

SWEDEN, KARLSKRONA
29th JUNE – 4th JULY



TRAINING BULLETIN 1



<u>BULLETIN TRAININGS JWOC 2026</u>	<u>2</u>
<u>LIST OF TRAININGS.....</u>	<u>2</u>
<u>COST.....</u>	<u>3</u>
<u>ORDER.....</u>	<u>4</u>
<u>CONTROLS</u>	<u>4</u>
<u>GUIDELINES</u>	<u>4</u>
<u>DETAILED DESCRIPTION OF EACH TRAINING</u>	<u>5</u>
<u>ACCOMMODATION</u>	<u>16</u>

Bulletin trainings JWOC 2026

Welcome to the JWOC 2026 training camps in Karlskrona! We offer you to train in similar terrains as the JWOC 2026 will take place in. Official training courses will be available during three periods:

- January 2025 to 17 August 2025
- November 2025 to March 2026
- March 2026 to June 2026

After each period, we will update the bulletin with new trainings.

Official training camps will be organized in the following dates:

- 29-31 October 2025 JWOC official training camp n.1
 - Wednesday-Friday: 6 trainings
 - Saturday: National competition
 - Sunday: National competition
- 17-22 April 2026 JWOC official training camp n.2
 - Wednesday-Friday: 6 trainings
 - Saturday: National competition
 - Sunday: National competition

There will be national competitions in relevant terrains:

- 15 March 2025 national competitions (long), Jämsjö
<https://eventor.orientering.se/Events/Show/49075>
- 16 March 2025 national competitions (middle), Jämsjö
<https://eventor.orientering.se/Events/Show/49076>
- 1 November 2025 national competitions (long), Ulvasjömlå
<https://eventor.orientering.se/Events/Show/49293>
- 2 November 2025 national competitions (middle), Ulvasjömlå
<https://eventor.orientering.se/Events/Show/49294>
- 14-15 March 2026 national competitions (long, middle), Jämsjö



List of trainings

The location of the training is shown on the map with embargoed areas:

<https://www.google.com/maps/d/edit?mid=1uLETIH5tx1fQNPxGU9AFefOvzPRgWUg&usp=sharing>

No.	Availability	Map	Type of training
1	21/2-25 – 31/3-25 1/6-25 – 14/8-25	Dragda	Long distance
2	21/2-25 – 31/3-25 1/6-25 – 14/8-25	Dragda	Orienteering-intervals
3	1/6-25 – 14/8-25	Kråkerum	Corridor
4	5/1-25 – 31/3-25, 1/7-25 – 14/8-25	Färskejön	Middle distance
5	5/1-25 – 31/3-25, 1/7-25 – 14/8-25	Färskejön	One-man relay
6	5/1-25 – 31/3-25	Färskejön	Long distance
7	5/1-25 – 31/3-25, 1/7-25 – 14/8-25	Twisten	Middle distance
8	5/1-25 – 31/3-25, 1/7-25 – 14/8-25	Twisten	Corridor
9	5/1-25 – 17/8-25	Björkholmen	Forked sprint intervals
10	5/1-25 – 17/8-25	Pantarholmen	Sprint
11	5/1-25 – 17/8-25	Pantarholmen	Forked sprint intervals



Cost

You have different possibilities to buy maps for training:

- Printed map with official training course: 70 SEK per athlete/training
- Purchase of the map file (OCAD): 3 000 SEK per team + 30 SEK per athlete/training

Payment is made by invoice, which is sent to the person ordering the training products.

Invoice is to be paid within 30 days.

Order

Please order your training maps at least 10 days before your arrival. You will receive maps printed in good quality. You will receive the ordered maps at Orionstugan (<https://maps.app.goo.gl/tuSYZisRsPg8Mfc77>) or by individual agreement.

To order trainings or in case of any questions contact us at trainings@jwoc2026.se

Enter responsible person or association, address and e-mail for invoicing in connection with order.

Controls

All controls in the forest trainings are marked with a 30 cm meter long orange/ white wooden stick with reflex for night training and a red/white tape.

If a control marking is missing, please let us know so we can put a new one out again.

Controls will not be marked in the terrain in the sprint trainings.

