

AUGUST 1-5, 2021
MADONA, LATVIA



BULLETIN 2

**WELCOME TO
EUROPEAN FORESTERS'
ORIENTEERING CHAMPIONSHIP**

WELCOME TO MADONA! [VISITMADONA.LV/EN/](https://visitmadona.lv/en/)



ORGANIZERS / PATRONS



RESULTS AND MORE INFORMATION:

Official Homepage:

www.efol.eu/html/efol2021.html

Competition homepage (OK ARONA):

www.okarona.lv/ok_arona/jaunumi.php

■ Start list ■ Live results ■ Official Results ■ Pictures

EVENT SCHEDULE

Day, Date	Approx. time	Activity	Location
Sunday, August 1th	14.00–22.00	Arrival, registration, model	Sports and Recreation complex “Smeceres sils” Lazdonas pag., Madonas nov., LV-4824 GPS 56.840358, 26.190333 (Competition center)
Monday, August 2th	8.00–12.00	Arrival, registration, model	Sports and Recreation complex “Smeceres sils” GPS 56.840358, 26.190333 (Competition center) Model: GPS 56.896927, 26.102936
	13.00–15.00	registration	Saieta square, Madona GPS 56.854296, 26.220701
	15.00	Sprint	Saieta square, Madona GPS 56.854296, 26.220701
	13.30	Teams leaders meeting	Saieta square, Madona GPS 56.854296, 26.220701
	19.00	Opening ceremony and Sprint prize giving ceremony	Saieta square, Madona GPS 56.854296, 26.220701
Tuesday, August 3th	11.00	Foresters middle,	Museum “Silmači” 57.08936, 26.161473
	18.00	Forestry evening	Sports and Recreation complex “Smeceres sils” GPS 56.840358, 26.190333
	20.00	Banquet, prize giving ceremony foresters middle	Sports and Recreation complex “Smeceres sils”, GPS 56.840358, 26.190333
Wednesday, August 4th	9.00–18.30	Excursions	
	19.00	EFOL Annual meeting	Restaurant “Efeja” Saules iela 30, Madona
Thursday, August 5th	11.00	Relay, Prize giving ceremony relay, closing ceremony	Sports and Recreation complex “Smeceres sils”, GPS 56.840358, 26.190333



SEVERAL ORIENTEERING COMPETITIONS ARE TAKING PLACE IN LATVIA, IN WHICH YOU ARE WELCOME TO PARTICIPATE:



Day, Date	Competition	Location
30.07.-02.08.	Kāpa 2021. Three-day orienteering event	The biggest orienteering competition in Latvia, bringing together up to 2000 participants https://2021.kapa.lv/en/
Saturday, August 7 th	Latvian Championship long	Līgatne https://lof.lv/?p=sac&fid=2021050900
Sunday, August 8 th	Mežmalu cup relay	Ērgļi https://lof.lv/?p=sac&fid=2021080700

GENERAL INFORMATION

ACCOMODATION

We have a special hotel offer for the participants. Hotel reservation applications send by e-mail: tic@madona.lv

EVENT CENTRE

Sports and Recreation complex "Smeceres sils", Lazdonas pag., Madonas nov., LV-4824
GPS 56.840358, 26.190333

Contact phone: Dagnis Dubrovskis +371 26436873; e-mail: dagnis.dubrovskis@llu.lv

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.

IDENTIFICATION

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

PARKING

Parking is free of charge

INFORMATION

27. EFOL homepage (information, live results, official results):

Facebook: www.facebook.com/EFOL-207333635975687/

EFOL homepage: www.efol.eu

COMPETITION GROUPS

Sprint & Middle: M/W10, M/W12, M/W14, M/W16, M/W18, M/W20, M/W21, M/W35, M/W40, M/W45, M/W50, M/W55, M/W60, M/W65, M/W70, M/W75, M/W80, OPEN (Easy, similar to W12)

Relay: M/W12, M/W14, M/W18, M/W20, M/W21, M/W105, M/W135, M/W165, M/W195, OPEN

PARTICIPATION FEES

		Born 2007 –
Competition fees	53 €	0 €
Registration for a single competition Open class	13 €	0 €
Rental badge SI	5 €	2 €
Excursion 1, 2, 3	See page 10-19	See page 10-19
Banquet	25 €	19 €
Forest seminar	0 €	0 €

ELECTRONIC PUNCHING SYSTEM

During the event, the SPORTident timekeeping system will be used.

ENTRIES

Entries must be submitted by 15.07.2021. Payments must be submitted by 20.07.2021.

