



Latvija
100 

WELCOME TO

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

European Foresters' Orienteering Championship

25th  EFOL

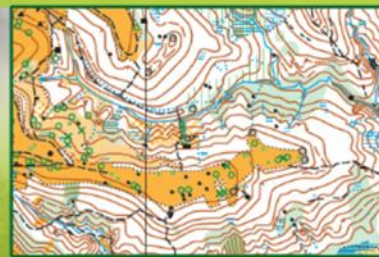
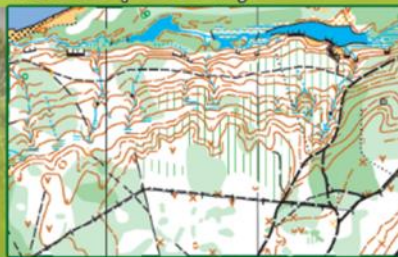
Sigulda, LATVIA
2018 August 06-10

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.





If you are passionate about the history, ready to explore uniqueness of Gauja National Park or go for crazy activities Sigulda is the place to come! Sigulda thrills!

Sigulda thrills with the nature enclosed city environment, inviting to study three medieval castles, to hike in Gauja National Park, and to take part in culture and sports events. Sigulda is where the nature lives in the town, and is an integral part of it. The forest-covered valley of the River Gauja hides away many exciting, myth-enshrouded culture, history, and nature legends, as well as unique active leisure adventures.

