

# BULLETIN #3



Foto: Göran Johansson

**Recharge your batteries  
– see you in Tranås!**

**2–3 May 2026**

**10**  
**MILA**  
**TRANÅS 2026**



**TRANÅS  
KOMMUN**

- **INVITATION**  
– 6 pages of key facts – registration open
- **SANNA**  
– doctor's prescription for Tranås terrain
- **WELL PREPARED**  
– 9 training packages in store for spring

# WELCOME TO TRANÅS



## Quality of life by the lakeshore!

Imagine a place that promotes a healthy work-life balance, where nature is next door and business thrives in harmony with a high quality of life. That place is Tranås – the gem at the outlet of the Svartån River into Lake Sommen. While visiting for 10MILA, take to opportunity to discover why more and more people choose to live, work and thrive right here.

**Close to nature.** No matter where you live, you are only a stone's throw from deep forests, Lake Sommen's shimmering waters, and excellent opportunities for outdoor life. Perfect for families, recreational athletes and nature lovers.

**Everything is close. Leave the stress behind!** You rarely have more than five minutes to work, school or leisure activities. Also, our optimal location along the main railway line and close to the E4 highway, offer excellent transport and commuting opportunities to larger cities such as Jönköping and Linköping – or onward to the rest of the world.

**Many paths to knowledge.** We are a municipality that invests in school, healthcare, and social services. With two newly built primary schools, a successful upper secondary school, a vocational college, and a folk high school, we offer many paths to education.

Our community also consistently receives high quality ratings in healthcare and social services – ensuring you feel secure throughout life.

**A top-notch business climate.** Tranås is known for its strong entrepreneurial spirit and long tradition of craftsmanship and industry. We are ranked among the best municipalities in Sweden for business climate, creating excellent opportunities for start-ups or for growing established industries. You find a broad spectrum of businesses here, ranging from world-leading niche industries to successful retail companies, all benefitting from a strong tradition of cooperation and innovation. We want it to be easy to establish yourself here – and we want you to succeed!

**A rich life of connections and activities.** Tranås has an active voluntary sector fostering unity, health, and social bonds through organized sports, hobbies and cultural activities. This makes it easy to find new friends. There is always something to experience!

Tranås is not just a place on the map – it is a way of life. It is an opportunity to combine a successful career with a rich family life, all in a scenic and welcoming environment. Are you ready for the next step?

Best regards,

*Mats Holmstedt,*

*Chairman of the Municipal Executive Board*





Sanna Fasth together with her teammates and the victory wreath after winning Tiomila in Finspång 2025. For Tiomila in Tranås, Sanna has decided not to run, as she feels she has too good knowledge of the terrain.

Photo: Lars Rönnols

## No replay for doctor Sanna – but she shares her prescription for the terrain

**Sunday morning, 4 May 2025. Sanna Fasth runs unchallenged across the finish line, securing an overwhelming Tiomila victory for IFK Göteborg in Finspång. A repeat in 2026? Possibly for IFK Göteborg – but not for Sanna Fasth.**

– It wouldn't be fair play. I have run so much in the Illern nature reserve where the competition largely takes place. I cannot participate with a clear conscience, Sanna explains upon deciding to step aside and follow her clubmates from the sidelines.

Sanna Fasth, 27, has Boxholms OK as her parent club – a neighbouring club to Tranås – and has a history of training and competing in Tranås in both local events and major competitions.

– I'm confident the team will manage well without my participation at Tiomila, says Sanna. I will, of course, be there to coach the women.

### 2025 a brilliant year for Sanna

IFK Göteborg is the best women's club in the world, which was demonstrated during 2025. First and second place at Tiomila, gold in the Swedish Championship relay, first and third place at Jukola. In all these relays, it was Sanna who secured the victory for the team on the final leg.

2025 has been a brilliant year for Sanna in many respects. In January, she graduated as a medical doctor. After that, she chose to focus full-time on orienteering.