Guidelines

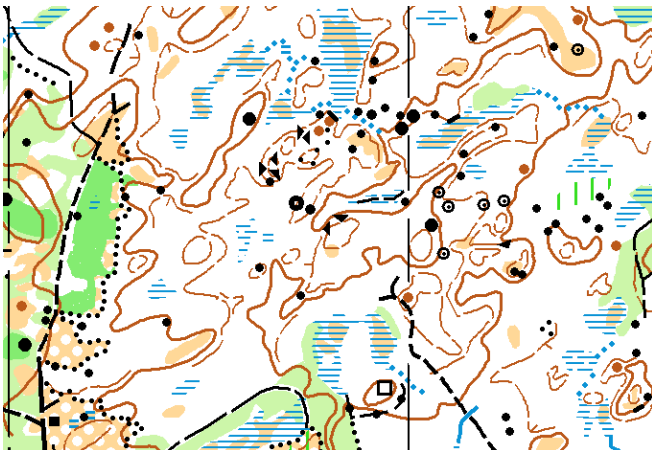
Please respect the following notes during your trainings, as we need to work together for a great JWOC 2026 in Karlskrona. We have a good cooperation with local authorities in the region and we want to take good care of that, so it stays that way. The goal is that everyone will be happy with our JWOC organization and locals will look forward to welcome you and follow the competitions in 2026.

That means:

- Train only during the time periods when it is allowed and respect the embargoed areas.
- If you put out orienteering flags, tape or plastic bands to mark controls you need to collect them after and please let us know about it in advance.
- Be respectful to other people you may encounter during your trainings: landowners, forest workers, tourists, cyclists, pedestrians.
- Behave in a respectful manner towards the environment. Do not leave any garbage in the nature.
- Carefully check for ticks after each forest training, especially in the Spring. If you find one, don't panic but remove the tick as soon as possible. The safest way to remove a tick is to use a proper removal tool. Keep an eye on the bite site. If a large red rash develops, or if you feel unwell, tell the coaches.
- Everyone participates in the training/competitions at their own risk.

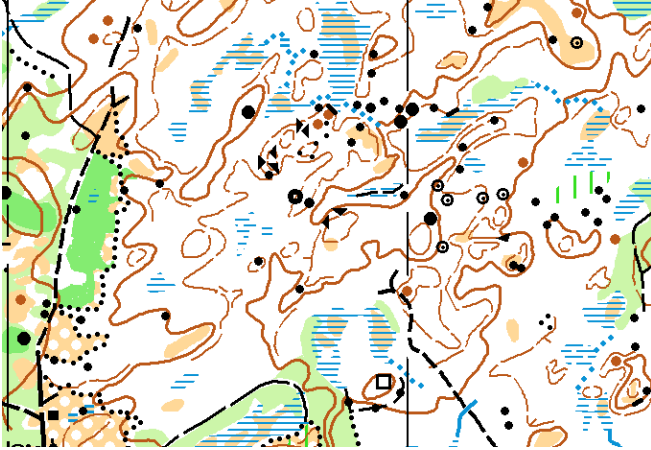


Detailed description of each training

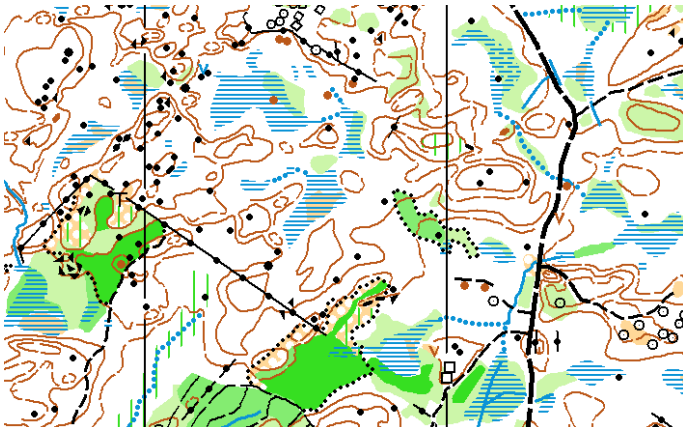
No. 1 - Dragda	
Date	21/2-25 – 31/3-25, 1/6-25 – 14/8-25
Type of training	Long distance. M – 11 km, W – 8 km
Relevant for	Long distance
Map	1:10 000 / E 2,5 m / A3 / Mapped 2024 by Kent Olsson
Course setter	Patrik Sjökvist
Terrain description	<p>The terrain is flat with varying richness of details. Parts of the area is old farmland and therefore contains many cairns, ruins and stone walls. Partly open forest with long range of sight, partly denser terrain with limited accessibility.</p> <p>What is drawn on the map as 526 Cairns, will for mostly all be drawn as 109 Small knolls on the JWOC-map.</p>
Parking	Dragda - https://maps.app.goo.gl/kyKqS4M1NneotpFx7 Park so that it is possible to drive past on the forest road.
Map samples	