Online entries can be made here: <https://forms.gle/M9JB73u4Lgj4om7P6>

Biedrība "Meža sports"

Reg.No.: 40008078921

Address: Akadēmijas iela 11, Jelgava, LLU Meža fakultāte, LV-3001

Bank: AS SEB banka

S.W.I.F.T.: UNLALV2X

LV09UNLA0050003789509

TERRAIN



Foresters middle:

Map scale – 1:10 000 or 1:7 500 (1:7 500 for age groups MW65 and older), contour interval 2.5 m. Pine forests of different ages prevail in the area. Medium, big-sized relief forms concentrated in area.

Sprint:

For sprint event Map scale 1:5 000, contour interval 2,5 m

Relay:

Map scale – 1:10 000 or 1:7 500 (1:7 500 for older age groups), contour interval 5m. Spruce and broadleaf forests of different ages prevail in the area. Medium, big-sized relief forms concentrated in area. Dense network of roads and trails.

COURSES "FORESTERS MIDDLE"

Men	km	KP	Women	km	KP
M10	1,5	6	W10	1,5	6
M12	2,2	8	W12	2,2	8
M14	3,2	12	W14	3,2	12
M16	5,0	14	W16	4,1	12
M18	6,3	18	W18	4,6	15
M20	6,4	16	W20	5,0	14
M21	7,9	19	W21	5,5	16
M35	6,4	16	W35	5,0	14
M40	6,3	18	W40	5,0	14
M45	5,5	16	W45	4,6	15
M50	5,5	16	W50	4,6	15
M55	5,0	14	W55	4,1	12
M60	4,6	15	W60	3,9	12
M65	3,9	12	W65	3,3	11
M70	3,3	11	W70	3,0	10
M75	3,0	10	W75	3,0	10
M80	2,2	8	W80	2,2	8
Open	2,2	8			

COURSES "SPRINT"

Men	km	KP	Women	km	KP
M10	1,0	9	W10	1,0	9
M12	1,7	17	W12	1,7	17
M14	2,3	19	W14	2,1	19
M16	3,1	25	W16	2,3	19
M18	3,6	32	W18	3,0	22
M20	3,6	32	W20	3,0	22
M21	3,7	33	W21	3,3	28
M35	3,7	31	W35	2,6	20
M40	3,7	31	W40	2,6	20
M45	3,3	27	W45	2,3	20
M50	3,3	27	W50	2,3	20
M55	3,1	25	W55	2,2	20
M60	3,1	25	W60	2,2	20

M65	2,2	20	W65	2,1	19
M70	2,1	19	W70	2,1	19
M75	2,1	19	W75	1,7	17
M80	1,7	17	W80	1,7	17
Open	2,3	19			

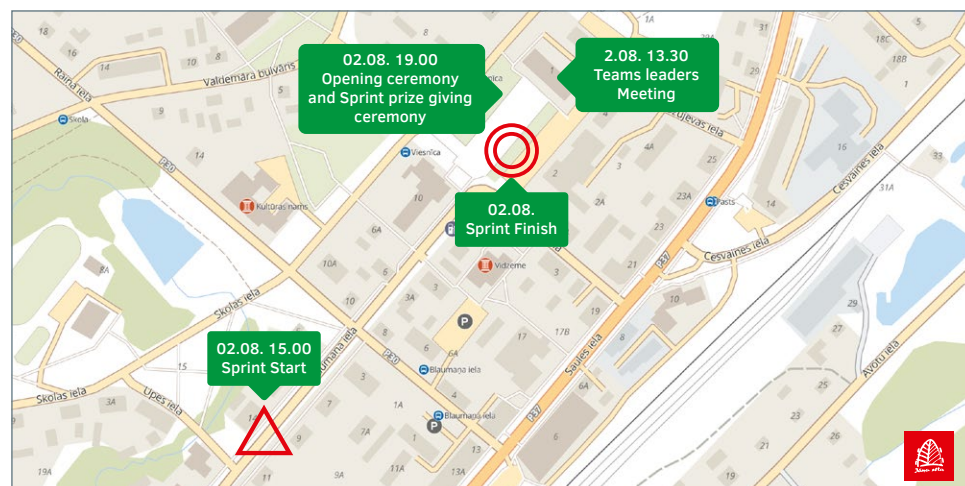
COURSES RELAY

Age groups for women and men 105, 135, 165 and 195 represents sum of ages for 3 runners, where youngest runner should be born in 1986 or earlier.

The deadline of the nominal entry for the relay competition is 03/08/2021 at 23.59!

