

O-Ringen Höga Kusten 2018

Try MTBO: Final Details Arena Varvsberget, July 24, 2018

Have you never done Mountain Bike Orienteering (MTBO)?
Want to give it a shot?
Try MTBO at Hörnsjön on Tuesday, July 24, O-Ringen's Activity Day!

Race location: Arena Varvsberget. GPS: N 63.282999, E 18.696926



Parking: Car parking is at the BRUX Sport Center. Follow signs and parking officials' instructions. The distance from parking to the arena is 1000m (streamered). We recommend riding your bicycle to this event! It is only 3km away from both O-Ringen Square and the Svedjeholmen campground. Bicycle parking is conveniently located adjacent to the arena.

Registration: You can pre-register under the "Activities" tab on oringen.se, or register at the arena in person.

Start: Open start times between 09.00-12.00. Distance to the start is 100 m.

Services: Snack kiosk. Mapholders are available for rent from Nordenmarks. A limited number of mountain bikes and fat bikes will also be available for rental.

Course lengths: You can choose among four different courses: 2, 4, 6, or 9km. The two longest courses require turning your map over partway through the course.

Terrain description: The area closest to the lake consists mostly of ski trails and roads that are easy to ride on. The longer courses also cover a section of more technical trails. The

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longest course includes a tough climb to the top of Varvsberget. The views from the top are spectacular! You are only allowed to ride on roads, trails (including areas shown on the map with dots that indicate an area of dense trails; see example below), bare rock, open areas indicated in orange, and gravel/paved areas.

Map: Mapped to MTBO standards. Scale 1:10 000, Contour interval 5m.

Vehicle traffic: Regular traffic rules apply. No traffic marshals will be in the area, so use caution when cycling. Helmets are required! Show consideration to others in the terrain.

Punching: SportIdent electronic punching.

Mapper: Fredrik Forsgren (2017)

Course setter: Eero Niemi

Welcome!

Explanation of symbols

	Out-of-bounds area
	Crossing point
	Forbidden road
	Obstacle (crossable)
	Track: 100% speed
	Path: 100% speed
	Track: 50-75% speed
	Path: 50-75% speed
	Track: 25-50% speed
	Path: 25-50% speed
	Track: 1-25% speed
	Path: 1-25% speed

Examples of orange area and of a dotted area of dense trails.