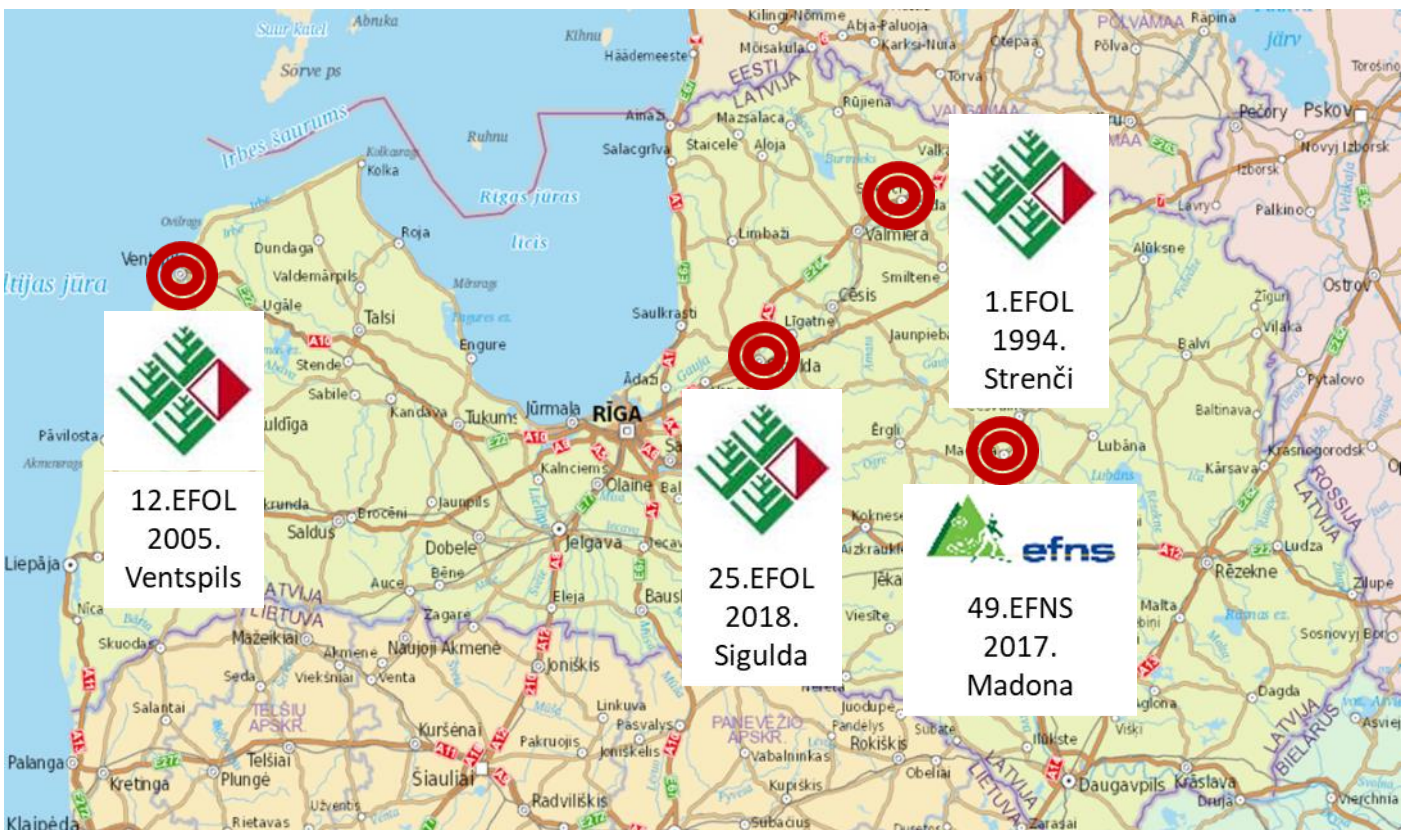
Active leisure adventures

The only bob, luge and skeleton track in the Baltic States allows enjoying the speed by rushing down in a tailor-made sledge either in winter or summer. Meanwhile swimming in the air while resting on an air current may be enjoyed in the vertical wind tunnel [“AERODIUM”](#), which has become world-famous through participation in various global events. The steep slopes of the River Gauja banks are now home to tree top rope adventure tracks [“Mežakakis”](#) and [“Tarzāns”](#) allowing to enjoy not only physical activities, but also great views. The [cable car](#) linking both banks of the River Gauja is not only an excellent viewing platform offering views over the historic castles and the valley, but also a real adrenaline bomb with its bungee jumping offers in the evenings. During the warm season the curvy trails leading through [Sigulda](#) and along the River Gauja invite to hike, cycle, or take canoeing trips revealing ever new postcards of nature behind the next curve. [Sigulda](#) is a regular host of cycling competitions, including the most important event — Unity Ride, gathering more than 6000 visitors.

Authentic castles

The mighty witnesses of the past — three castles standing at a shooting distance of a cannon from each other — [Sigulda Castle](#), [Turaida Castle](#) and [Krimulda Castle](#) — are the first objects to be seen by travellers who have approached the primeval valley of the River Gauja. Events related to these castles date back to the 13th century when each bank of the River Gauja remained in the possession of different rulers — Riga Bishop and Order of Sword Brothers. The Sword Brothers, who controlled the left bank of the River Gauja from 1204 to 1209, built the [Sigulda Castle](#). Initially it was a castellum-type fortification with a chapel. Later the castle was transformed into a convent-type building, which now reveals the everyday life of the brothers of the Livonian Order. [Turaida Museum Reserve](#) was erected in 1214 on the right bank of the River Gauja. It was one of the residences of the Archbishop of Riga. After a fire in 1776 the castle was not restored, but the romantic castle ruins caught the interest of travellers. Castle restoration was commenced in 1953 with the reconstruction of the castle tower. Meanwhile archaeological excavations, lasting for more than 25 years, were started in 1973, followed by restoration and reconstruction works, which can be observed when visiting one of the most popular museums in Latvia — [Turaida Museum Reserve](#). Looking over the primeval valley of the River Gauja to the right bank you shall spot another building — Krimulda Manor, built by the princes and princesses of the Von Lieven Family in 1848. The manor is located on the edge of the primeval valley, and its terrace offers a magnificent view towards [Sigulda](#). [Sigulda New Castle](#) is situated next to Sigulda Medieval Castle. It was erected by Duke Kropotkin in 1878 and it was re-

LOCATION



PROGRAM

Day, Date	Approx. time	EFOL 2018	WOC 2018	Venue
Saturday, August 4 th	17.00-19.00		Sprint final	Vecrīga
Sunday, August 5 th	17.00-18.00	Common free Parking with WOC officials	Sprint relay	Rīga, Āgenskalns
	13.00-22.00	Arrival, Event office open		Sigulda
Monday, August 6 th	9.00-19.00	Arrival, Event office open		Sigulda
		Model		Ratnieki, Līgatne parish
	19.00	Team leaders meeting		Sigulda Train station
	20.00	Opening ceremony		Sigulda Palace (gathering for the ceremony in Sigulda Train station)
Tuesday, August 7 th	10.00-13.00	Forestry morning		Līgatne, Nature Trails
	12.00-17.30		Middle distance	Sigulda, Laurenči
		Model		Ratnieki, Līgatne parish
	18.00-20.30	Foresters Middle distance		Sigulda, Laurenči
Wednesday, August 8 th	9.00-17.00	Excursions		
		Model		Ratnieki, Līgatne parish
	19.00	EFOL annual meeting		"Kungu rija", Krimulda
Thursday, August 9 th	9.00-12.00	Sprint		Sigulda, Nature Protection Agency
	14.00		Relay	Turaida, "Dainu kalns"
	19.00	Banquet, awarding individual		Sigulda, Zinātnes iela 7B
Friday, August 10 th	12.00	Relay		Turaida, "Dainu kalns"
	14.30	Closing ceremony, awarding relay		Turaida, "Dainu kalns"
Saturday, August 11 th	11.00		Long distance	Turaida, "Dainu kalns"

General Information



- Event Centre

- Building: **Sigulda Railway station**
- Location: Ausekļa 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.



Sigulda Railway station

- Identification. Please always wear your ID-card (badge). The badge gives you access to the competitions, seminar, excursion, opening and closing ceremonies.

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.