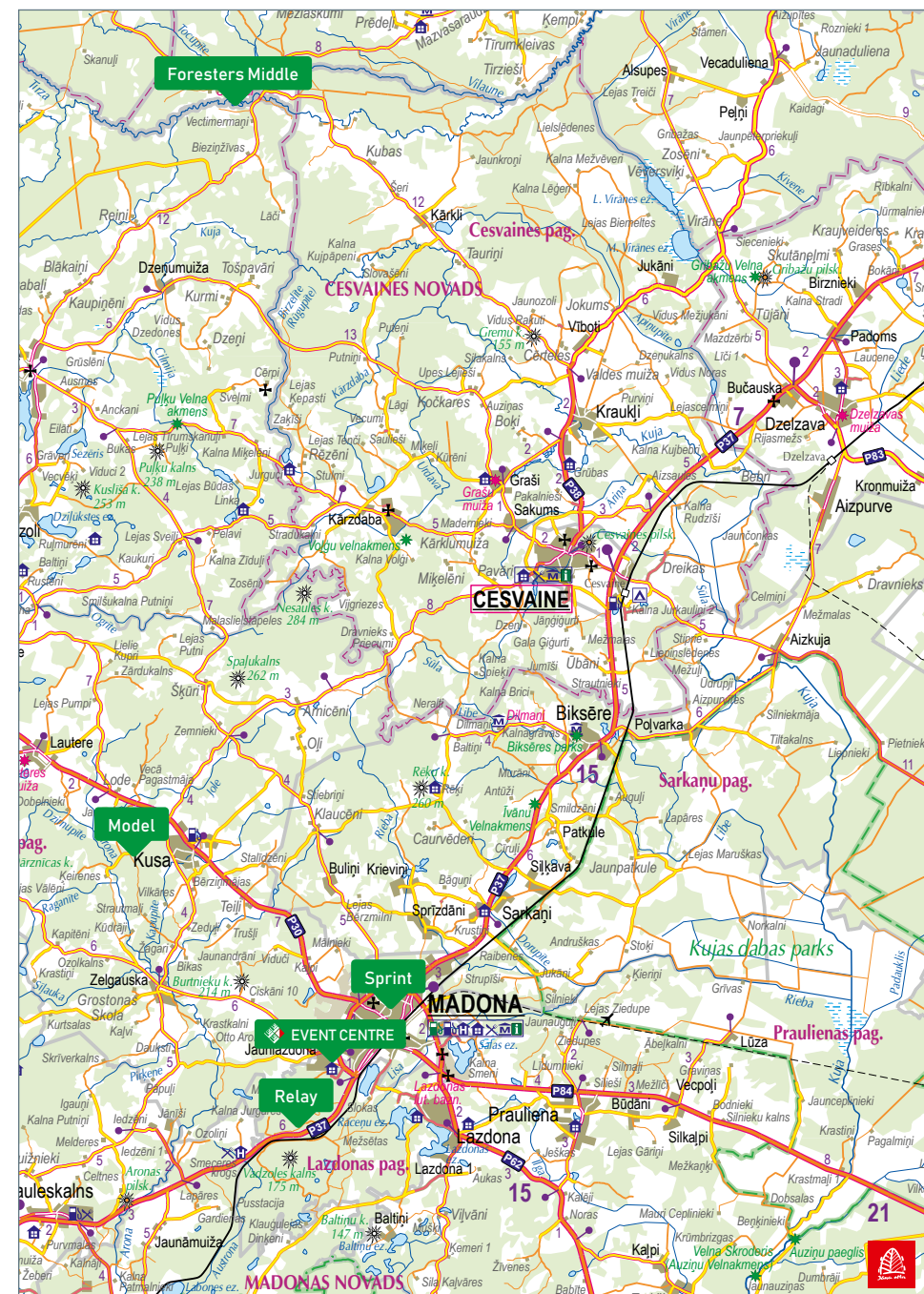
Lengths of courses will be specified

Men	km	Women	km	Number of legs
M12	2,5	W12	2,0	2
M14	3,5	W14	3,0	2
M18	4,5	W18	4,0	2
M20	5,5 - 6,0	W20	3,5 - 4,5	2
M21	5,5 - 6,0	W21	3,5 - 4,5	3
M105	5,0	W105	4,0	3
M135	4,5	W135	3,5 - 4,0	3
M165	4,0	W165	3,5	3
M195	3,5	W195	3,0	3
OPEN				



EVENT LOCATION

0 2 km



EXCURSIONS

1. LATVIAN RURAL BEAUTY – KALSNAVA, ĒRĢĻI



Excursions in English, trip about 150 km.