In addition to relay successes with her club, the highlight of the year was of course the World Championships in Kuopio, Finland. Gold in the relay after deciding the race on the second leg, where she gave Sweden and Tove Alexandersson a two-and-a-half-minute lead. Silver in the middle distance behind Tove on an all-Swedish podium, with Hanna Lundberg taking bronze. The long distance ended with a fifth place

## Working full-time and competing at an elite level?

Sanna now faces a tough challenge: is it possible to work full-time alongside a career as an elite athlete?

– In August I started my first job as a junior doctor at the Department of Internal Medicine at Östra Hospital in Gothenburg. During the autumn I have really felt that it was a major adjustment. My winter training has fallen a bit behind due to working every weekend in November.

– I may have to work on a rotational basis in order to take longer breaks for elite training. That's what I'm planning for 2026, and I'll make an evaluation after that.



## Focus on sprint for the first time

This means she is wrapping up her medical position in Gothenburg in February, followed by full-time training until May, before starting a residency in Falun and moving north to Dalarna.

She is now investing her efforts in sprint orienteering prior to the World Championships in Italy in July. Sanna has no major sprint results, but competed at the European Championships in August and gained international experience.

– A different kind of focus for me. So far, my main focus has been on forest orienteering, but sprint feels like an exciting challenge.

– A large part of the spring I will also spend in Oslo, since Håvard is headed there to start a new job.

Håvard's surname is Sandstad Eidsmo – a Norwegian national team runner and Sanna's life companion.

## Her recipe for the Tiomila terrain

The first weekend of May, Sanna will nevertheless be in Tranås for 10MILA. Since Doctor Sanna knows the terrain well, perhaps she can also prescribe the right medicine for those who want to succeed at 10MILA.

– The terrain is generally quite stony, very similar to what I am used to from my youth years in Boxholm. Near Bredstorp, where the main part of the courses will be set, it is slightly less stony compared to the southern parts, down towards Mada.

– I should say that I don't know the terrain east of the county road, where I haven't run, but most of the courses are likely to be on the western side, and probably only the very longest courses will cross the road.

– The undergrowth is heavy, with large areas

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**GOLDEN JOY!**  
World Championship gold in relay for Sanna Fasth, Tove Alexandersson, and Hanna Lundberg. Photo: Swedish Orienteering



covered by high high bilberry vegetation. In the southern and southwestern parts, there are quite a few larger green areas, plantations that are starting to grow up. Even so, they are runnable and offer fine orienteering.

Since this is a recreational area close to the town, there are also many paths.

– Absolutely, it is path-rich, but sometimes I feel that the paths are more of an obstacle, because there is too much information to read. You need to be able to filter the map information.

– The contour detail is special, and once you get a grip on it, it is often better to rely on that.

– For a 10MILA relay, this is real orienteering all the way into the arena. Map reading from the starting point right to the final control. There are good opportunities for the course setters to create forking alternatives right from the start.

There you have it – valuable experience and advice from Sanna Fasth. Before long, we will see whether it turns out to be the winning prescription.

## SPECIALISTER PÅ SPORT - ÅRET RUNT



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SPORT

SPECIALISTER PÅ SPORT - ÅRET RUNT

# TOGETHER, WE ARE TRANÅS

When visiting Tranås during 10MILA, you will encounter a municipality where community spirit really matters. People meet in everyday life, in associations and at workplaces. Together, a safe and welcoming place to live is created.

In Tranås, we strive to see opportunities and find new ways of doing things. This applies to schools and social services, to service for residents and businesses, and to cooperation with associations and other stakeholders.

The guiding principle is straightforward: every interaction should be professional, considerate and positive.

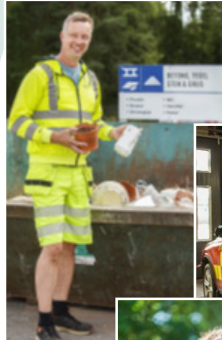
In Tranås, we want you to feel well received. Whether you meet someone who works for the municipality, a committed team leader, or a local resident offering directions, we hope you experience

the care and helpfulness that many here are proud of. This is part of the warmth we are happy to share with you as a visitor to 10MILA.

Tranås is constantly evolving, and that development is created together. Everyone who gets involved contributes to shaping the town and making it even better.

