

European Foresters' Orienteering Championship



Sigulda, LATVIA
2018 August 06-10

EFOL first time in close co-operation with World Orienteering Championships'



WORLD
ORIENTEERING
CHAMPIONSHIPS
LATVIA | 2018

Organizers/Patrons

- Foresters union «Meža sports»
- Latvian Orienteering Federation
- Sigulda municipality
- Nature Conservation Agency of the Republic of Latvia



European Foresters' Orienteering Championship



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EFOL- Week of orienteering sports, tours, and other fun for people active in forestry sector and their family members.

European Foresters' Orienteering Championships (EFOL) is an event for European foresters, which offers:

- * Official championships in orienteering (individual (park-race and middle distance) and relay race distributed into age classes).
- * Further education in the form of forest and cultural excursions and a forest information seminar.
- * Social gathering and fruitful relations among forest professionals and their families.

Who can participate?

The EFOL is open for employees, pensioners and contractors of forestry organisations – including forestry educational and research institutions –, for forest owners, for individuals with a forest education and for family members of persons mentioned above and being citizen of a European country.

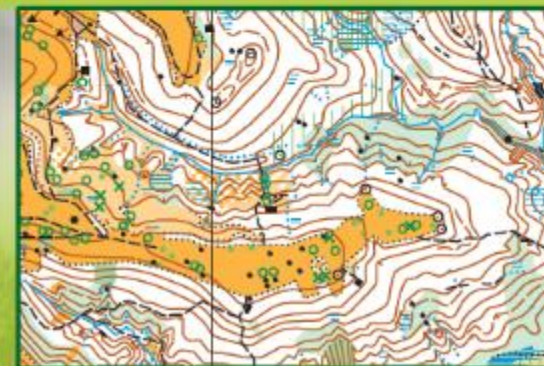
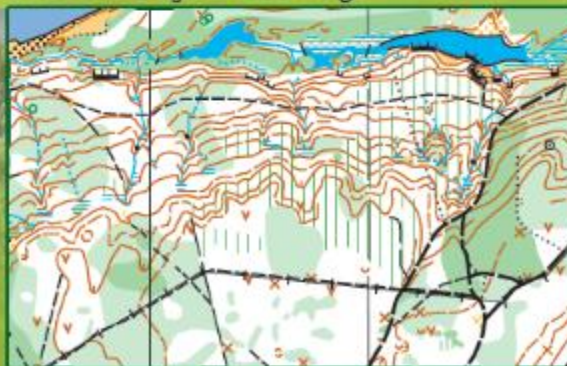
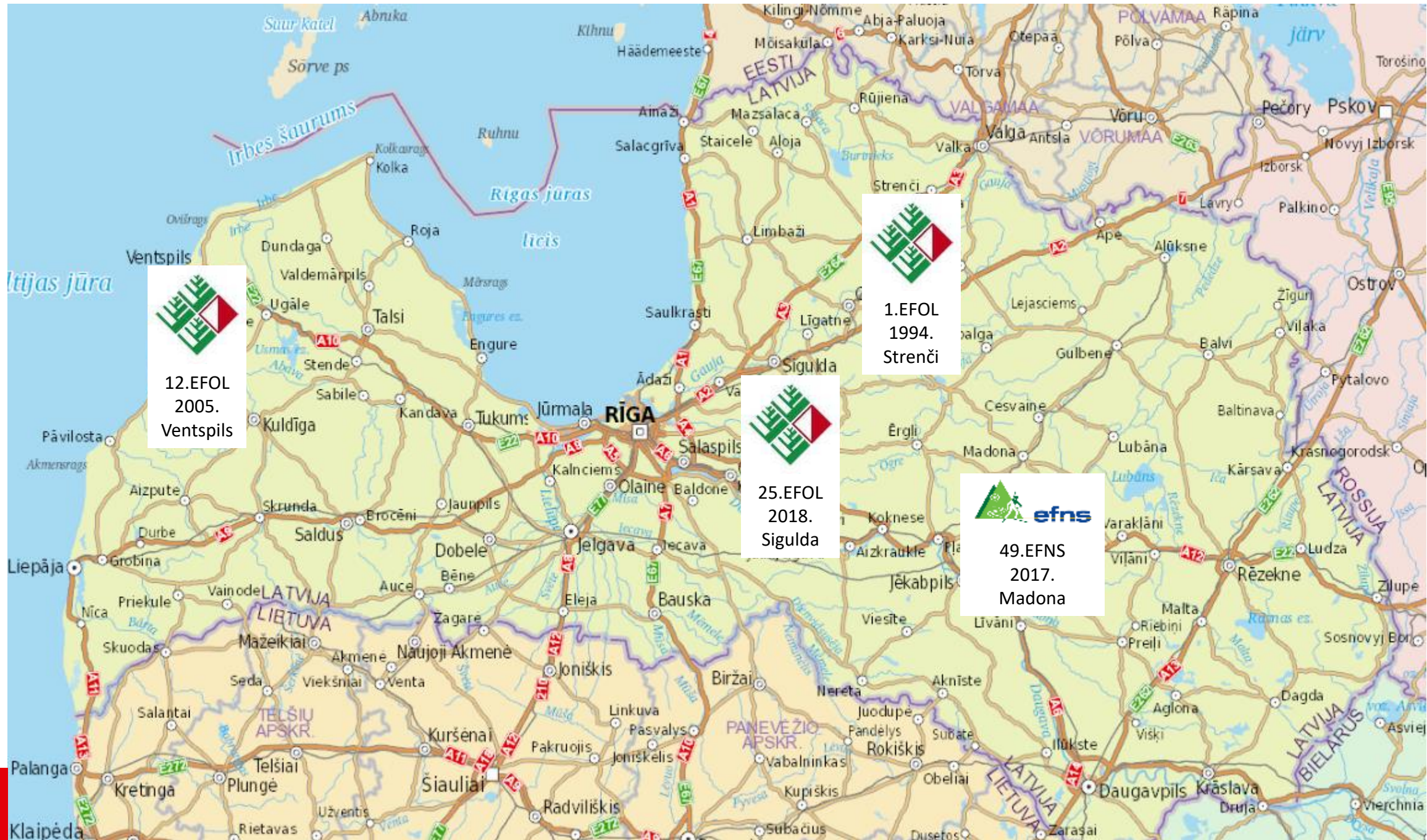