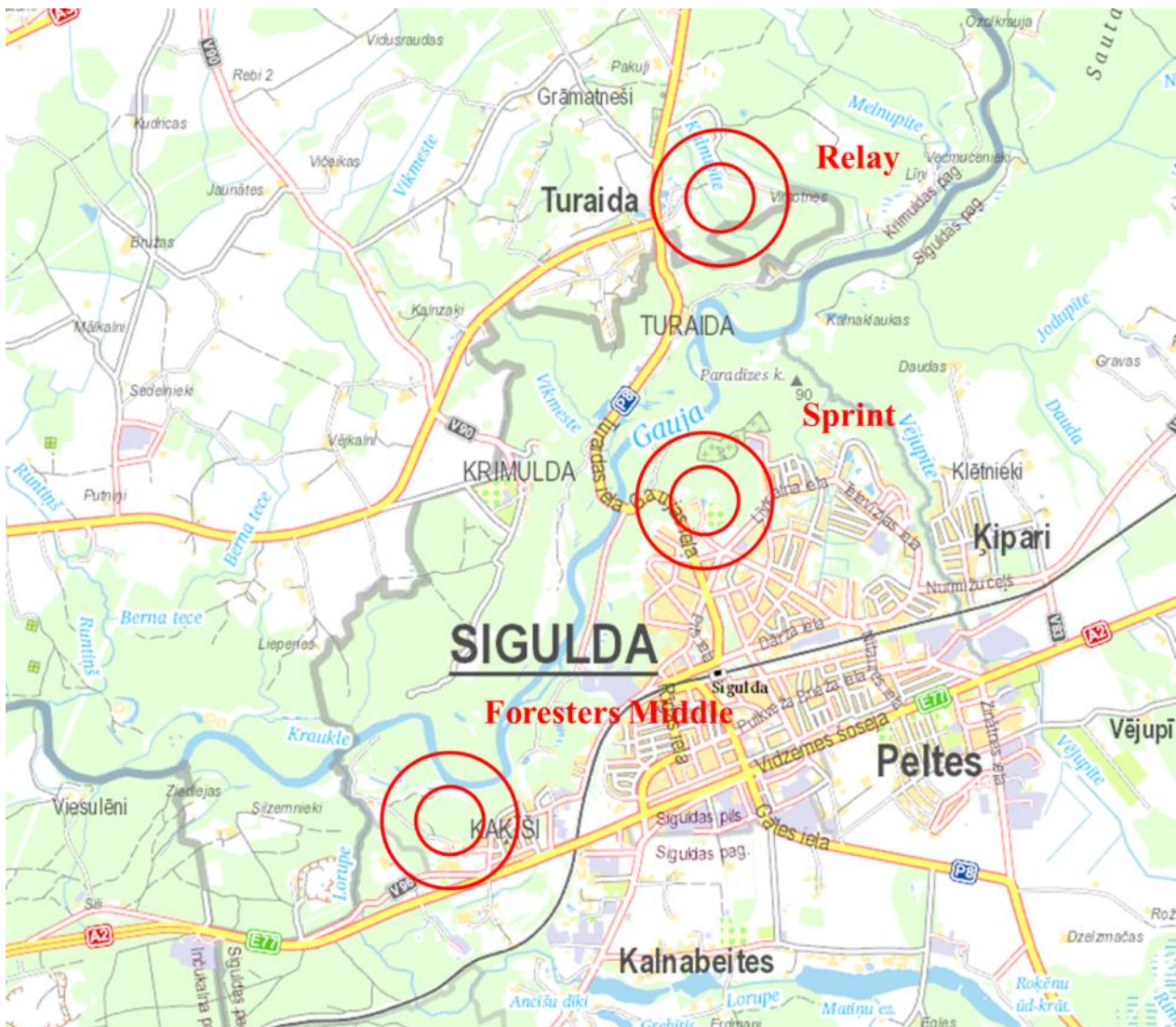
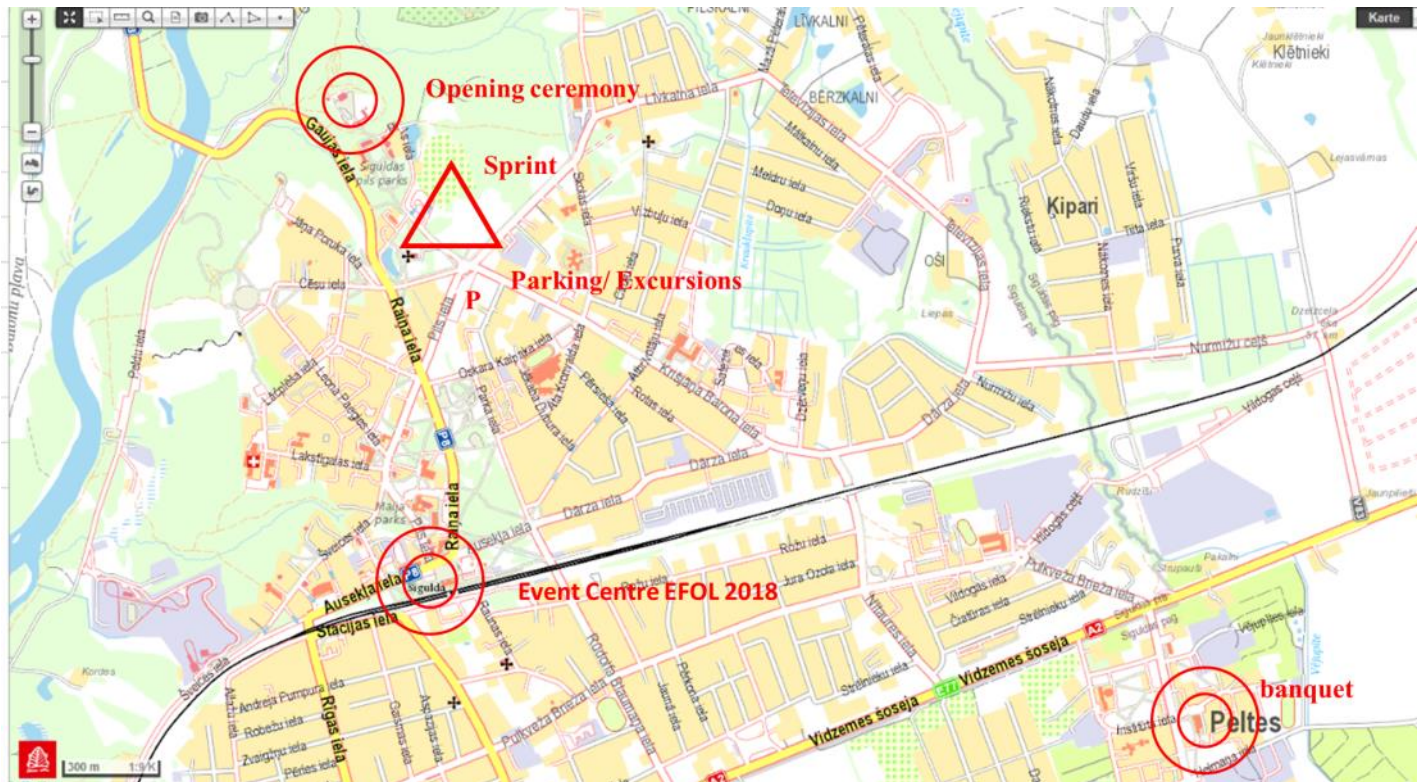
TEAM LEADERS MEETING