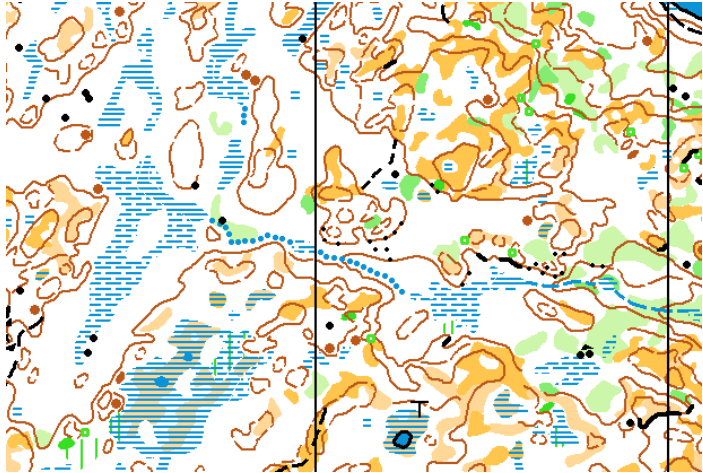
BULLETIN 1

No. 2 - Dragda	
Date	21/2-25 – 31/3-25, 1/6-25 – 14/8-25
Type of training	Orienteering-intervals. 6*1-1,5 km
Relevant for	Long distance
Map	1:10 000 / E 2,5 m / A3 / Mapped 2024 by Kent Olsson
Course setter	Måns Sandgren
Terrain description	<p>The terrain is flat with varying richness of detail. Parts of the area is old farmland and therefore contains many cairns, ruins and stone walls. Partly open forest with long range of sight, partly denser terrain with limited accessibility.</p> <p>What is drawn on the map as 526 Cairns, will for mostly all be drawn as 109 Small knolls on the JWOC-map.</p>
Parking	Dragda - https://maps.app.goo.gl/kyKqS4M1NneotpFx7 Park so that it is possible to drive past on the forest road.
Map samples	

BULLETIN 1

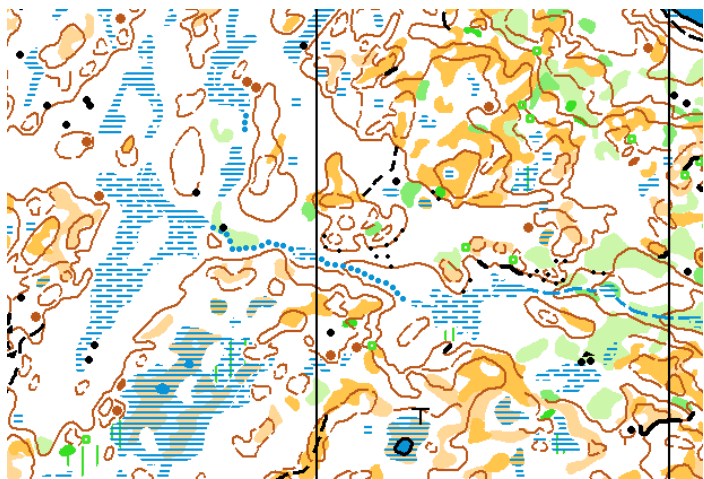
No. 3 - Kråkerum	
Date	21/2-25 – 31/3-25, 1/6-25 – 14/8-25
Type of training	Corridor. 3 – 11 km
Relevant for	Long distance
Map	1:10 000 / E 2,5 m / A3 / Updated 2024 by Kent Olsson
Course setter	Oscar Johansson
Terrain description	<p>Terrain is flat with varying richness of detail. Parts of the area is old farmland and therefore contains many cairns, ruins and stone walls. Partly open forest with long range of sight, partly denser terrain with limited accessibility.</p> <p>What is drawn on the map as 526 Cairns, will for mostly all be drawn as 109 Small knolls on the JWOC-map.</p>
Parking	Orionstugan - https://maps.app.goo.gl/iNuFvbiYYe7LQJJ9A
Map samples	

