



VÄRMLAND IN THE  
HEART OF SCANDINAVIA

## GREAT TERRAIN

The terrain in this part of Värmland is a well-kept secret. It is characterized by pockets of civilization that have been managing beautiful forests for hundreds of years. Physically and technically challenging for all participants with a touch of wilderness.

## GREAT, COMFORTABLE ARENAS

An abundance of appropriate terrain has allowed us to find beautiful, compact arenas with short distances to busses and parking.

## GREAT STORIES

In Sweden, Värmland and its inhabitants are well-known for their stories. Not always true but told with finesse and usually finishing off with a good laugh. Värmland may well be the most laid-back of all Swedish regions. Come enjoy our stories and create your own at O-Ringen 2017.

## A GREAT WEEK OF VACATION

Our greatest wish is that O-Ringen 2017 will give you the time and opportunity to be on vacation. We plan on providing comfortable solutions for accommodations, transportation and service, and a series of stress-free activities for all. Vacation in Värmland is all about relaxation and great experiences.

## COMFORTABLY CLOSE

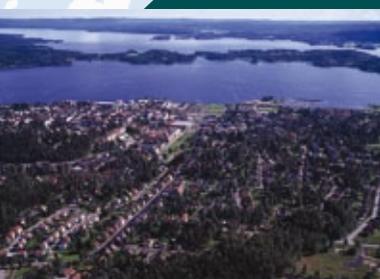
Arvika and Värmland are surprisingly close. Fly to Karlstad or Oslo Gardemoen airport. Arvika is one of the stops on the main rail line from Stockholm to Oslo, and has excellent connections via Karlstad.

## "VILDA SKÖNA VÄRMLAND"

"Skön" – sometimes a simple 4 letter word contains more than can easily be translated. A simple translation would be "beautiful" but that misses the target in describing the feelings it invokes. Feelings of comfort and ease. A quiet evening at a pristine lake in the deep forest. The moments with good friends enjoying the not-so-important facts of life. The seconds before sleep enjoying a good days efforts. Simply wonderful!

WELCOME TO  
WILD WONDERFUL  
VÄRMLAND





### COMFORTABLE LIVING - SHORT DISTANCES

Arvika is a town of about 15 000 inhabitants beautifully situated between forest and lakes, with good infrastructure, excellent communications with Oslo and Karlstad and an active summer

tourist season. Perfectly situated for a comfortable O-Ringen. O-Ringen Town will be very compact and centered around Arvika airfield. From here the center of Arvika is 4 km away with shopping, restaurants and activities. Busses to the stages will start right in O-Ringen Town and take you to the edge of the arenas.



### ARENA SKJUTSBOL STAGE 1 & 2

Situated in a small farming village with a beautiful view over the lake Billingen. The terrain for the first 2 stages is characterised by hills dressed in majestic old forest interspersed with fields and trails. Stage 1's long-distance courses with mostly be set up on the wild hills with very few trails and roads. Youth and recreational courses will enjoy the numerous old trails, streams and other handrails closer to the arena.



### ARENA BODA STAGE 3 & 4

The competitions will be in the impressive Bodafället forest, where the terrain rises to 300 meters above sea level. The terrain slopes down towards the arena and village Boda and consists of hills covered in pine forest and blueberry bushes with lots of contour detail. Between the hills are steeper areas with lush forest and rippling streams. The highest parts of the terrain are characterised by large open swamps and forest with excellent runnability and fewer details. This is going to be a wild and beautiful challenge in many ways!



### ARENA RACKSTAD STAGE 5

The final stage will be decided at arena Rackstad within walking distance of O-Ringen town. The terrain on the final day will vary quite a bit. The longer courses will experience the steep slope of Rackstad mountain which rises northeast from Arvika, passing by the alpine ski center on their way home to an exciting finish in the detailed terrain just east of the arena. The shorter courses will be set among the numerous trails, streams and open areas in the less hilly area closer to the arena.