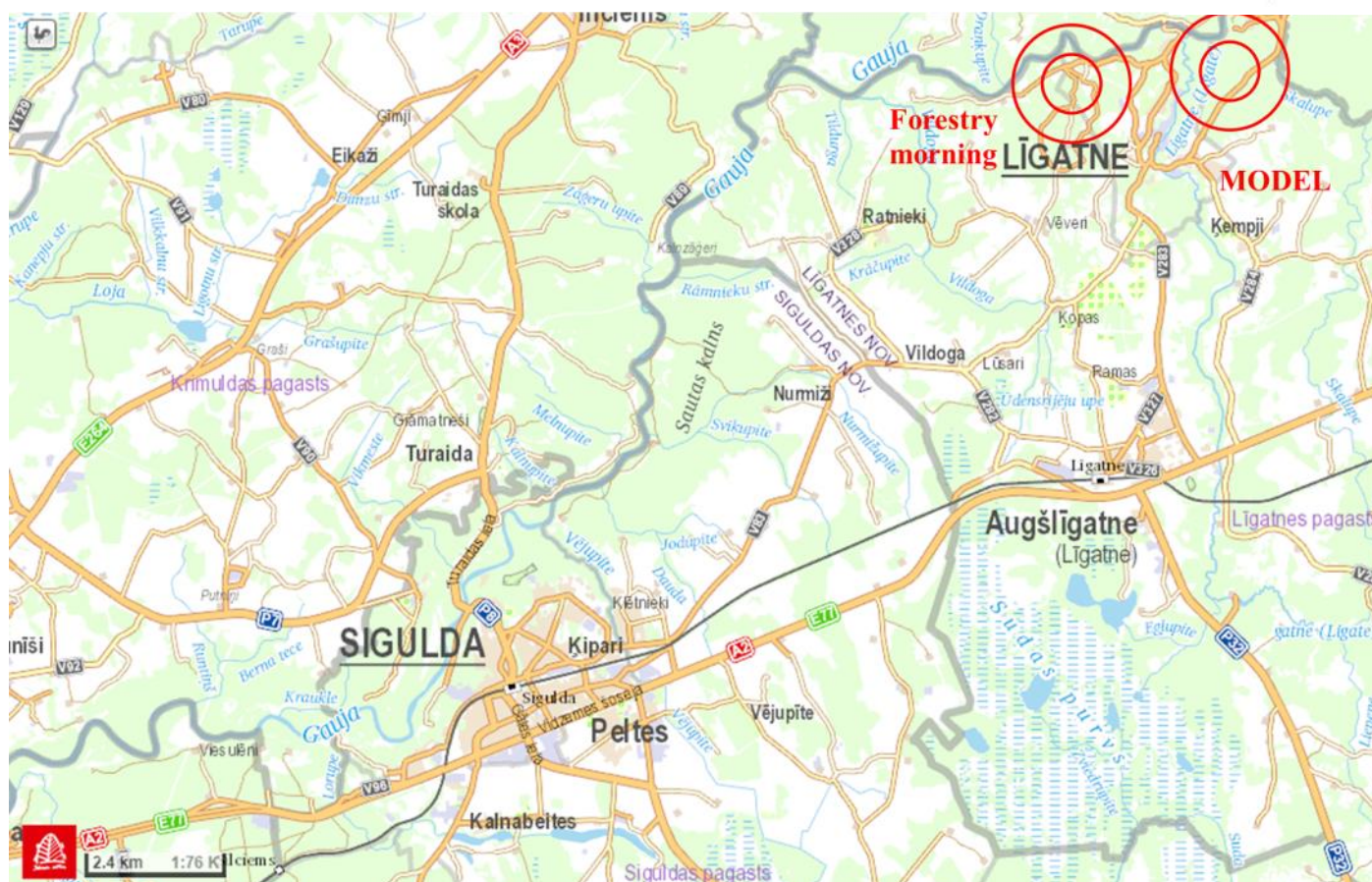
There will be team leaders meeting before EFOL open ceremony at 18.30 Monday, August 6th in Event Centre EFOL 2018, Sigulda Raylway station.