Foto: Gunārs Dulce





12.EFOL
2005.
Ventspils



1.EFOL
1994.
Strenči



25.EFOL
2018.
Sigulda



49.EFNS
2017.
Madona



Preliminary Programme for EFOL 2018, Sigulda, Latvia

	Approx. time	EFOL 2018	WOC 2018	O-Week	Venue
Saturday, August 4 th	17.00-19.00		Sprint final	Sprint	Vecrīga
Sunday, August 5 th	17.00-18.00	Common free Parking with WOC officials	Sprint relay		Rīga, Āgenskalns
	9.00-14.00			Long distance	Carnikava
	13.00-22.00	Arrival, Event office open			Sigulda
Monday, August 6 th	9.00-19.00	Arrival, Event office open			Sigulda
		Model			Līgatne
	18.30	Team leaders meeting			Sigulda Raylway station.
	20.00	Opening ceremony			Sigulda
Tuesday, August 7 th	11.00-16.00		Middle distance		Sigulda, Laurenči
	16.00-18.30	Foresters Middle distance			Sigulda, Laurenči
	9.00-12.00			Forest sprint	Rīga, Brīvības muzejs
	19.30	Forestry evening			Līgatne, Nature Trails
Wednesday, August 8 th	9.00-17.00	Excursions			
	9.00-14.00			Middle distance	Sigulda, Laurenči
		Model			Līgatne
	19.00	EFOL annual meeting			Sigulda, The place will be clarified
Thursday, August 9 th	9.00-12.00	Sprint			Sigulda
	13.00		Relay		Turaida
	19.00	Banquet, awarding individual			Sigulda, Zinātnes str. 7B,
Friday, August 10 th	12.00	Relay			Turaida, Dainu kalns
	14.30	Closing ceremony, awarding relay			Turaida, Dainu kalns
	9.00-14.00			Middle distance	Mazie Kangari
Saturday, August 11 th	11.00		Long distance		Turaida, Dainu kalns
Sunday, August 12 th	9.00-14.00			Long distance	Turaida



General Information

- Event Centre
 - Building: **Sigulda Railway station**
 - Location: Auseklis str. 6, Sigulda
 - Contact phone: Dagnis Dubrovskis, Ph.No.:+37126436873
 - Parking: In Sigulda
 - Staff will be available at the EFOL Information Desk to answer any questions and hand out the team packages. These should be collected preferably by the team leader. All teams must pay any remaining charges before they can collect their packages.
- Identification. Please always wear your ID-card (badge). The badge gives you access to the competitions, seminar, excursion, opening and closing ceremonies.