Driving with your own transport. In the objects you have to arrive independently. The owners of the objects will welcome you at the specified time and place.



Price: 32 € / person.

Application and payment in cash – on 1st of August and 2nd of August (until 12.00) at EFOL 2021 event office.



Distance from Madona 17 km.

9.30 – 10.30

GOAT BREEDING FARM “LĪVI”.

There are about 400 goats in the herd, and the milk produced on the farm is processed in the on-site cheese factory. The main product is variety of soft goat's milk cheeses. During the tourism season we also offer goat's milk ice cream and sweet cheeses. Talks about farming in the Latvian countryside, cheese tasting.

Address: Ozolkrogs, Bērzaunes pagasts, Madonas novads, tel. +371 29187164

Lat, lon: 56.824639, 25.995197

Address in Google Maps: “Līvi”, zemnieku saimniecība, Ozolkrogs, Bērzaunes pagasts

Driving 20 km.

11.00 – 13.00

LATVIAN STATE FOREST “KALSNAVA ARBORETUM”.

One of the most beautiful gardens in Latvia, various collections can be seen together. For example, more than 300 species and varieties of conifers. The largest number of visitors arrives here in June, when one of the largest publicly available peony collections in the Baltics with more than 280 varieties blooms can be seen.

Address: Ogu Tves, Jaunkalsnava, Kalsnavas pagasts, tel. +371 27841099

Lat, lon: 56.686340, 25.944353

Address in Google Maps: Latvijas valsts meži, Kalsnavas arborētums, Kalsnavas pagasts



Driving 2 km.

13.10 – 14.10

LUNCH AT CAFE “ĢIMENES SĒTA”.

A representative of the “Kalsnava Arboretum” will guide you to the cafe.

Address in Google Maps: Ģimenes sēta, Jaunkalsnava, Kalsnavas pagasts

Driving 40 km.

15.00 – 16.00

19TH CENTURY COUNTRY HOMESTEAD “MEŅĢEĻI”.

here is located the museum of brothers Jurjanis, the founders of Latvian music. Scenic sights, a touch of history and Latvian traditions.

Address: Meņģeļi, Ērģļu pagasts, Madonas novads, tel. +371 29431659

Lat, lon: 56.876733, 25.699682

Address in Google Maps: Brāļu Jurjānu memoriālais muzejs “Meņģeļi”, Ērģļu pagasts

Driving 14 km.

16.20 – 17.50

RECREATION YARD “TILTIŅI”.

Young owners Ilze and Mārcis have created a place for creative activities in the countryside, in a quiet forest edge. Guests are offered various workshops: home-brew laboratory, making of fire sculptures, casting of candles, creation of soap, etc. In the forest, there is a walking route with the opportunity to experience the forest night cinema. During our tour we will meet with the hosts, see the farmstead, participate in forging of jewelry and taste the strong home-brew drink.

Address: Tiltiņi, Sausnējas pagasts, Madonas novads, tel. +371 28330027.

Lat, lon: 56.813668, 25.645240

Address in Google Maps: Radošās atpūtas pagalmi “Tiltiņi”, Sausnējas pagasts

Driving till Madona 52 km, arrival around 18.40.

2. LATVIAN RURAL BEAUTY – LUBĀNA



Excursions in English, trip about 100 km.
Driving with your own transport. In the objects you have to arrive independently.
The owners of the objects will welcome you at the specified time and place.



Price: 32 € / person
Application and payment in cash – on 1st of August and 2nd of August (until 12.00)
at EFOL 2021 event office.

Distance from Madona 6,5 km.

9.00 – 10.20

TEA HOUSE “PLŪKT”.

A small family business that produces naturally harvested Nordic teas from meadows and forest plants. The products are exported to 14 countries. Meetings with the hosts, conversations and a master class on enjoying the tea.

Address: Sauleslēta, Prauliena, Madonas novads, tel. +371 26459897

Lat, lon: 56.832385, 26.302847

Address in Google Maps: 55 Mārītes, Sauleslēta, Praulienas pagasts

Driving 35 km.

11.00 – 12.00

LUBĀNA. LUBĀNA CULTURAL HISTORY AND CRAFTS CENTER.

The story of a local guide about the values and traditions of a small town, the exhibition “Paintings and costumes”, a look at the works of local craftsmen: knitwear, woven products, rag decks, wickerwork, masks, wooden products, jewelry.

Address: Oskara Kalpaka iela 4, Lubāna, tel. +371 26374962

Lat, lon: 56.902624, 26.721979

Address in Google Maps: Oskara Kalpaka iela 4, Lubāna, Lubānas pilsēta

Driving 1 km.