ANNUAL MEETING

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

Location of event





MODEL IN LĪGATNE, 20KM FROM SIGULDA



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

Tuesday, August 7th at 10:00

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



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.

For all families, not only for professionals!

Intro: National Parks of Latvia

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

Theme for presentation and discussion: Latvian nature and forestry.

Orienteering game in Līgatne nature trails!



Excursions Wednesday, August 8th

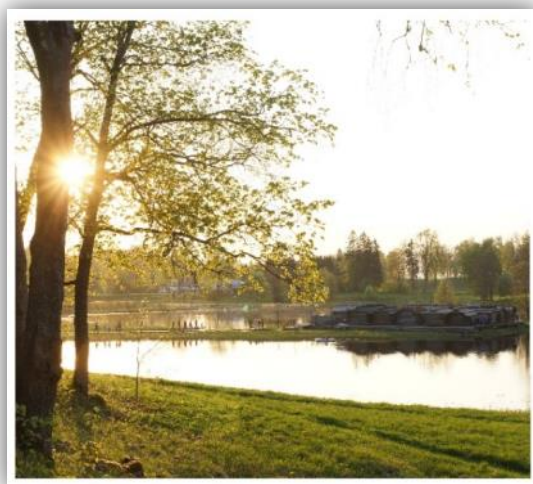


General Information

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!

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



The first place to visit is located by the lake and only half an hour drive from Sigulda.

Āraiši Archaeological Museum Park consists of a reconstructed lake settlement from 9-10th centuries (Viking era), picturesque Medieval castle ruins and another islet with samples of dwelling houses from the Stone and Bronze ages. The archaeological finds on the lake settlement have given unique materials and artefacts displaying the building traditions, material and spiritual lifestyle of ancient Latgalian people there. The lake settlement is a result of experimental archaeology and during its reconstruction copies of ancient tools and methods were used to give it maximum authenticity. Very interesting place to see.

Next place we will see is **Cēsis - truly not only one of the oldest but also one of the most Latvian towns**

Rich in picturesque landscapes and testimonies of the past, it embodies both an intriguing sense of antiquity and modern self-esteem. In all seasons people who appreciate the historical and cultural heritage, natural beauty of the landscape and the peaceful small-town life rhythm, visits Cēsis. With over 800 years of history, Cēsis is one of the best-preserved medieval towns in the Baltics. You will explore this small but surprising city together with our guide.



Cēsis Medieval Castle and its surrounding park is a superb place to enjoy nature and history. The castle offers a fascinating historical exhibition and many interesting medieval activities.

You will be invited to travel in time and take part in a tour and **medieval feast** at Cēsis Castle. The governor of the castle – Brother Dietrich will welcome you to the feast table to enjoy a medieval banquet. For your comfort and pleasure, medieval castle servants and musician will take you back to those ancient times. The governor of the castle will test your bravery, agility and luck. The Castle servants will also teach you the most beautiful medieval dances.

When returning back from Cēsis to Sigulda, we defiantly have to stop at Līgatne. Definitely have to go down in the **Secret Soviet Bunker.**

Located in the territory of the rehabilitation centre Līgatne, 9 m underground, there is a well-equipped facility with a total area of 2,000 m², whose secrecy grading was removed only in 2003. Bunker was built for the needs of political and state authority elite of the 1980-ies for state administration in case of nuclear war. Why to see this object:

- It is one of the most strategically important places in Soviet Latvia in case of a nuclear war;
- A powerful, autonomous, self-sustaining structure with all necessary and high-end (for that time) equipment;
- All authentic underground furnishings;

We will have a guided tour and small surprise at the end.



