather forecast in the lead-up to the event and pack appropriately.

After the event is over, please make sure that you have fully recovered, before you attempt to drive. With your event official finishing time at 8am in the morning, you may be very tired. Make sure you get your head down and have a kip if need be, before heading off. There will be recovery tents available on Sunday morning for those finishing late.

The event

The route is not marked, other than national and local way-markers. You will have received a link to a detailed route description and a GPX file. There are 5 checkpoints and **3 clipper points**, all of which have tally clippers. You must pass through each of these in order to complete the event and receive your Certificate. You have 24 hours in which to complete the event. Marshals and sweepers will keep you on track for the closing/cut off times for each checkpoint.

All of the course is on well established paths, forest trails and tracks, with about 7 miles on minor back roads. However, there are a couple of sections which are rough underfoot and extra care will be needed. There will be some daylight right through to 9pm, though if the weather is overcast it could be dark sooner.

All Checkpoints are indoors and are at:

The start	Rafford Village Hall	NJ068556 (What3Words ///paper.dozen.blackouts)
CP1	Findhorn Village Centre	NJ041641 (What3Words ///blanket.shocks.alongside)
CP2	Burghead Community Hall	NJ108691 (What3Words ///surely.initiates.boomer)
CP3	Lossiemouth Baptist Church	NJ236709 (What3Words ///polishing.soonest.molars)
CP4	Bishopmill Community Hall	NJ214635 (What3Words ///wants.scan.oiled)
CP5	Miltonduff Village Hall	NJ179603 (What3Words ///scoop.bedrooms.trackers)
The end	Rafford Village Hall	NJ068556 (What3Words ///paper.dozen.blackouts)

The 3 additional clipper points that you must pass through, are at:

11.7 miles	Findhorn beach car park toilet block	NJ036648 (W3W///direction.joints.cans)
18.8 miles	Burghead headland Lookout anchor	NJ108691(W3W ///scuba.recap.quail)
47.8 miles	Califer Viewpoint	NJ084570(W3W ///clusters.estimated.banks)

A hot meal will be provided at CP3 Lossiemouth. Cold drinks and snack refreshments will be available at all other checkpoints.

The Hall will be open at the end for a rest before your onward journey. There is no quiet area in the Village



Hall, so we will put up a events tent and a family tent in the playing field for a sleeping rest. You can put up your own tent on the playing field, away from the parking area and nearby dwellings. If anyone is still needing a sleeping rest after 9am on Sunday and does not have their own tent, we will leave a tent up and the hall unlocked for toilet access.

Please do not try and drive straight home as soon as you finish

Important Information

Please write your emergency contact number on the reverse of your tally at registration, then attach it to yourself or your rucksack so that it is easily accessible at checkpoints. It is your responsibility to make sure your tally is clipped and you are registered in at each checkpoint. Our marshals will be waiting to welcome you but sometimes if a few people arrive at once and someone goes off to graze at the refreshment table, then we might just miss you.

Look out for your fellow participants and give them all the help and support you'd wish if you were struggling yourself!

YOU MUST NOT DROP LITTER AT ANY TIME. There are plenty of opportunities for you to leave litter at checkpoints and in bins along the way, so please make sure that this is what you do. If you are out on the route and having a snack/gel etc please make sure the empty paper is tucked away securely so it can't fall by accident. **YOU MUST NOT DROP LITTER AT ANY TIME. Yes, it's important enough to say it twice!**

Supporters

Supporters are welcome at the start at Rafford and at the checkpoints to meet participants, but not to stay. If your supporters want to help with marshalling duties, please let us know. An extra pair of hands at the checkpoints are always helpful.

Mandatory and Recommended Kit-List

Essential

All participants **must have a head-torch** plus spare batteries in the event it is dark before you finish.

You **must have full waterproof cover** with you in case the weather turns wet or even downright Biblical, which does happen up here on occasions. We had snow and hail last weekend.

A **whistle** is to be carried in case of emergencies (Six rapid blasts every minute to call for help)

Fully charged and working **mobile phone** with your next of kin emergency number on under **NOK** and the **LoM50** emergency number programmed in **07543 414767**.

We will not be providing disposable plastic cups at the event, so please **bring your own plastic or collapsible mug/cup** for use at checkpoints. We will be providing top-ups of squash and water for your bottles/camelpaks. We are going to try and make the event as environmentally friendly as possible.

Everyone must carry a **compass** and a copy of the **route description and maps** (paper [OS Exp 423] or **electronic**) covering the whole route. If using an electronic map app please **download all sections** prior to the



start.

You must have **reflective clothing or tape** attached to your rucksack for ease of spotting you on the back road at the end.

You should carry a **basic first aid kit** (plasters, antiseptic wipes, adhesive dressing, fixation tape) for emergency use between checkpoints.

A **long sleeved top/additional layer and a hat.**

Suitable footwear in good condition. This event has everything from tarmac, forest tracks, riverside paths, beaches and parks. We don't want you finishing with your sole tied on with duck tape!

A **big smile at all times.** Some of the marshals will have been helping on the event for longer than you have been out near the end and they will appreciate a big smile from you as much as you will from them 😊

Your **completed medical information on SiEntries** – without which you won't receive your tally!

Remember any **prescription drugs** you should be taking over the period. However, please check with your GP that it is OK for you to be taking part in this event if you are on medication.

Desirable

Checkpoints are stocked with food and drink for your sustenance during the event, We will be providing vegetarian food as a matter of course and other special diet items if you have notified us of via SiEntries in advance. However, depending on weather and walk conditions you should carry a minimum of 100g of **emergency rations** (a decent chocolate bar) and 0.5l of fluids with you at all times.

Survival bag – it is Scotland after all!

Sun screen – it is sunny Moray after all!

Midge net/spray – just in case it's damp and windless in the forest!

Tick Remover – it is Scotland after all! We will also have these in our first aid kits as well.

Spare socks if the heavens open up – it is Scotland after all!

Anything else you think you might need in order to finish successfully – bearing in mind that the **kitchen sink** in your rucksack is likely to slow you down somewhat!

We hope you enjoy our event and will want to come back again. If you did then please tell all your friends so we can put the event on again next year 😊