12.10 – 13.10

LUNCH AT CAFE “KLĀNI”.

Guide from Lubana will take you to the cafe.

Address in Google Maps: Baložu iela 2, Lubāna, Lubānas pilsēta

13.15 – 14.15

LUBĀNA WINERY.

Using world acknowledged traditional winemaking methods. Distillates, white and sparkling wines are made from Latvian fruits and berries. Meeting with the owner, tour around the winery, tasting of wines.

Address: Parka iela 6, Lubāna, tel. +371 29102399.

Lat, lon: 56.905799, 26.713831

Address in Google Maps: Lubānas Vīnotava, Parka iela 6, Lubāna, Lubānas pilsēta



Driving 6 km.

14.30 – 16.00

LATVIAN STATE FOREST NURSERY “PODIŅI”.

The company says they are among the world's largest nurseries of bare-root plants with improved root system. Forest tree seedlings – spruce, black alder, birch, are grown here in large quantities.

Address: Podiņi, Indrānu pagasts, Lubānas novads, tel. +371 29197339.

Lat, lon: 56.923316, 26.785269

Address in Google Maps: Latvijas valsts meži, Podiņu kokaudzētava, Podiņi, Indrānu pagasts

Driving 26 km, Podiņi – Stalīdzāni.

16.40 – 18.00

WOOD WOOL MASTER.

Believe it or not that wool can also be made from wood? Craftsman Ritvars Točs has acquired centuries-old Baltic skills in obtaining plant and tree wool, as well as learned the healing properties of plant and tree wool. Guests are welcomed in a simple private house, the host's story could be compared to a shaman's ritual.

Address: Aiviekstes iela 15, Stalīdzāni, Barkavas pagasts, Madonas novads.

Lat, lon: 56.763980, 26.544900

Address in Google Maps: Aiviekstes iela 15, Stalīdzāni, Barkavas pagasts

Driving till Madona 23 km, arrival around 18.30.

3. LATVIAN RURAL BEAUTY - CESVAINE, KALSNAVA



Excursions in English, trip about 100 km.

Driving with your own transport. In the objects you have to arrive independently. The owners of the objects will welcome you at the specified time and place.



Price: 28 € / person

Application and payment in cash – on 1st of August and 2nd of August (until 12.00) at EFOL 2021 event office.



Distance from Madona 16 km.

9.30 – 11.00

CESVAINE.

Walking tour with a local guide. You will see: Cesvaine castle and manor complex, park, tourist center, art and music school, craft salon "Divi torņi", Cesvaine forest extinguishing station.

Address: Pils iela 1A, Cesvaine, tel. +371 26550811

Lat, lon: 56.968546, 26.310700

Address in Google Maps: Pils iela 1A, Cesvaine, Cesvaines pilsēta

11.10 – 12.10

GALLERY OF CROSS STITCH PAINTINGS.

Everyone of us has a hobby. Vineta Meistere's passion is embroidery. In the private house of the hostess, a small gallery with about 60 cross-stitch paintings has been set up. There will be an opportunity to "try your hand" at embroidery.

Accompanied by Cesvaine guide.



Driving 4 km.

12.20 – 13.50

COUNTRY HOUSE "PIE SIEVASMĀTES".

Lunch and rest break in a country house. A meal from local products and a "surprise" from the hostess. The owner's hunting trophies can be seen.

Accompanied by Cesvaine guide.

Address in Google Maps: Pie sievasmātes, Brīvdienu māja, Cesvaines pagasts

Driving 4 km.

14.00 – 15.30

CESVAINE BEER BREWERY.

Excursion and tasting in one of the smallest craft breweries in the Baltics. Aldaris continues the brewing traditions started during the Cesvaine manor. Excursion and tasting.

Accompanied by Cesvaine guide.

Address in Google Maps: Cesvaines Alus darītava, Rūpnīcas iela 1, Cesvaine

Driving 46 km, Cesvaine – Madona – Jaunkalsnava.

16.30 – 18.00

LATVIAN STATE FOREST "KALSNAVA ARBORETUM".