Sigulda Railway station



PARKING

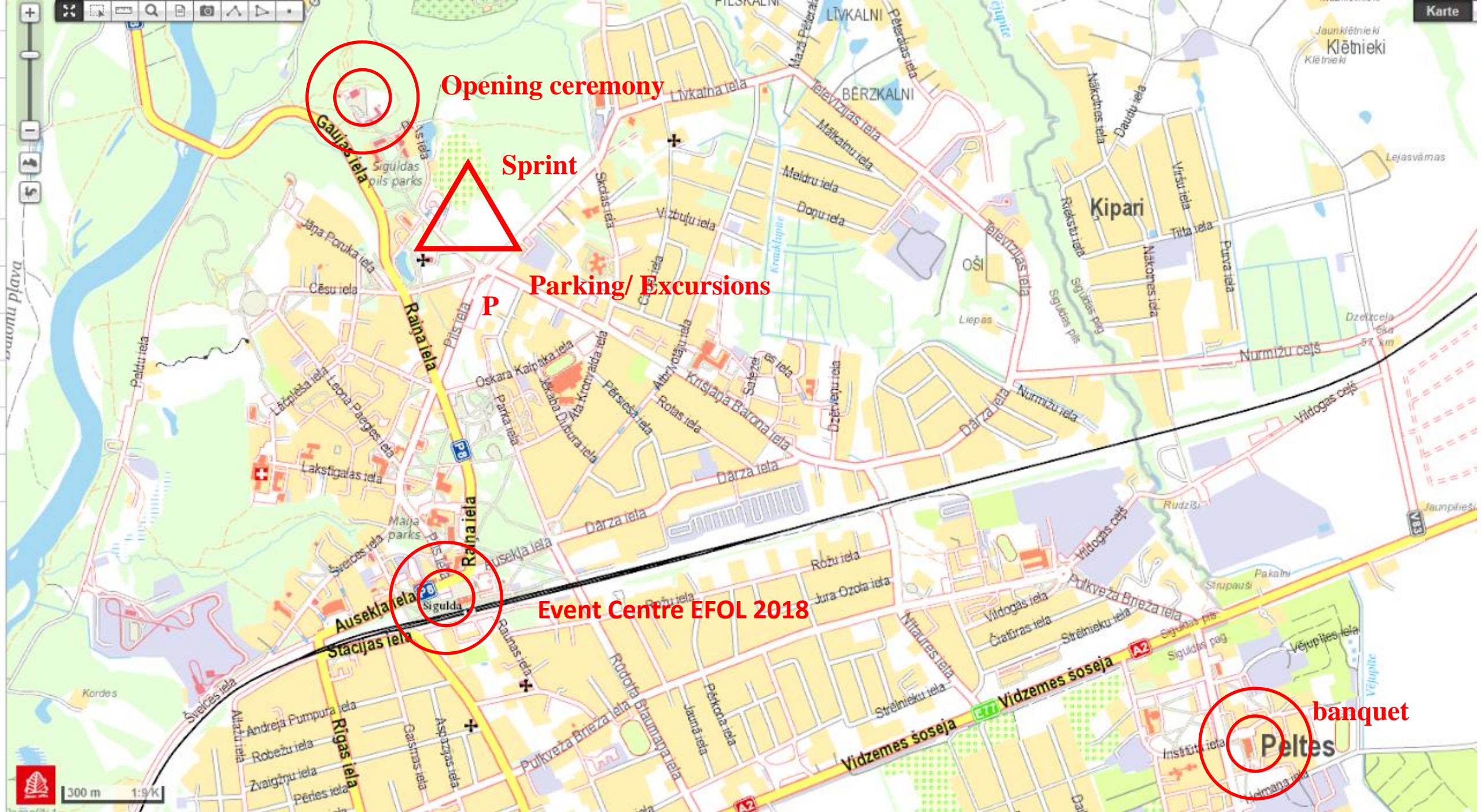
Parking in the official parking areas is only possible with the parking tickets. Parking tickets can be collected at the Event Centre. Price for parking for all days (including WOC) 5€. Please place the parking passes on the car windscreen in a visible place during the whole period of the event. The Assembly Areas are accessible on foot from the parking lot.