Līgatne

One of the most beautiful nature corners in the Gauja National Park. On the one hand, Līgatne is connected to the only paper producer in Latvia, on the other hand, to the old valley of Gauja River and Gauja National Park, but in the centre of it there is Līgatne historical complex of paper industry with a unique “Historical centre of Līgatne Paper Mill village”. Short walk around this small but very beautiful city will make You return here again.

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 – Private forestry and cooperation.

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 - Jokus winery



L.V. Mežs is one from private forest cooperation companies in Latvia. Examples of forest management will be presented.

Latvian Forest Owners' Association (LFOA) is a non-governmental organization. One of the basic principles of the Association is openness - any forest owner can turn to us, get acquainted with the basic documents of the LFOA and submit application to join the organization.



Our first stop is located only 30-minute drive from Sigulda.

The Bīriņi Castle is built in 1860 on the hill next to Lake Birini, is admired for its elegant and expressive outline. The castle was designed by architect Friedrich Wilhelm Hess from Riga. The building's overall architectural style can be classified as Neo-Gothic but its interior design is in the Neo-Renaissance style and features a staircase adorned with wood carvings, historical tile stoves and extravagant rooms. The Birini Castle is surrounded by parks. The Landscape Park stretches from the stables to the Gardener's House, which now has also been transformed into a hotel. The local guide will meet us and introduce with the Castle and its surroundings.

Next stop on our daytrip will be **Saulkrasti and The White Dune** located on the east coast of the Gulf of Riga. The seashore with its steep banks and winding streams is one of the most beautiful of its kind in Vidzeme, and it has been a popular vacation destination for a very long time.

The top attraction of Saulkrasti is **The White Dune** and **The Sunset Trail**. The White Dune- one of the most beautiful dunes of its kind in Latvia with great sight to the coast of Baltic Sea. The 18-metre-high dune on the right bank of the River Inčupe where it flows into the Baltic Sea is a great spot to look out over the Gulf of Riga. Geographically, the White Dune is a sandstone layer, formed 405–350 million years ago. The dune also appears in the historical feature films of the Riga Motion Pictures Studio. Sunset trail is the best way to enjoy the White Dune, benefits of a healthy walk and the fresh sea air. So, we will have a short walk and enjoy the benefits of the Baltic coastline.





After the short walk **we will enjoy peaceful meal in the Café at the beach.**

This lovely beach café is a perfect place to enjoy our meal in a leisurely manner and see one of the Latvia's treasures – beautiful sandy coastline and the Baltic sea.

After the lunch and half an hour drive, we will visit very interesting place called - **Munchausen's museum**. The museum revives the legend of **Hieronimus Karl Friedrich von Munchausen**. In the manor house of Dunte placed in Vidzeme, Latvia he spent the happiest times of his life together with his wife Jacobine and people have been telling the tales of Munchausen for centuries there. The sea meets the wood there, in winter horses are being tied to church spires and it takes a single shot to kill ten ducks there. In Munchausen's museum everything is true there, yet different and funny at the same time. Baron Munchausen is a typical representative of landed classes of 18th century with the hunting and war as the main occupation. Hunting trophies, hunting horns, daggers, weapons, and Munchausen's wax figure with a string of ducks – these are only some of things you'll find at the museum of Munchausen. Local guide will meet us at the museum and walk us through exposition.



The last stop before we return to Sigulda is approximately 40 minutes away from Munchausen's museum. So, it's time to taste some very interesting local wines at **Jokas winery**. The owner of the "Jokas" homestead is Džons Brauns. He is a Latvian who was born in England – in Leeds, Yorkshire and lived in London for a long time. Mr. Brauns returned to Latvia in 1990s and he had learned winemaking from his mother. Latvia now is on the edge of becoming a wine destination for those who are interested in non-standard flavours, aromas, bouquets or who have simply sampled all that grapes have to offer. Using fruits, leaves, flowers and other unique ingredients has made Latvian wines appealing to those with a curiosity for tantalizing tastes. Here in "Jokas" Mr. Brauns is making wines from apples, beetroot, oak leaves, cranberries, blackberries, blueberries, autumn raspberries and many more. Džons' own favourite is oak leaf wine.

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.

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.



By walking around 10-15 minutes we will reach Riga's top attraction - **The Old Town**

Steeped in over 800 years of history and recognised by UNESCO as a World Heritage site, Old Riga is the heart and soul of Latvia's capital. Many nations have helped build this unique place, and famous figures from Peter the Great to Richard Wagner have spent time here. Magnificent churches, architectural masterpieces like the House of Blackheads, romantic cobblestone lanes, squares bursting with summer life and much more await you.



If You are in Latvia then You definitely have to explore its capital city - Riga. This city is full of architectural surprises. **Riga is known as Northern**

European's Art Nouveau Capital. We will

start our guided journey through Riga form Art nouveau district. The artistic style known as "Nouveau" first appeared at the turn of the century, and certainly was a fresh approach and stunning in its diversity - from ornate entrances, building facades to minimalistic detail, Art Nouveau considered functionality as a key guiding light for the new look - interior design and selection of furnishings with many innovative touches.