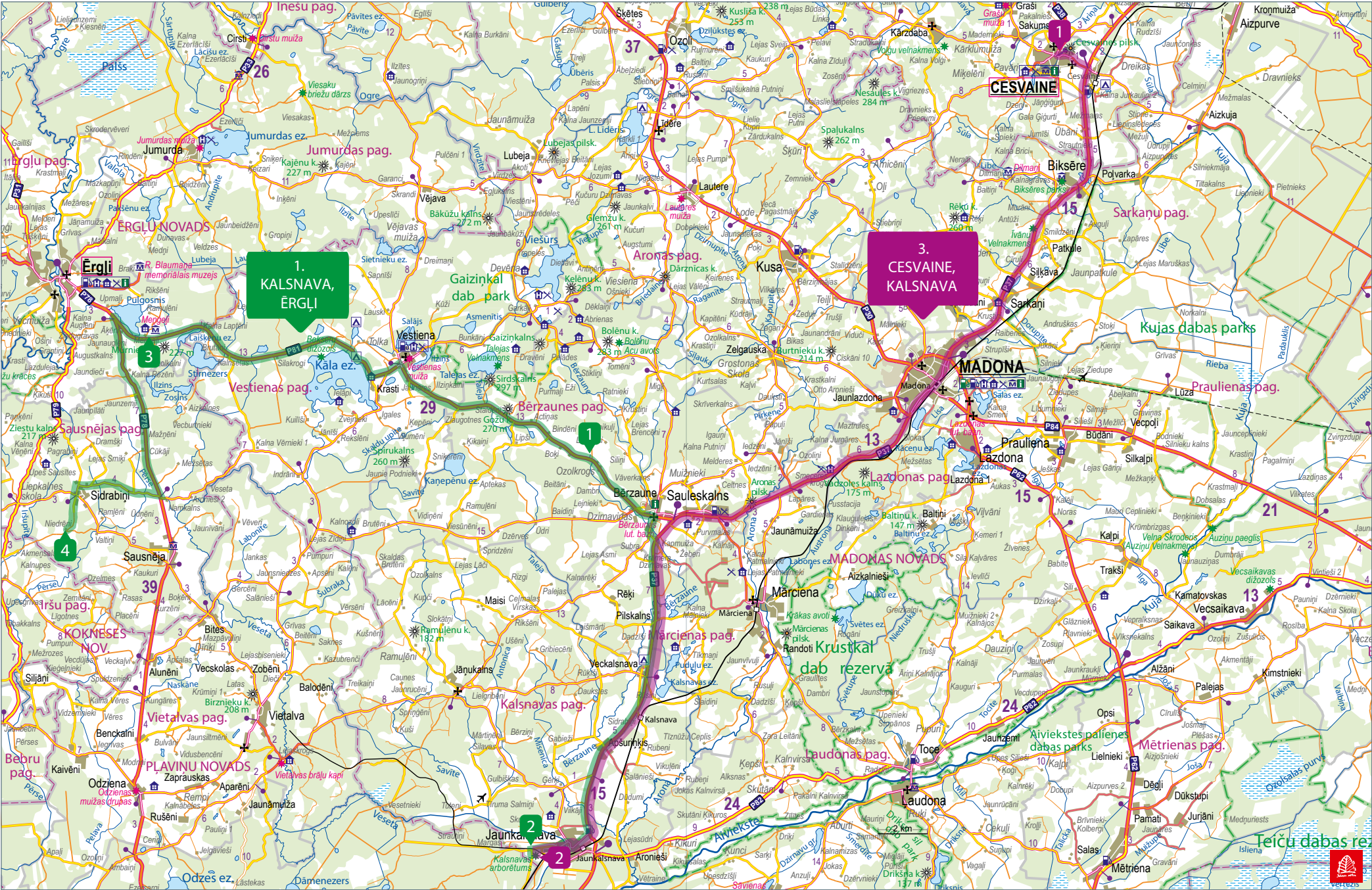
One of the most beautiful gardens in Latvia, various collections can be seen together. For example, more than 300 species and varieties of conifers. The largest number of visitors arrives here in June, when one of the largest publicly available peony collections in the Baltics with more than 280 varieties blooms can be seen.

