



Silkeborg Orienteringsklub



Nordic Championships and European Cup TrailO 2014



Silkeborg, Denmark 19. - 21. September 2014

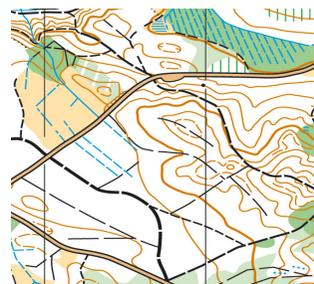
| Further information | |
|-----------------------|---|
| Accommodation | <p>We recommend Silkeborg Vandrerhjem, DANHOSTEL Silkeborg, but there are also hotels, campsites and holiday cottages (“sommerhuse”) situated only a short drive from the arenas.</p> <p>The banquet Saturday evening and the team meetings will also take place in the Youth Hostel.</p> <p>The Hostel (Silkeborg Vandrerhjem) is in a very picturesque setting – one of the best in Denmark - and therefore very popular, so booking should be done as soon as possible. The organisers have reserved all the rooms in the hostel until 15.04 (see below). Thereafter you can do your own on-line booking. (www.danhostel-silkeborg.dk).</p> |
| Secretariat | <p>Birthe Helms, bhelms@post.tele.dk</p> <p>Contact re accommodation: Knud Vogelius, knud.vogelius@gmail.com</p> <p>Information about courses etc.: Vibeke Vogelius, vibeke.vogelius@silkeborg.dk</p> |
| Silkeborg town | <p>Silkeborg has a lot to offer. Beautiful scenery, a relaxed atmosphere with good shops, an interesting history and museums – e.g. Museum Jorn, where the world famous artist Asger Jorn’s 100 years anniversary is celebrated this year (www.silkeborg.com).</p> |



Vejlsø



Hårup Sande



Silkeborg Sønderskov

Map examples of the terrain used for the competitions

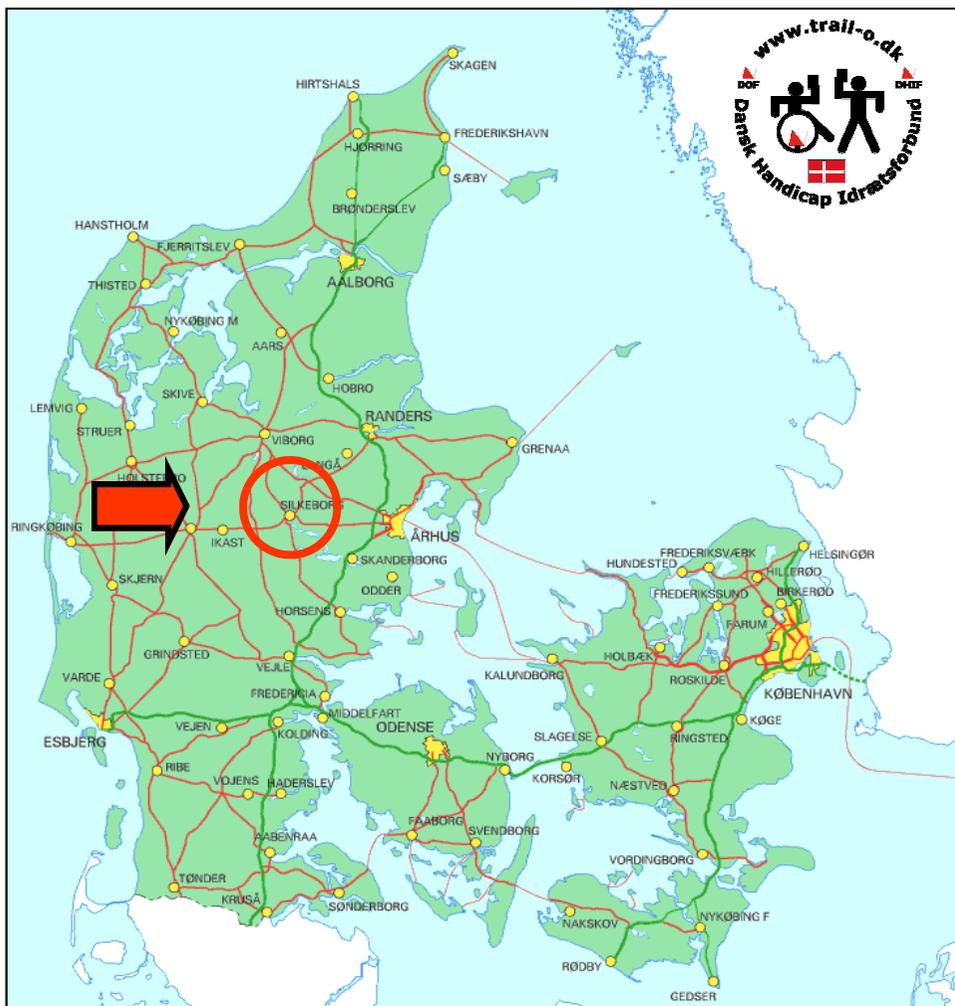


www.Silkeborg-ok.dk



www.trail-o.dk





Distance to Silkeborg from:

- Copenhagen 300 km
- Grenå 100 km
- Karup Airport 37 km
- Frederikshavn 194 km
- Billund Airport 67 km
- Padborg (the German border) 174 km



Silkeborg Orienteering Club is a big and very active club. The club organises FootO, TrailO and MTBO as well as Multisport events.

The cover photos were taken at a Multisport event in the centre of Silkeborg.

| Information | |
|------------------------|--|
| Programme | <p>Friday 19.09 Night PreO, Vejlbø Mose Saturday 20.09 PreO, Hårup Sande Sunday 21.09 PreO, Silkeborg Sønderoskov</p> <p>Due to severe damage caused by the big storm Bodil in December 2013, Sunday's event will take place in Silkeborg Sønderoskov and NOT in Vesteroskov as first announced.</p> |
| Classes | <p>Friday: Elite course Saturday and Sunday: Elite and A-courses</p> |
| Terrain | <p>The terrain around Silkeborg consists of a lot of forests and lakes. It is an undulating moraine landscape with some small inland sand dunes. There is a good path network everywhere. Hårup Sande is an area with small inland sand dunes covered with heather and old pine forest. Silkeborg Sønderoskov is a hilly area with deep valleys caused by erosion as a dominant feature. There are also areas with old beech forest, conifer and mixed forest.</p> |
| Personal helper | <p>You are expected to bring your own personal helper, if you need any help during the competition. The routes will follow good forest tracks/paths, and there will be very little climbing.</p> |
| Entry fee | <p>Night preO on friday 19.09.: 80 DKK. Saturday 20.09 and Sunday 21.09: Nordic Match and Elite course: 280 DKK (in total for the two days). A-course 100 DKK per day.</p> |



Last winter's storms have caused a lot of damage in the Silkeborg forests.



Typical Silkeborg terrain