BULLETIN 1

No. 4 - Färskesjön	
Date	21/2-25 – 31/3-25, 1/6-25 – 14/8-25
Type of training	Middle distance. M – 5,5 km, W – 4,5 km
Relevant for	Middle distance / Relay
Map	1:10 000 / E 2,5 m / A3 / Updated 2023 by Kenth Kajsajunti
Course setter	Måns Sandgren
Terrain description	<p>Runnability is very good with open rock areas, but still O-technique demanding. The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Most rock areas have fast runnability and it can be a good tactic to use these areas on certain legs. But as usual in orienteering, you must select your route choices carefully. The terrain is flat and it is important to notice that also small height differences and slopes are shown on map.</p> <p>The small areas that is drawn on the map with 402 Open land with scattered trees, will mostly be drawn with 403 Rough open land on the JWOC-map.</p>
Parking	Färskesjöns badplats - https://maps.app.goo.gl/zasiFSE-fDJoi8GyX8
Map samples	

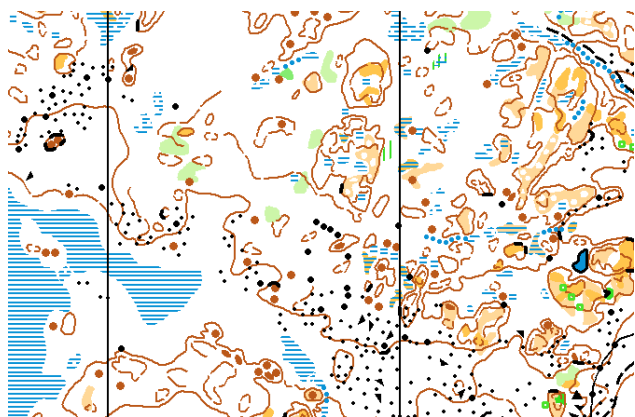


BULLETIN 1

No. 5 - Färskesjön	
Date	21/2-25 – 31/3-25, 1/6-25 – 14/8-25
Type of training	One-man-relay. M – 8 km, W – 6 km
Relevant for	Middle distance / Relay
Map	1:10 000 / E 2,5 m / A3 / Updated 2023 by Kenth Kajsajunti
Course setter	Måns Sandgren
Terrain description	<p>Runnability is very good with open rock areas, but still O-technique demanding. The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Most rock areas have fast runnability and it can be a good tactic to use these areas on certain legs. But as usual in orienteering, you must select your route choices carefully. The terrain is flat and it is important to notice that also small height differences and slopes are shown on map.</p> <p>The small areas that is drawn on the map with 402 Open land with scattered trees, will mostly be drawn with 403 Rough open land on the JWOC-map.</p>
Parking	Vassaslätt - https://maps.app.goo.gl/YXoWeL2RZYstS2e68
Map samples	

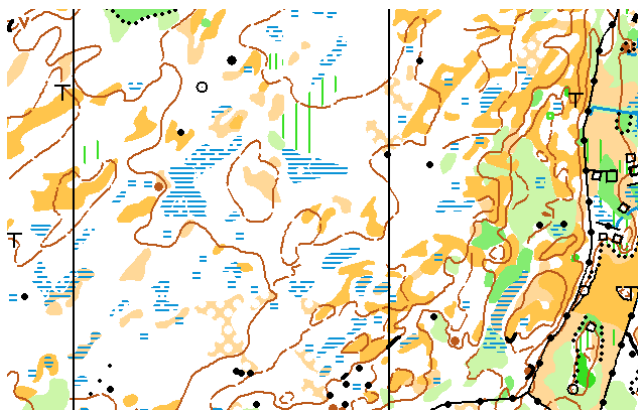


BULLETIN 1

No. 6 – Färskesjön / Tvisten	
Date	21/2-25 – 31/3-25, 1/6-25 – 14/8-25
Type of training	Long distance. M – 10 km, W – 8 km
Relevant for	Middle distance / Relay
Map	1:10 000 / E 2,5 m / A3 / Updated 2023 by Kenth Kajsajunti
Course setter	Måns Sandgren
Terrain description	<p>Runnability is very good with open rock areas, but still O-technique demanding. The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Most rock areas have fast runnability and it can be a good tactic to use these areas on certain legs. But as usual in orienteering, you must select your route choices carefully. The terrain is flat and it is important to notice that also small height differences and slopes are shown on map.</p> <p>The small areas that is drawn on the map with 402 Open land with scattered trees, will mostly be drawn with 403 Rough open land on the JWOC-map.</p>
Parking	Vassaslätt - https://maps.app.goo.gl/YXoWeL2RZYstS2e68
Map samples	