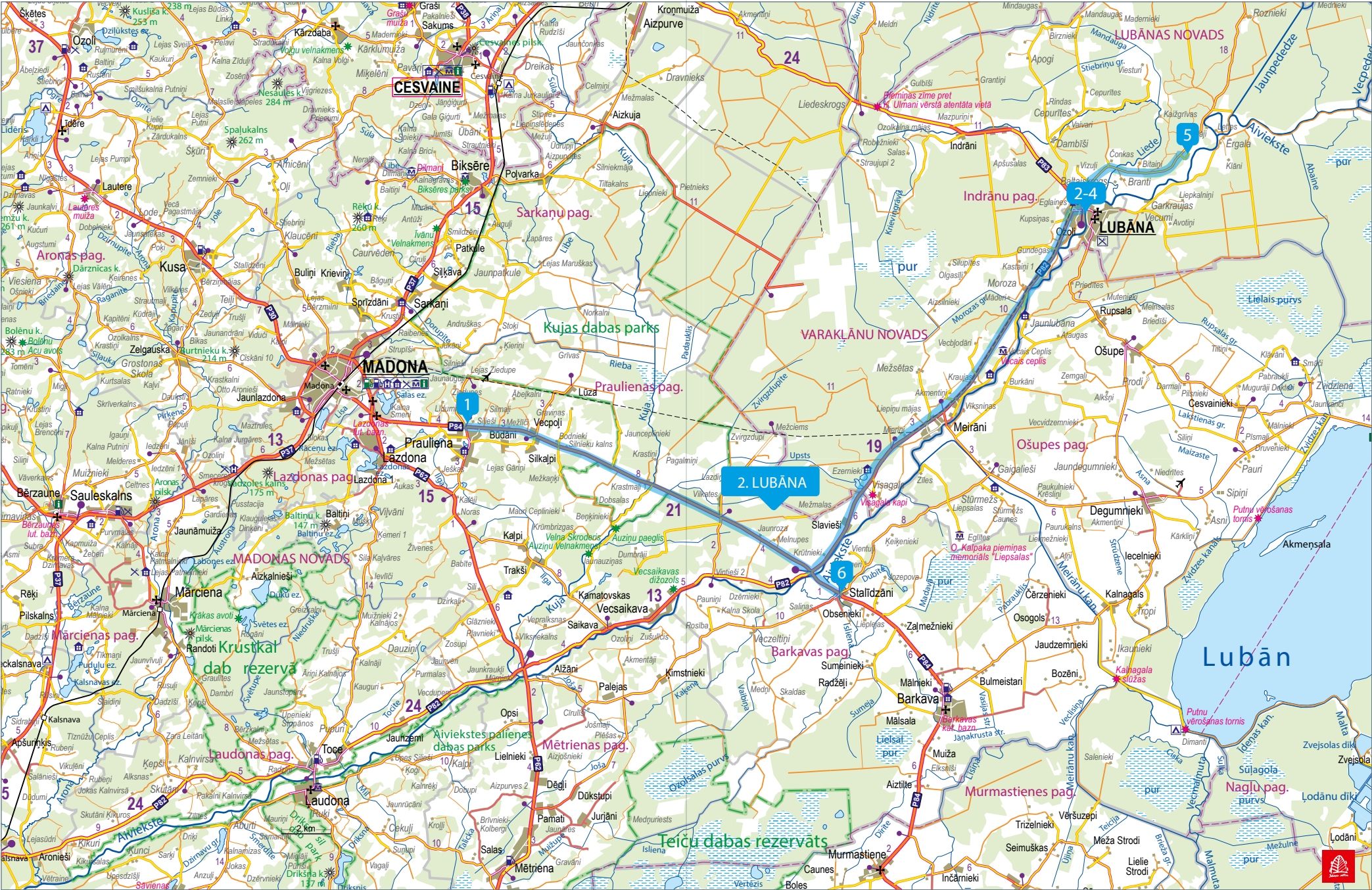
Address: Ogu Īves, Jaunkalsnava, Kalsnavas pagasts, Madonas novads, tel. +371 27841099.

Lat, lon: 56.686340, 25.944353

Address in Google Maps: Latvijas valsts meži, Kalsnavas arborētums, Kalsnavas pagasts

Driving till Madona 30 km, arrival around 18.40.





INFORMATION FOR PARTICIPANTS ON THE PROVISIONS FOR PREVENTING THE SPREAD OF COVID-19

INFORMATION FOR TRAVELLERS TO LATVIA ON THE PROVISIONS FOR PREVENTING THE SPREAD OF COVID-19

<https://www.mfa.gov.lv/en/consular-information/news/66019-emergency-situation-in-latvia-to-restrict-the-spread-of-covid-19>

COVID-19 CONTROL MEASURES

<https://covid19.gov.lv/en/support-society/how-behave-safely/covid-19-control-measures>

LATVIAN ORIENTEERING FEDERATION RULES FOR ORGANISING THE COMPETITION FOR PREVENTING THE SPREAD OF COVID 19

<https://lof.lv/lof-aktualitates?id=257&t-h4sacensibu-rikosana-no-15.06.2021h4>

SPECIAL NOTE FOR BANQUET AND PRIZE GIVING CEREMONY:

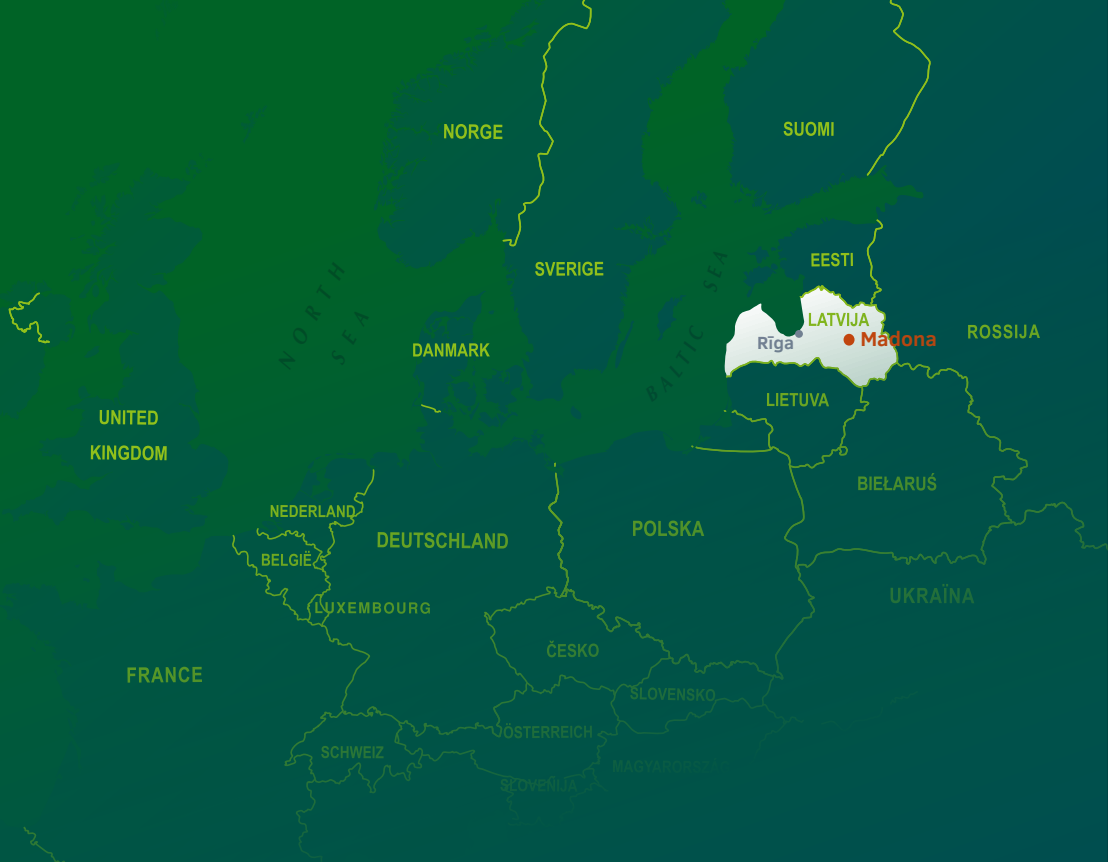
It is allowed to attend events for persons who are vaccinated, recovered from Covid-19, and tested persons. Parents may attend events together with their children who have not been vaccinated and haven't recovered from Covid-19 if the children are under the age of 13; no Covid-19 tests will be required in these cases.

All events will be organised outdoors!

SAFE AND HEALTHY LIVING CONDITIONS

FACE MASK

Measures applying to all people	Persons vaccinated and/or recovered from Covid-19	Persons who are vaccinated, recovered from Covid-19 and tested persons
■ A face mask must be used by everyone from the age of 7 in premises outside their household whenever there is more than one person in the room. ■ A homemade mask should be made of at least three layers of suitable material (cotton, nylon, etc.) and have ties to secure it behind the ears or behind the head. ■ Wearing a face mask is not obligatory for children under 7 years of age or for people who have difficulty wearing a mask due to medical reasons, for example, due to functional impairments. ■ Face shields may only be used together with a mask. ■ A face mask must be worn in places with a high traffic of people, such as points of sales and public transport ■ A face mask must be worn in public catering places outdoors when not being at a table including outdoor terraces	■ The face mask may not be used indoors, outdoors, in private or public events where vaccinated people or people recovered from Covid-19 gather. ■ Mouth and nose coverings still must be worn in public transport.	■ Face masks should be used in rooms where vaccinated, Covid-19 recovered or tested individuals gather.



RESULTS AND MORE INFORMATION:

Official Homepage:

www.efol.eu/html/efol2021.html

Competition homepage (OK ARONA):

www.okarona.lv/ok_arona/jaunumi.php

- Start list
- Live results
- Official Results
- Pictures