Riga was one of the cities at the forefront of the style's active use, and the examples of it are truly bold and vibrant. The echo was heard in other cities in Latvia, and even in country locales. Central Riga, the downtown area, is included on the UNESCO World Heritage List thanks to its Medieval dwellings, quaint 19th century wooden structures and its prime examples of Art Nouveau architecture that, actually, are like no other!



After several hours of walking our bus will drive us to the Ethnographic Open-air museum of Latvia where we will have **Lunch at Pub "Priedes krogs"**.

For centuries, pubs have had a significant role in Latvian daily life. This has been a place for travellers to stop for a while, to have a meal or to stay for a night and find out the latest news and rumours of the neighbourhood.

The times are changing, many pubs on roadsides have vanished and finished their existence, but PRIEDES PUB, built in 1841, at Vecumnieku Community, Bauska District, is still standing, although in another location - in the Latvian Ethnographic Open-air museum. You will have a meal and enjoy our arranged folklore programme.

After our meal we will explore the Latvian lifestyle, culture and traditions and in **The Ethnographic Open-air museum of Latvia**. This museum is unique when compared to similar museums around the world with the fact that it began to collect its exhibitions before the war, and thus many of its exhibition objects are in very good condition. 118 historical buildings from all four of Latvia's provinces – Kurzeme, Vidzeme, Zemgale and Latgale, have been put on display at the museum. The buildings range in age, and most of them were originally constructed between the 17th century up all the way up until the 1930s.



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 –Examples of private forestry in Latvia (Sodra mežs). Woodcraft museum in Vienkoču Park. Nature protection and forestry in Latvia: - The Zvārtes iezis is one of the most popular and scenic sandstone outcrops in Latvia.

Södra Mežs - provides forestry services and, on behalf of Södra's members, manages the entire ecosystem of their forests – from planting and forest management to final harvesting, land preparation and replanting for future-generation forestry.

The Vienkoču Park is a landscape park of walking and recreation at the Līgatne river. Different trails with many thematic objects of interest and research have been arranged there. Models of historic manors and other buildings as well as wooden sculptures, ethnographic buildings, log-boats, tar kiln are to be found in the park. It is possible to visit the first sand-house in Latvia, to find out interesting facts about its building process and to get inspiration for the "green" life-style.

The Woodcraft Museum is located in the Vienkoču park. It is arranged as a historic workshop. It is possible to find out in the museum how the craftsmen of old times mastered wooden things for the landlords and other people. It is possible to get to know the nuances of how the log-boats were made starting with the Stone-Age till nowadays. A special attention is being paid to the research of process of making the log-boats. You will find the Vienkoču Park interesting both for the adults and children.



The Nature Conservation Agency ensures implementation of unified nature protection policy in Latvia. Agency provides Management of all protected areas in Latvia:

- nature protection planning management and promotion of the plans;
- scientific research management in protected areas;
- carry out the cooperation with local authorities, tourism entrepreneurs, non-governmental organisations and education institutions to promote nature conservation;
- carry out the functions of supervision of „The Convention on International Trade in Endangered Species of Wild Fauna and Flora” (CITES) including issuing the permission for importing and exporting protected animal and plant species.
- educate and inform the society about nature conservation.



The Zvārtes iezis is one of the most popular and scenic sandstone outcrops in Latvia.

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





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

If you wish to be carried away by history, Sigulda is the right place. Since the time when the tribes of Balts and Livs fought with the Crusaders, Sigulda has boasted of exciting legends and mighty castles, which are situated of a cannon shot from each other.

CASTLE OF LIVONIAN ORDER IN SIGULDA Built in 1207 as a castellum type fortress, later rebuilt into a convent type building. Offers great views across Gauja River valley from towers, as well as enjoying the medieval aura through crossbow shooting.

AERIAL CABLEWAY AND BUNGEE JUMP The only aerial cableway in the Baltics provides a view to the swiftly changing scenery of the Gauja River valley. And those who are looking for more extreme sensations can try bungee jumping off the cable car. www.bungee.lv

BOBSLEIGH AND LUGE TRACK The Sigulda bobsleigh and luge track offers city guests an opportunity to enjoy a 1420 m long ride with 16 curves and a 200 m long braking distance, which is normally available to professional sportsmen only. www.bobtrase.lv

GAUJA NATIONAL PARK The biggest national park in Latvia (established more than 40 years ago) protects the rich nature of the ancient Gauja River valley and its diversity of plant, bird, and insect species found here. Plan your hiking, cycling or canoe trip on www.entergauja.com.