As a visitor during 10MILA, you are part of this for a few days. Whether it is your first visit or you have been here before, we hope you feel heartily welcome. In Tranås, we want everyone to feel at home.

**Together, we are Tranås!**



## TRANÅS – a town where sports bring people together

Tranås has a rich and active voluntary sector, where sport plays an important role. In urban and rural areas alike, there are many activities and a high level of engagement. People with different backgrounds and interests meet here, and together create a strong sense of community. Events, small and large, are a natural part of many team activities. They provide opportunities to connect, try new things and grow – regardless of age.

As 10MILA comes to Tranås, the municipality once again gets to show its strength as a host city.

Arena Bredstorp and the city's sports halls will be filled with orienteers from Sweden, the Nordic countries and Europe – and the local associations are ready to welcome them. Sports enthusiasts of many disciplines – ice hockey, bandy, floorball, cycling, archery, football and badminton – are all cooperating to welcome



*Here are representatives of the community life in Tranås. Together, they will be responsible for all indoor floor-space accommodations during the 10MILA weekend.*

everyone who comes here for the weekend. Thanks to their commitment, 10MILA becomes not only an exciting competition, but also a real-world example of the strong voluntary spirit that characterises Tranås.

The sports community in Tranås warmly welcomes all orienteers. Here, tradition meets the future, grassroots sport meets elite sport – and many dedicated volunteers who are passionate about creating a pleasant and memorable experience.

For Tranås, 10MILA is more than a sporting event. It is a weekend that shows how much community matters and how our network of local organizations contributes to an open, safe and strong society. We hope that you, as a visitor to Tranås, will feel at home here and have an inspiring experience during this year's competition.



## Where to enjoy outdoor life when in Tranås



Tranås offers a wide range of opportunities for outdoor activity and recreation year round – something we're proud to share with you when you visit us in connection with 10MILA.

### **Illuminated trails across the municipality**

Tranås features several floodlit exercise trails, illuminated from 6 am to 10 pm, so that you can head out almost any time of day, including early mornings and late evenings.

### **Illern Nature Reserve**

The nature reserve, where much of 10MILA takes place, is one of our most popular outdoor areas. Its two floodlit trails, measuring 2.5 km and 8.5 km, can be accessed from several points: Örsbäcken, Bredstorp, Rås gård, or Älmås.

### **Aggas Outdoor Center**

In the village of Sommen, Aggas offers a 2.8 km floodlit trail as well as several longer (<10 km) unlit trails. If you'd like to combine training with a peaceful, nature-rich setting, Aggas is easily accessible.

### **Örsbäcken's illuminated trail**

The floodlit trail at Örsbäcken is adjacent to the Illern Reserve and measures 8.5 kilometers. It connects to unlit trails ranging from 3 to 10 kilometers. Let your daily form and schedule dictate your choice of path.

### **Stoeryd's illuminated trail**

Just north of Tranås is the Stoeryd 2.5 km loop, ideal for easy distance runs or refreshing walks.

### **Ski trails in winter**

Return in the winter and find good opportunities for cross-country skiing. When snow conditions allow, the local orienteering club, SOL Tranås, prepares ski tracks at Örsbäcken in Tranås and at Aggas Outdoor Centre in Sommen.

### **Bredstorp MTB park**

A moment to spare? Bring your bike and try out the new bike park next door to the 10MILA arena! There are paved pump tracks, purpose-built jump lines, a dedicated skills area and downhill MTB trails for adrenaline-seekers of all levels – from beginners looking to build confidence to experienced mountain bikers seeking speed and technical challenges.

### **Mountain bike trails through the Illern Reserve**

Once relays are over, you may want to enjoy the 7 km mountain bike trail starting at Örsbäcken and winding through the nature reserve. The varied terrain offers an enjoyable ride for both beginners and experienced MTB riders.



# INVITATION TO 10MILA AT ARENA BREDSTORP TRANÅS – 2-3 MAY 2026



**We welcome everyone to 10MILA in Tranås 2026. It is with joy and pride that Tranås hosts 10MILA at Arena Bredstorp.**

Arena Bredstorp is located immediately southeast of Tranås, bordering residential areas and the town center. The distance from the center of Tranås to the arena is approximately 2.5 km.