TEAM LEADERS MEETING

There will be team leaders meeting before EFOL open ceremony at 18.30 Monday, August 6th in Event Centre EFOL 2018, Sigulda Raylway station.

ANNUAL MEETING

There will be EFOL Annual meeting at 19.00 Wednesday, August 8th in Sigulda. The place will be clarified.



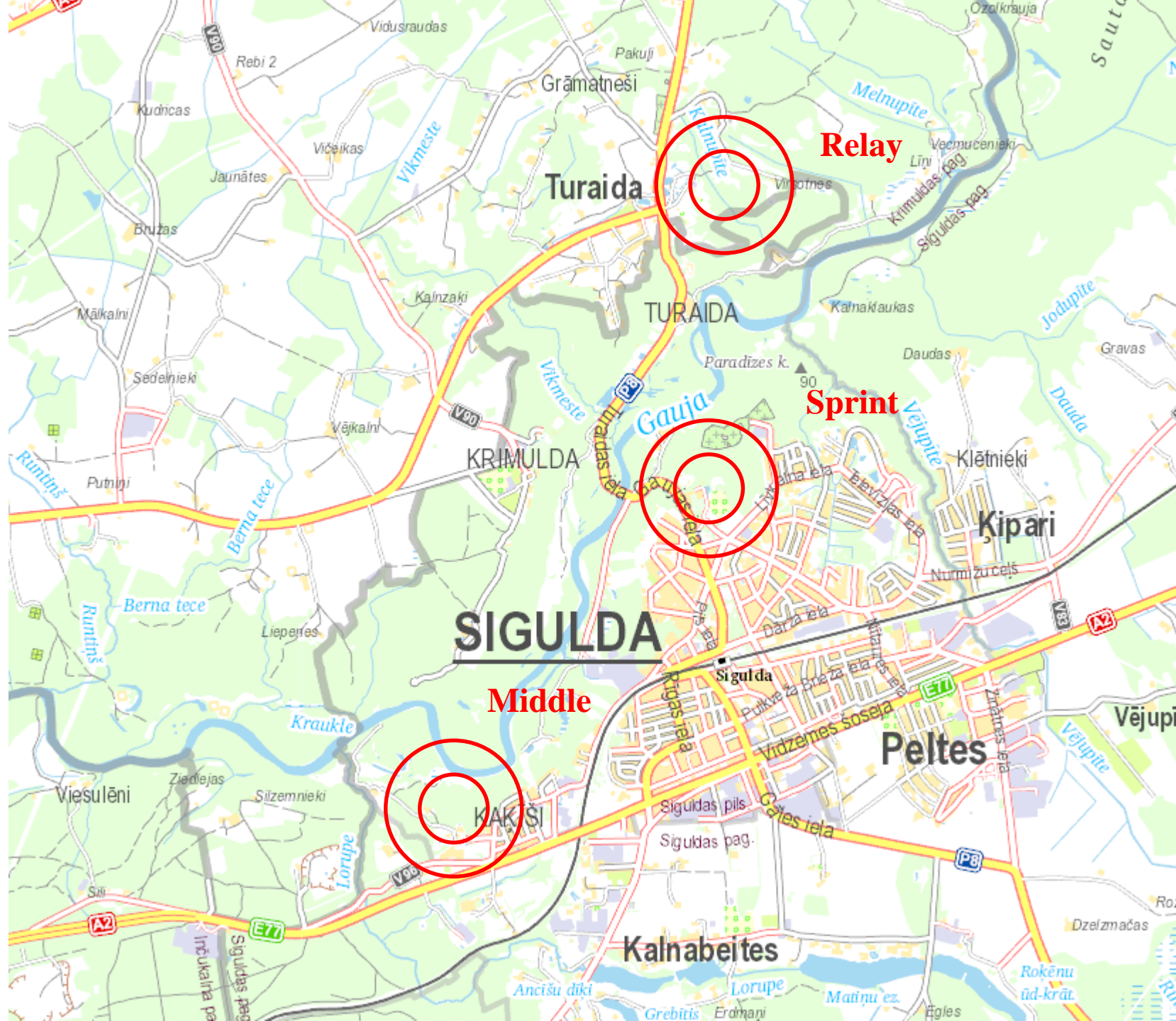
Opening ceremony

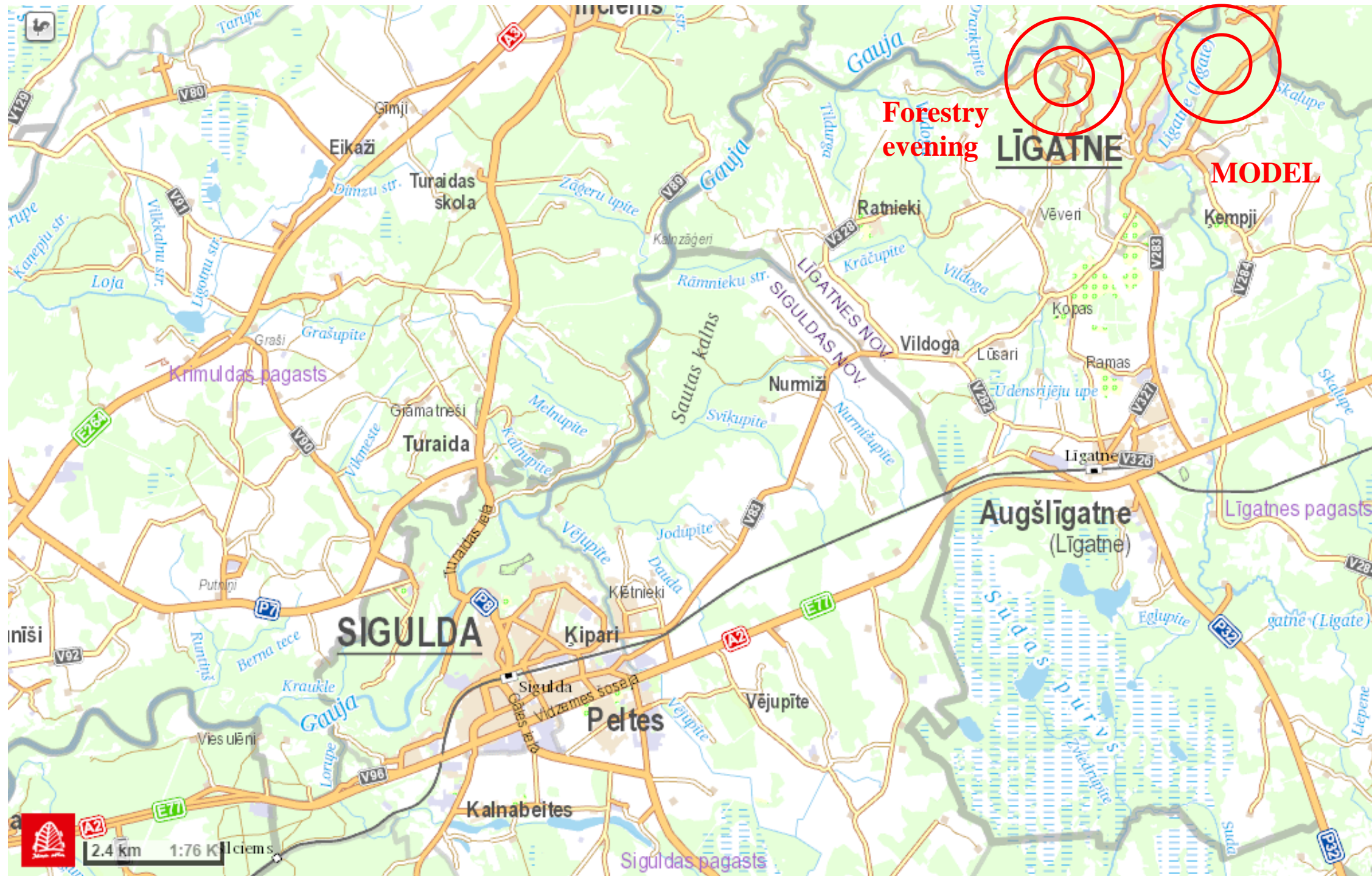
Sprint

Parking/ Excursions

Event Centre EFOL 2018

banquet





MODEL IN LĪGATNE, 20KM FROM SIGULDA



Forestry evening in cooperation with Nature Conservation Agency in Līgatne Nature Trails

Tuesday, August 7th at 19:30



One of the most popular nature-educational tourism sites in Gauja National Park. Large areas of fencing have been established on the banks of the primeval valley of the River Gauja and its tributaries, where the conditions are similar to those in wildlife. Here one can see the wild animals of Latvia — red deer, elks, roe deer, wild boar, bears, foxes, lynx, and several species of owls. There is a dense network of hiking trails and a paved cycling route, which is transformed into a cross-country skiing track in winter. At the beginning of trails, there is a modern visitor centre, where one can buy maps, find out relevant information, buy tea or coffee, sweets, or souvenirs. Līgatne nature trails are the best example of such type in the Baltic States to watch local wild animals.



