

Orienteering World Cup, Round 1, Helsinki

– Official forest trainings

The training area for the forest races is located near Solvalla, Espoo. There are four demanding courses representing the style used in the world cup races. The course setter of the trainings is Hannu Lammi who is also responsible for the courses in the world cup forest races. The trainings are open 4.5.-8.6.2019

Maps are sold

The Finnish Nature Centre Haltia (<https://www.haltia.com/en/>), located near the training terrain. Opening times 10-18 every day. Address: Nuuksiontie 84, Espoo, route instructions: <https://www.haltia.com/en/visit-haltia/getting-here/>

or

Suunnistajan kauppa (Helsinki city centre), address: Museokatu 34, Helsinki, open: Mo-Fri 10-17, Sat 9-13. Phone +358 9 444 895 (<https://www.suunnistajankauppa.fi/a13-helsingin-suunnistajan-kauppa-fi.html>)

Price

8 eur/ training map

Parking

The Finnish Nature Centre Haltia and Solvalla sports academy parking areas. Distance from parking to the start 0,4-2,7 km. Check the details from the description of the training and from the guidance map included in the training map.

Training 1

Long distance training. 9,6 km, 11 controls, map size A3, scale 1:10 000, small flags on controls. Distance to starting point from Haltia parking approximately 1,5 km along the road. Distance from the finish to Haltia approximately 1,5 km.

Training 2

Middle distance training. 6,3 km, 21 controls, map size A4, scale 1:10 000, small flags on controls. Distance to starting point from Haltia parking area approximately 1,2 km along the road. Distance from the finish to Haltia approximately 1,5 km.

Training 3

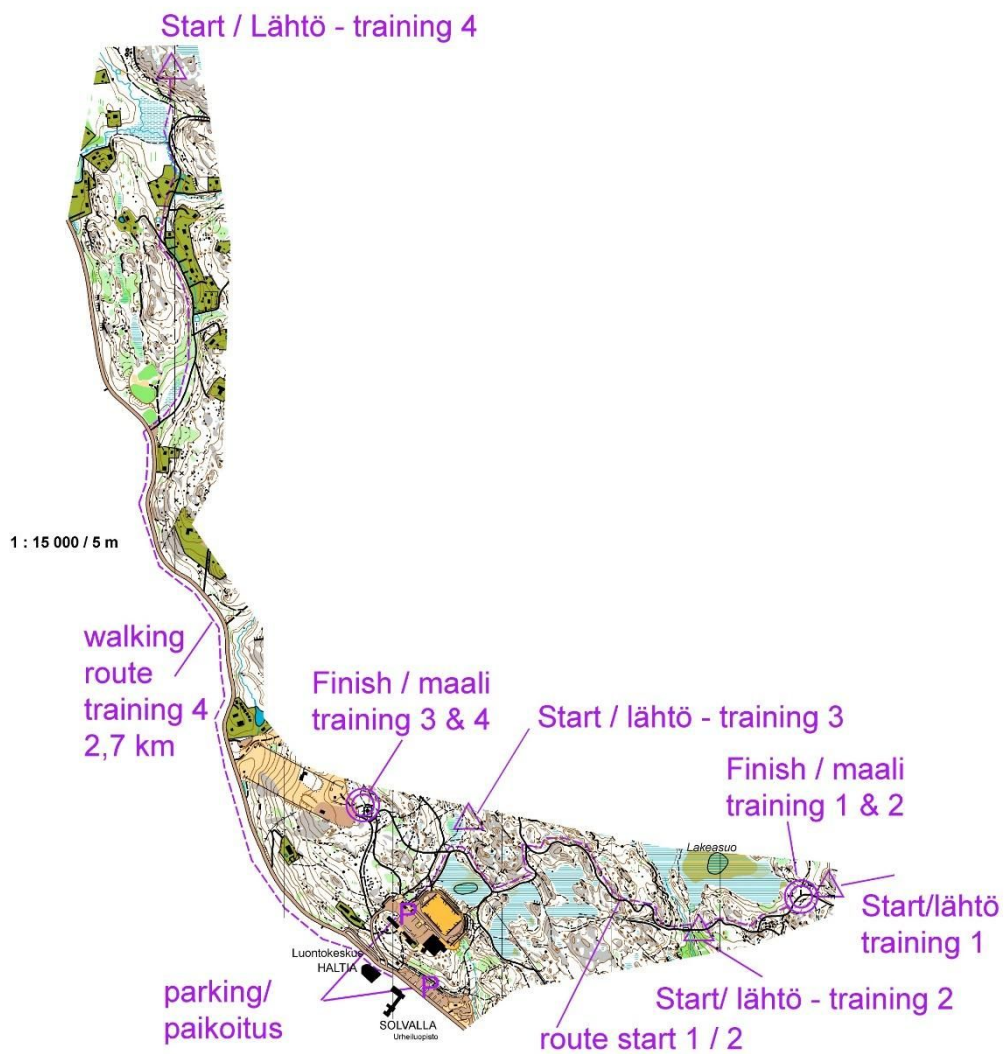
Long distance training, 11,3 km, 15 controls, map size A3, scale 1:10 000, small flags on controls. Distance to starting point from Haltia parking area approximately 0,4 km. Distance from the finish to Haltia approximately 0,5 km.

Training 4

Middle distance training, 5,9 km, 16 controls, map size A4, scale 1:10 000, small flags on controls.

Distance from Haltia parking to starting point approximately 2,7 km. Distance from the finish to parking approximately 0,5 km.

Guide map to the training areas:



More information:

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