## DIRECTIONS

Take the northern entrance to Tranås from Route 32 (RV 32). From there, follow signs to the arena.

## TRAIN CONNECTIONS

Tranås is located along the Southern Main Line (Södra stambanan) with excellent train connections. The walking distance from Tranås station to Arena Bredstorp is approximately 3 km.

## PARKING AND DROP-OFF

- Distance from parking to arena: 500–800 meters.
- Bus drop-off/drop-zone: 100 meters from the arena. Here, it is possible to drop off club luggage, including club tents and equipment needed for 10MILA. More practical information regarding the drop-zone and applicable times will be provided in Bulletin #4.

## ARENA BREDSTORP

10MILA is best experienced on-site at Arena Bredstorp, a spectator-friendly arena where you can follow both incoming and outgoing runners. The arena offers everything needed for a pleasant and comfortable event, including large grassy areas and an ice rink with sports halls to provide the best possible service.

## BIG SCREEN

The entire competition can be followed on big screens at the arena, both outdoors and indoors.

## CATERING

Food and refreshments are available both indoors in the ice rink and at several locations across the arena. Options range from traditional kiosks to dinner meals and breakfast.



## SHOWERS

Indoors in the existing locker rooms.

## SPORT SALES

Pölder Sport will be on-site with a large selection of sports gear. You will find Pölder Sport inside the ice rink.

## LIGHT CONDITIONS

Sunset: 8:49 pm, Saturday 2 May.  
Sunrise: 5:03 am, Sunday 3 May.

## THE RELAY LEAGUE (STAFETTLIGAN)

The Men's Relay and the Women's Relay are included as the 3rd of five races in the Swedish Relay League (Stafettligan).

Kolmårdskavlen  
O-stafetten in Gothenburg  
10MILA in Tranås  
Ronnebykavlen  
Relay League Final in Alfta

April 6  
April 12  
May 2–3  
May 17  
June 7



## CLASSES AND COURSE LENGTHS

### The Youth Relay Saturday 2 May

Start 14:30  
Finish approx. 16:15  
Restart 17:00

- In The Youth Relay, young people up to and including DH-16 are allowed to participate.
- At least two legs must be run entirely by girls, meaning all runners on these legs must be girls.
- On legs 2 and 3, two runners may participate in parallel (doubling).
- All legs are open to both girls and boys.

Leg	Length	Run time	Forking	Difficulty
1	4,2 km	28 min	Ja	Orange
2	4,2 km	28 min	Ja	Orange
3	3,0 km	18 min	Nej	Yellow
4	5,1 km	34 min	Ja	Orange

### The Men's Relay Saturday-Sunday 2–3 May

Start 17:30  
Finish of the leading team after leg 3 approx 20:00  
Chasing start, leg 4, the leading team 23:00  
Wave start, leg 4 00:00  
Finish approx 05:45  
Restart 09:15

Leg	Length	Run time	Forking	Others
1	9,8 km	52 min	Yes	Day
2	9,5 km	51 min	Yes	Day
3	9,3 km	50 min	Yes	Day
4	16,2 km	86 min	No	Night chasing start
5	6,7 km	36 min	Yes	Night
6	6,9 km	37 min	Yes	Night
7	5,7 km	31 min	Yes	Night
8	12,3 km	66 min	No	Night
9	13,4 km	71 min	Yes	Night-dawn
10	14,4 km	77 min	Yes	Dawn-day



### The Women's Relay Saturday-Sunday 2–3 May

Start 21:30  
Finish of the leading team after leg 2 approx 23:15  
Chasing start, leg 3, the leading team 05:00  
Wave start, leg 3 06:00  
Finish approx 08:40  
Restart 10:30

Leg	Length	Run time	Forking	Others
1	8,1 km	57 min	Yes	Dawn-night
2	6,4 km	45 min	Yes	Night
3	12,9 km	83 min	No	Day chasing start
4	5,6 km	36 min	Yes	Day
5	7,9 km	51 min	Yes	Day
6	8,4 km	52 min	Yes	Day

#### MAP

Scale 1:10,000 for Men's and Women's relays

Scale 1:7,500 for the Youth relay

Contour interval 5 metres

Map newly drawn in 2024-2025 by P-O Derebrant.