Forestry evening in cooperation with Nature Conservation Agency in Līgatne nature trails



For all families, not only for professionals!

Intro: National Parks of Latvia

Speaker: Director General of the Nature Conservation Agency
Mr.J.Jātnieks

Theme for presentation and discussion: Latvian nature and forestry.

Orienteering game in Līgatne nature trails!

Excursions Wednesday, August 8th

General Information



The buses depart from the Parking place at 9.00 a.m.. The expected return time is at around 5-6 p.m. Apart from the professional programmes, during the excursions you will see some spectacular points of the interest in the area. The professional programmes will be lead by the foresters and nature conservationists. Lunch will be offered in the forest.

Please dress suitable for the weather and the occasion!

Excursions (1):



A- Āraiši Archaeological Museum Park – Cēsis (one of the oldest Latvian towns) – Cēsis
Medieval Castle – Secret Soviet Bunker in Līgatne

Price: 60, - EUR/person

That includes:

- One seat in tourism class bus;
- English speaking tour leader;
- English speaking guides at the objects;
- Entrance fees;
- Lunch with medieval programme.

B – The Bīriņi Castle – Saulkrasti and The White Dune - After the short walk we will enjoy
peaceful meal in the Café at the beach - Munchausen's museum - Jokas winery

Price: 55, - EUR/person

That includes:

- One seat in tourism class bus;
- English speaking tour leader;
- English speaking guides at the objects;
- Entrance fees;
- Lunch at the Café next to the beach.

Excursions (2):



C - Rīga is known as Northern European's Art Nouveau Capital - The Old Town -
Lunch at Pub "Priedes krogs" - The Ethnographic Open-air museum of Latvia.

Price: 50, - EUR/person

That includes:

- One seat in tourism class bus;
- English speaking tour leader;
- English speaking guides at the objects;
- Entrance fees;
- Lunch with folklore programme.

D –Woodcraft - Nature protection and forestry in Latvia: Woodcraft museum in Vienkoču
Park- The Zvārtes iezis is one of the most popular and scenic sandstone outcrops in Latvia. It is
located on the left bank of the Amata River in the Gauja National Park –Amata trails -
Examples of private forestry in Latvia (Sodra mežs) –**Price: 50, - EUR/person***

That includes:

- One seat in tourism class bus;
- English speaking tour leader;
- English speaking guides at the objects;
- Entrance fees;
- Lunch at the Café.

Excursions (3):



E-Sigulda – history and culture – Sigulda castle - Luge and Bobsleigh Track in Sigulda – Gauja National Park. Walking/cycling

Price: 30, - EUR/person

That includes:

- English/ German speaking tour guide;
- Entrance fees;
- Lunch at the Café.



MAPS

Maps are drawn according to the International Specifications for Orienteering Maps (ISOM 2017) and the International Specifications for Sprint Orienteering Maps (ISSOM 2007).

Maps scale:

- Foresters Middle and Relay 1:10000 (Courses M;W 60 and older, 1:7500)
- Sprint 1:4000

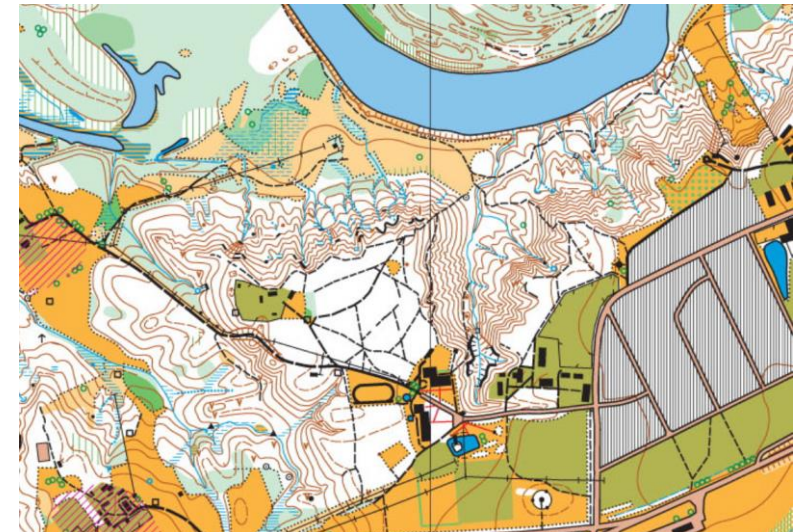
MAP TEAM: Māris Strautnieks (Foresters Middle, Sprint), Dagnis Dubrovskis (Sprint, Relay), Leonīds Malankovs (Relay).