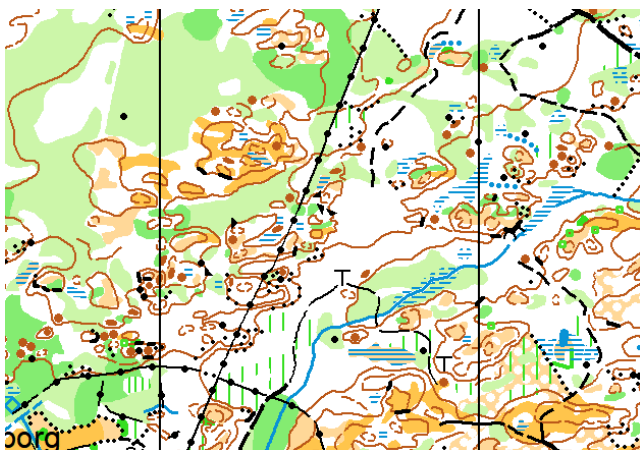


BULLETIN 1

No. 7 - Tvisten	
Date	21/2-25 – 31/3-25, 1/6-25 – 14/8-25
Type of training	Middle distance. M – 5,5 km, W – 4,5 km
Relevant for	Middle distance / Relay
Map	1:10 000 / E 2,5 m / A3 / Updated 2022 by Kenth Kajsajunti
Course setter	Magnus Larsson
Terrain description	<p>The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Big parts of the terrain have very fast runnability. This terrain is very flat and it is important to notice that also small height differences and slopes are shown on map. Due to the lack of height difference and also some parts with not so many details, being able to keep your compass direction is very important.</p> <p>The small areas that is drawn on the map with 402 Open land with scattered trees, will mostly be drawn with 403 Rough open land on the JWOC-map.</p>
Parking	Tvistens missionshus - https://maps.app.goo.gl/1VG7M5qwUWCPFFCt5
Map samples	




BULLETIN 1

No. 8 - Tvisten	
Date	21/2-25 – 31/3-25, 1/6-25 – 14/8-25
Type of training	Corridor. 5 – 13 km
Relevant for	Middle distance / Relay
Map	1:10 000 / E 2,5 m / A3 / Updated 2022 by Kenth Kajsajunti
Course setter	Pontus Petersson
Terrain description	<p>The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Big parts of the terrain have very fast runnability. This terrain is very flat and it is important to notice that also small height differences and slopes are shown on map. Due to the lack of height difference and also some parts with not so many details, being able to keep your compass direction is very important.</p> <p>The small areas that is drawn on the map with 402 Open land with scattered trees, will mostly be drawn with 403 Rough open land on the JWOC-map.</p>
Parking	Tvistens missionshus - https://maps.app.goo.gl/1VG7M5qwUWCPFFCt5
Map samples	

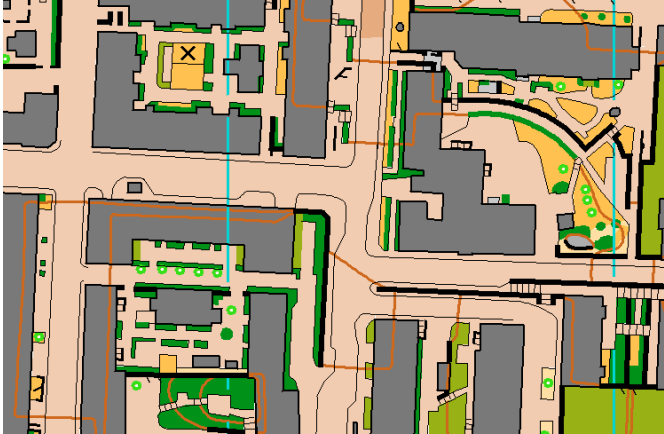


BULLETIN 1

No. 9 - Björkholmen	
Date	5/1-25 – 31/8-25
Type of training	Forked sprint intervals. 6*1 km
Relevant for	Sprint distance / Sprintrelay
Map	1:4 000 / E 2 m / A4 / Mapped 2023 by Pontus Petersson
Course setter	Oscar Johansson
Terrain description	The area mainly consists of residential buildings. The area also contains a park. The distribution of the surface is approx. 80% hard surfaces (asphalt and similar) and 20% soft surfaces (grass and similar). The area is moderately hilly, with some slightly steeper sections. Normal car traffic occurs on the streets in the area and it is the runner's responsibility to exercise caution and follow the traffic rules.
Parking	Chapmansplan - https://maps.app.goo.gl/va9E1xPcp6vXDo9KA Note - Parking fee
Map samples	