Older maps of the area is available on the website for printing.

[tiomila.se/2026/tavling/gamla-kartor/](https://tiomila.se/2026/tavling/gamla-kartor/)

COURSE LENGTHS AND TIMES FOR ALL RELAYS ARE PRELIMINARY AND MAY BE ADJUSTED

A final detailed schedule with key times for the entire 10MILA weekend will be presented in Bulletin #4.





An overview of Arena Bredstorp showing the planned logistics within the arena area.





## Open legs Friday–Sunday

Classes	Length	Difficulty
Vit 2.0	2.2 km	Very easy
Gul 2.5	2,6 km	Easy
Orange 3.0	3.2 km	Moderate
Orange 4.5	4.5 km	Moderate
Blå 3,0	3.1 km	Difficult
Svart 5.0	4.6 km	Difficult
Svart 7.0	7,1 km	Difficult

### Open legs are available:

- Friday 1 May 13:00-19:00
- Saturday 2 May 10:00-19:00
- Sunday 3 May 09:00-12:00

The courses are located in a separate area adjacent to the arena. Registration and payment take place at the arena; no pre-registration.

Timing and punching with SportIdent.

Map: Scale 1:7,500 for all courses except

Svart 7.0 which will use scale 1:10,000.

Contour interval 5 metres.

The terrain type is the same as for 10MILA.

Entry fees

DH-16 95 SEK

DH17- 180 SEK



An overview of Arena Bredstorp showing the planned logistics within the arena area.



## TERRAIN DESCRIPTION

The competition area, the Illern Nature Reserve, is for the most part a well-utilized orienteering area. Close to the arena is a trail-rich outdoor area, while the longer courses enter areas where forestry is managed rationally meaning areas with logging, new plantations, and more.

## TERRAIN TYPE AND TOPOGRAPHY

Woodland mainly consisting of mixed forest. Near the arena, the area is rich in trails, and the forest consists primarily of spruce and pine. Longer courses will also encounter larger stands of deciduous trees. The topography in the competition area is slight to moderate, with significantly steep gravel ridges located near the arena.

## RUNNABILITY

Runnability is mostly very good, but the longer courses pass through areas with denser vegetation where speed is limited. In large parts of the area, the ground is stony.

## PUNCHING SYSTEM

Timing and punching with SportIdent. Touch-free. The same SI-card may not be used in multiple relays. Please register the need for rental cards in connection with your entry.

## PARTICIPATION IN MULTIPLE RELAYS

- Girls who have run the Youth relay are allowed to participate in Women's and Men's relays.
- Boys who have run the Youth relay are allowed to participate in the Men's relay.
- Ladies who have run the Women's relay are allowed to participate in the Men's relay.
- It is not permitted for women to run the Men's course first and then the Women's course.
- It is not permitted to participate more than once on the same course.

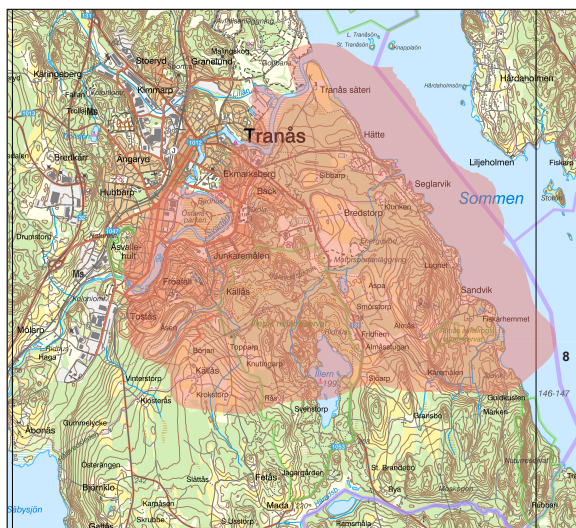
## COMBINATION TEAMS AND RELAY BANK

Combination teams are permitted in accordance with SOFT's (Swedish Orienteering Federation) competition rules. A relay bank will be available at [www.tiomila.se](http://www.tiomila.se), where individual runners and teams/clubs can register their interest.