COURSE TEAM: Kaspars Kārkliņš (Manager), Dagnis Dubrovskis

TERRAIN DESCRIPTION, MIDDLE



- Distance location in the city Sigulda, Gauja National Park, Nature conservation area. Arena location $57^{\circ}08'24.8''\text{N}$ $24^{\circ}49'01.0''\text{E}$
- Ravines next to the Gauja river with tiny rivulets. Spruce and pine forest of medium runability.
Many deciduous trees in the flood-lands next to the river, making running hard. Height difference 75 m.
- The forest terrains are natural reserve areas. Please take extra care to keep the



COURSES «FORESTERS MIDDLE»



Men	km	Women	km	Year of birth
M12	2,5 - 2,8	W12	2,0 - 2,5	2006 -
M14	4,5	W14	3,0 - 4,0	2004 -
M16	5,0	W16	3,5 - 4,5	2002 -
M18	6,0	W18	4,5 - 5,0	2000 -
M20	6.5	W20	5,0 - 5,5	1998 -
M21	7,0	W21	3,5 - 4,5	- 1997
M35	6,0	W35	4,0	- 1983
M40	6,0	W40	3,5 - 4,0	- 1978
M45	5,5	W45	3,5 - 4,0	- 1973
M50	5,5	W50	3,5 - 4,0	- 1968
M55	5,0	W55	4,5	- 1963
M60	4,5	W60	4,0	- 1958
M65	4,0	W65	3,5	- 1953
M70	3,5	W70	3,0	- 1948
M75	3,0	W75	3,0	- 1943
Open1	2,5			
Open2	5,5			

Lengths of courses will be specified

Sprint, Sigulda



COURSES SPRINT



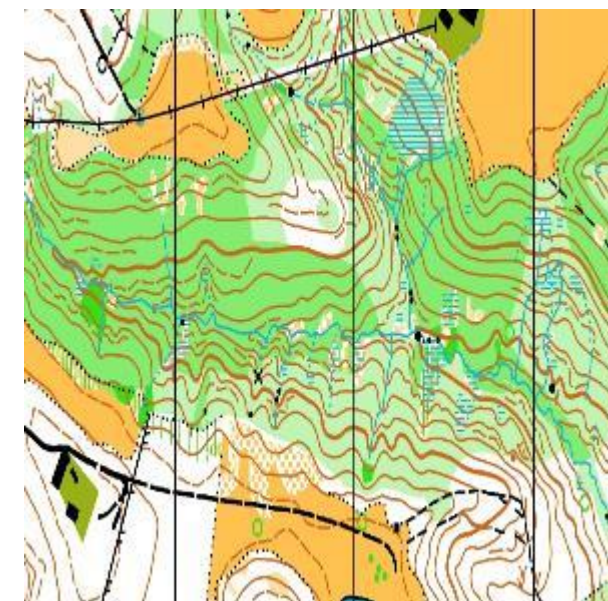
Men	km	Women	km	Year of birth
M12	2,0	W12	2,0	2006 -
M14	2,5	W14	2,0	2004 -
M16	3.0	W16	2,5	2002 -
M18	2,7	W18	3.0	2000 -
M20	3,4	W20	3,0	1998 -
M21	3.5	W21	3.4	- 1997
M35	3.5	W35	2,7	- 1983
M40	3,5	W40	2,7	- 1978
M45	3,0	W45	2,5	- 1973
M50	3,0	W50	2,5	- 1968
M55	2,7	W55	2,5	- 1963
M60	3.0	W60	2,5	- 1958
M65	2,5	W65	2,0	- 1953
M70	2,5	W70	2,0	- 1948
M75	2,0	W75	2,0	- 1943
Open1	2,0			
Open2	3,0			

Lengths of courses will be specified



TERRAIN DESCRIPTION, RELAY

- Distance location around the castle Turaida, in Gauja National Park, Nature conservation area. Arena location $57^{\circ}11'10.4''\text{N}24^{\circ}51'05.4''\text{E}$
- The ravine of the Gauja river valley with side ravines. Forests of various types. Roads and paths of various categories. Height difference 95 m.
- The forest terrains are natural reserve areas. Please take extra care to keep the competition areas clean.