- 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:

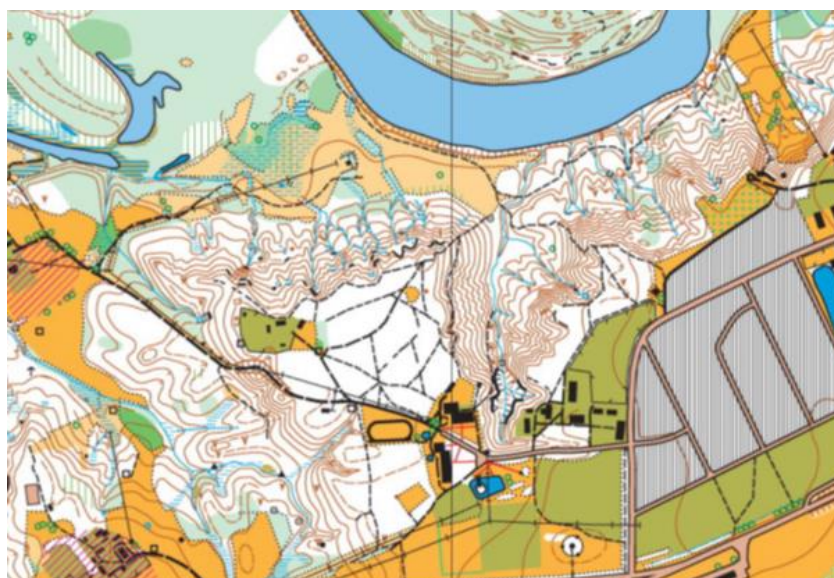
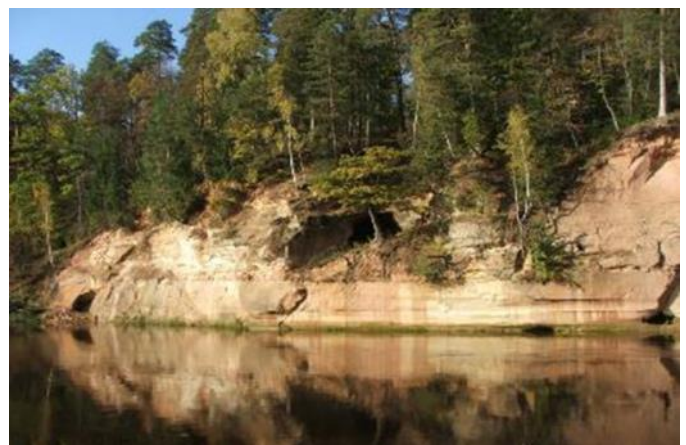
- Foresters Middle and Relay 1:10000 (Courses M;W 60 and older, 1:7500)
- Sprint 1:4000

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

COURSE TEAM: Kaspars Kārkliņš (Manager), Dagnis Dubrovskis

TERRAIN DESCRIPTION, FORESTERS MIDDLE

Distance location in the city Sigulda, Gauja National Park, Nature conservation area. Arena location 57°08'24.8"N 24°49'01.0"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 competition areas clean.



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



TERRAIN DESCRIPTION

Distance location in the city Sigulda, Gauja National Park, Nature conservation area. Arena location 57°09'50.7"N 24°51'11.0"E. Ravines next to the Gauja river with tiny rivulets. Part of course will be set in forest. Spruce and pine forest of medium runability. Many deciduous trees in the flood-lands next to the river, making running hard. Height difference 85 m. The forest terrains are natural reserve areas. Please take extra care to keep the competition areas clean.



COURSES SPRINT

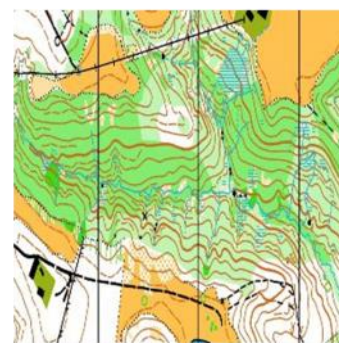


Men	km	Women	km	Year of birth
M12	2,0	W12	2,0	2006 -
M14	2,5	W14	2,0	2004 -
M16	3.0	W16	2,5	2002 -
M18	2,7	W18	3.0	2000 -
M20	3,4	W20	3,0	1998 -
M21	3.5	W21	3.4	- 1997
M35	3.5	W35	2,7	- 1983
M40	3,5	W40	2,7	- 1978
M45	3,0	W45	2,5	- 1973
M50	3,0	W50	2,5	- 1968
M55	2,7	W55	2,5	- 1963
M60	3.0	W60	2,5	-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

TERRAIN DESCRIPTION, RELAY



Distance location around the castle Turaida, in Gauja National Park, Nature conservation area. Arena location 57°11'10.4"N24°51'05.4"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

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

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

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

<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. 57.149028N, 24.892604E

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!



<https://www.youtube.com/watch?v=UB7UMEu-S58>

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, D, E	A 48€	A 48€
	B 45€	B 45€
	C 40€	C 40€
	D 30€	D 30€
	E 25€	E 25€
Banquet	25 €	19 €
Forest seminar	0 €	0 €

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

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

Information and more details: <https://www.woc2018.lv/EFOL>

E-mail: Dagnis.Dubrovskis@llu.lv

Payments

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