## ENTRY AND REGISTRATION

Entry and booking are now open in Eventor. For entry fees and further details, see the table on the next page.

- Ordinary entry must be completed no later than March 1.
- Late entry is available thereafter, with two separate closing dates: April 5 and April 29, respectively.
- Entries and bookings will only be registered once the corresponding fees have been received by the organizer.



## EMBARGOED AREA

The competition terrain marked on the map above is embargoed for all training, competition, and presence in the area for anyone intending to participate in the relays, as well as for team leaders for the 10MILA relays. However, traveling on road 131 through the competition area is permitted.



## Entry fees

All fees in SEK	Ordinary entry, latest 1 March	Late entry 1st stop, latest 5 April	Late entry 2nd stop latest 29 April
Youth Relay	700	700	1 050
Women's Relay	3 660	4 575	5 490
Men's Relay	6 100	7 625	9 150

## Additional fees

### and surcharges for late booking

All fees in SEK	Latest 1 March	Latest 5 April	Latest 29 April
Rental SIAC card	75	75	75
Club tent pitch, 5x5 m	650	975	975
Peaking tent, 5x5 m without floor	6 400	7 200	
Peaking tent, 5x5 m with floor	10 400	11 200	
Bench set, 8 people	600	750	
Gas heater including one gas cylinder	2 700	3 000	
Extra gas cylinder	Price on Eventor later		

## Accommodation fees

### and surcharges for late booking

All fees in SEK	Latest 1 March	Latest 5 April	Latest 29 April
Tent pitch 5x5 m, own tent, one night	500	625	750
Caravan pitch, one night	500	625	750
Tent and caravan pitch, extra night	100	100	100
Hard floor accommodation/one night	375	450	500
Hard floor accommodation/extra night	150	150	150
Accommodation tent 3x6 m (10 p) with floor and heat/night	7 500	8 250	
Accommodation tent 3x6 m, extra night	700	700	

## PAYMENT

- An invoice is automatically generated in Eventor upon booking.
- Payment information is provided on the invoice.
- Please state the invoice number when making a payment.
- Entry and booking are not valid until payment has been received.
- Questions regarding payments or invoices should be sent via email to: [ekonomi2026@10mila.se](mailto:ekonomi2026@10mila.se)
- Tel. +46 70 647 74 14, Göran Carnander

## COMPETITION RULES

SOFT's (Swedish Orienteering Federation) competition rules and regulations apply. It is the responsibility of the participants to be familiar with both competition rules and regulations. Note: This means that full-body clothing coverage is mandatory.

## INSURANCE

All runners participate at their own risk. Runners who are members of a club affiliated with SOFT have basic insurance coverage through their membership. Runners who are not members of a SOFT-affiliated club are requested to review their own insurance coverage.

## MANAGEMENT TEAM

Sven-Åke Karlsson, IKHP Huskvarna  
Anders Johansson, SOL Tranås  
Boo Nordin, SOL Tranås

## COURSE SETTING TEAM

Stefan Djurstedt Men's Relay  
Jacob Lindstam Women's Relay  
Magnus Svensson Youth Relay, Open classes

## COURSE CONTROLLER

Joakim Karmetun, OK Njudung  
Johan Knutsson, Boxholms OK

## MAP CONTROLLER

Stefan Larsson, OK Njudung

## COMPETITION CONTROLLER

Mats Ljungqvist, Kexholms SK

## CONTACT WITH 10MILA 2026

<b>Information</b>	<a href="mailto:info2026@10mila.se">info2026@10mila.se</a>
<b>Management</b>	<a href="mailto:ledning2026@10mila.se">ledning2026@10mila.se</a>
<b>Competition</b>	<a href="mailto:tavling2026@10mila.se">tavling2026@10mila.se</a>
<b>Training</b>	<a href="mailto:traning2026@10mila.se">traning2026@10mila.se</a>
<b>Accommodation</b>	<a href="mailto:boende2026@10mila.se">boende2026@10mila.se</a>
<b>Economy</b>	<a href="mailto:ekonomi2026@10mila.se">ekonomi2026@10mila.se</a>





## Chasing start, wave start & restart – what does it mean?

**Chasing start:** When the competition resumes after the break in the Men's Relay and the Women's Relay, teams that are less than 60 minutes behind the leading team at the finish before the break will participate in a chasing start. The teams start with the same time difference between them as when they finished before the break.