COURSES RELAY



Men	km	Women	km	Number of legs
M12	2,5	W12	2,0	2
M18	4.5	W18	4,0	2
M21	5,5 - 6,0	W21	3,5 - 4,5	3
M120	5,0	W120	4,0	3
M145	4.5	W145	3,5 - 4,0	3
M170	4.0	W170	3.5	3
M195	3.5	W195	3.0	3

Age groups for women and men 120, 145, 170 and 195 represents sum of ages for 3 runners, where youngest runner should be born in 1983 or earlier.

The deadline of the nominal entry for the relay competition is 09/08/2018 at 20.00!

Lengths of courses will be specified



Time keeping

During the event, the SPORtident timekeeping system will be used. In case the SI box does not beep or flash, competitors must punch on the map with the traditional pin punches mounted on all controls. The team leaders have to return the rented SI-card to the Information Desk after the last race. It is a runner's responsibility to bring the correct SI card and ensure it is working. Hired SI cards must be returned at the finish on the last day of the competition. The cost to replace a missing SI card is 30 euro.

Accommodation



To book any of the hotels please contact Ildze Straume
accommodation@woc2018.lv

Upon arrival at the Event Centre, our colleagues will show you where you can find the reserved accommodation. They will give you the invoice of the prepayment, and inform the accommodation about your arrival.

ACCOMMODATION 80 beds, price from 15€-22€
per night with breakfast



Līgatne
REHABILITĀCIJAS CENTRS



<http://rehcentrsligatne.lv/new/>



<http://www.krimuldaspils.lv/lat/>



Opening Ceremony

The Opening Ceremony will take place on Monday, 6th of August at the Sigulda Castle ruins. Competitors are invited to join their fellow countrymen and march behind their flag. We hope that you will all join us in the Opening Ceremony of the EFOL. We ask all nations to delegate one flag-bearer for the Opening Ceremony! Competitors should meet at the Sigulda Railway station square meeting point at 19:30 pm. The parade will start at 20.00 pm and the Opening Ceremony will end at around 21:00 pm.

Banquet and Prize Giving Ceremony (individual)

- Prize Giving Ceremony will take place on Thursday, 9th of August at the Sigulda Parish Culture centre (Siguldas pagasta kultūras nams) Zinātnes street 7B, Siguldas at 19:00 pm.

Cuisine: The Barn cuisine has certain eclecticism because we try to unite the Latvian traditions with other impressions from the world. This is an endless process of seek and try in order to create something original. That relates to the famous French chef and a writer Maurice Edmond –Saillant (Courononsky) ideas :
“Simplicity in art – the proof of mastery. Good cuisine ? When things taste as they are.”

Banquets cook Nick Gulbergs as a cook spent 10 years in the Formula 1 teams of Red Bull and Torro Rosso.

Every guest who registered for the banquet will receive 3 beverage tickets (each ticket is exchangeable for a beer or a glass of mineral water or fruit juice). Your wristband must be worn during the banquet! The wristband can be found in the welcome packages. Enjoy your meal and have a pleasant evening!

Prize Giving Ceremony (Relay) and Closing Ceremony

The Prize Giving and the Closing Ceremony will take place on Friday, 10th of August at 14:30 pm in the competition arena Turaida. The Ceremony will end at around 15:30 pm. The EFOL flag will be handed over to the organizers of the 26th EFOL in Czech Republic.

EFOL 2018 participation fees



		Born 2004 –
Competition fees	53 €	0 €
Registration for a single competition Open class	13 €	0 €
Rental badge SI	5 €	2 €
Excursion A, B, C	25 -60€	25 -60€
Banquet	25 €	19 €
Forest seminar	0 €	0 €

Applications must be submitted by 01.07.2018. Payments must be submitted by 06.07.2018.

<https://www.woc2018.lv/EFOL>



Registration: <http://mezasports.lv/efol2018/>

Information and more details:

<https://www.woc2018.lv/EFOL>

Payments

- **Company details:**
- Biedrība „Meža sports”
- Reg. No. 40008078921
- Adress: Akadēmijas 11, Jelgava LV3001
- Bank: AS SEB banka
- Bank code: UNLALV2X
- Account Nr. LV09UNLA0050003789509