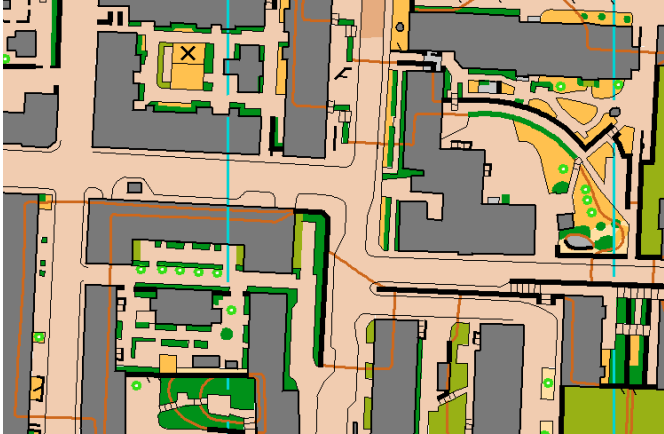


BULLETIN 1

No. 10 - Pantarholmen	
Date	5/1-25 – 31/8-25
Type of training	Sprint. 3 km
Relevant for	Sprint distance / Sprintrelay
Map	1:4 000 / E 2 m / A4 / Mapped 2024 by Pontus Petersson
Course setter	Pontus Petersson
Terrain description	The area consists of irregular housing development with many fences. There is also a larger park area with very good accessibility. The distribution of the surface is approx. 70% hard surfaces (asphalt and similar) and 30% easy-running soft surfaces (grass and similar). The area is moderately hilly, with some slightly steeper sections. Normal car traffic occurs on the streets in the area and it is the runner's responsibility to exercise caution and follow the traffic rules.
Parking	Tullparken - https://maps.app.goo.gl/WFQMYjrDr223YMPQ8
Map samples	



BULLETIN 1

No. 11 - Panterholmen	
Date	5/1-25 – 31/8-25
Type of training	Forked sprint intervals. 6*1 km
Relevant for	Sprint distance / Sprintrelay
Map	1:4 000 / E 2 m / A4 / Mapped 2024 by Pontus Petersson
Course setter	Pontus Petersson
Terrain description	The area consists of irregular housing development with many fences. There is also a larger park area with very good accessibility. The distribution of the surface is approx. 70% hard surfaces (asphalt and similar) and 30% easy-running soft surfaces (grass and similar). The area is moderately hilly, with some slightly steeper sections. Normal car traffic occurs on the streets in the area and it is the runner's responsibility to exercise caution and follow the traffic rules.
Parking	Tullparken - https://maps.app.goo.gl/WFQMYjrDr223YMPQ8
Map samples	



Accommodation

Here are some examples of good accommodation with distance indicated from Jämfö.

- Orionstugan – 1 km from Jämfö. There are two cabins with a total of 8 beds and quite a lot of space on hard surface inside the clubhouse.
- [Olsängsgården](#) - 11 km away is a camp yard with 70 beds and a large kitchen.
- [Kustgården Senoren](#) - 15 km away is a facility with both cabins, accommodation and camping. There are a total of 140 beds.
- [Folkets hus Jämfö](#) - Hard surface with large surfaces and good kitchen. No shower, but it can be arranged at Jämfö idrottsplats next door. Book on +46 70 830 3262.
- [Jämfö idrottsplats](#) - Possibility of living on hard surface in a clubhouse.
- [Lyckåhem](#) - 15 km away is an affordable hostel.
- [Dragsö camping](#) - 23 km away. Camping and cottages near the centre of Karlskrona.
- [Sandhamn Marine](#) - 13 km away. One of Sweden's most popular pitches with a view of the guest harbour. There are also some cabins with 2–5 beds.
- [Brofästet Senoren](#) - 12 km away. Popular pitch with many pitches that are beautifully located next to the magnificent Möcklösund Bridge. There are also some cabins.
- [Trummenäs camping](#) - 10 km away. Camping which also has a small number of cabins.

If you have questions about the accommodation contact Event director Martin Johansson - martin.johansson@iwoc2026.se

