

Training packages for 10MILA 2027

Courses and training for the whole club — from juniors to seniors



13 training areas



CLOSE TO VÄSTERVIK

Short journeys to all training areas.



A VARIED PROGRAMME

Middle- and long-distance training—and, of course, relays.



NIGHT AND DAY

Trainings for both daytime and night orienteering.



30 October 2026

to

1–2 May 2027

10
MILA

ORDER
TRAINING PACKAGES
HERE



A MAJOR TRAINING WEEKEND AT EASTER 2027!

We aim to offer a major training weekend with several high-quality sessions throughout Easter 2027. One week before the start of the 2027 swedish relay season, and with five weeks to go until 10MILA, it will be the perfect start to the competition season.

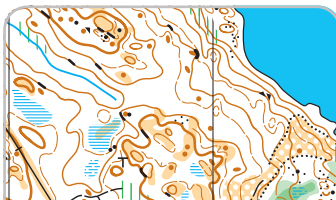
A selection of our training packages — for more options and maps, visit 10mila.se



GRÄNSÖ

Detailed coastal terrain with distinct hills and good visibility — ideal for precise technical orienteering.

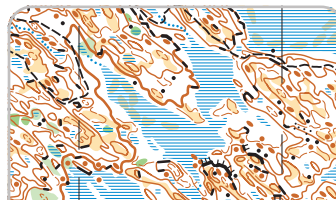
Relay training



GÄDDEGLO

Gäddeglo offers open, runnable forest, well suited to speed training and mass-start relay training.

Relay training



MÖRKEKÄRR

Open forest with detailed sections and larger marshes, providing varied orienteering and changes of pace.

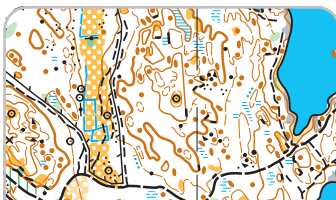
Long distance/intervals



ÄPPELLUNDEN

An area with varied runnability and relief, offering several route-choice options.

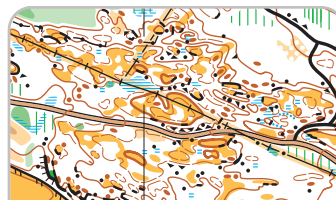
Middle distance



LILLÖN

A small but attractive and technically demanding area, with intensive orienteering that calls for quick decisions.

Loops



VÄSTERVIK RESORT

A varied area with a mix of open and denser sections, some with intricate detail. Run straight from your cabin.

Forked middle distance