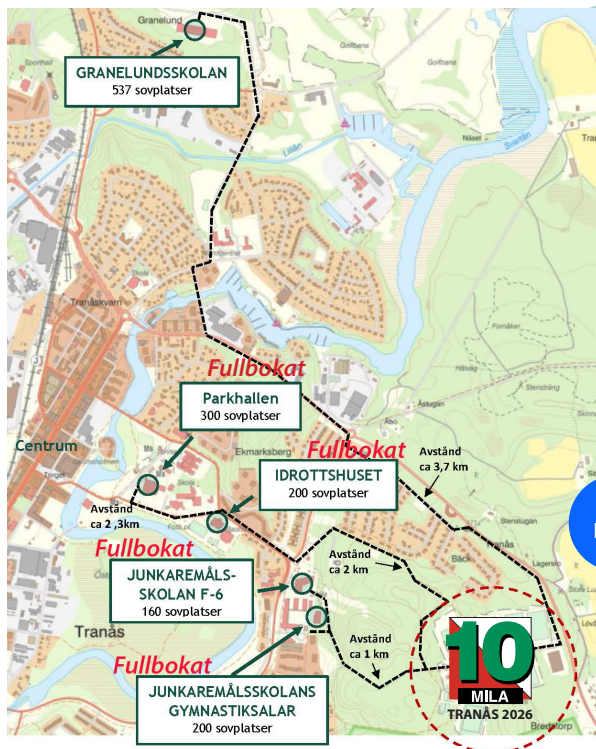
**Wave start:** When the competition resumes after the break, teams that are 60 minutes or more behind the leading team at the finish before the break will participate in a wave start. These teams start simultaneously, 60 minutes after the leading team begins the chasing start. For teams in the

wave start, the final ranking is determined by the total competition time. A team in the wave start can overtake a team participating in the chasing start in the final results.

**Restart:** This applies to teams that still have legs to run when the transition area closes. These teams start together regardless of how many legs they have left to complete. Teams that have retired for any reason also participate in the restart. Teams starting in the restart cannot pass teams in the result list that did not restart or teams that restarted on a later leg.



# ACCOMODATION – 500 places remaining on hard floors



During 10MILA, we offer a total of approximately 1,400 accommodation places on hard floors. Already now, in mid-December, over 900 places have been booked.

The accommodation is planned across two new schools – Junkare målsskolan (opened in 2024) and Granelundsskolan (opened in 2025) – as well as several sports halls, gyms, and Parkhallen. All facilities maintain a high standard and are located near the competition area or with easy transport links. Together, they create a comprehensive solution where we can welcome many guests in a safe and comfortable manner.

*For bookings, please see the website and Eventor.*



## Find your accommodation on FB

Are you looking for accommodation other than hard floors? Find alternatives on Facebook. On the page *Hitta boende – 10Mila Tranås 2026*, residents of Tranås can advertise cottages, apartments, and rooms to connect with guests seeking specific accommodation during the 10MILA weekend.

## Från Tranås sedan 1970.



## Redo för nästa steg?

TUC Yrkehögskola är en av Sveriges största YH-anordnare. Med utbildningar på flera platser i landet och med ett brett utbud av distansutbildningar är chansen stor att vi har det du letar efter!

Vi ses på Bredstorp!

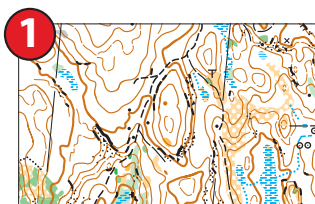
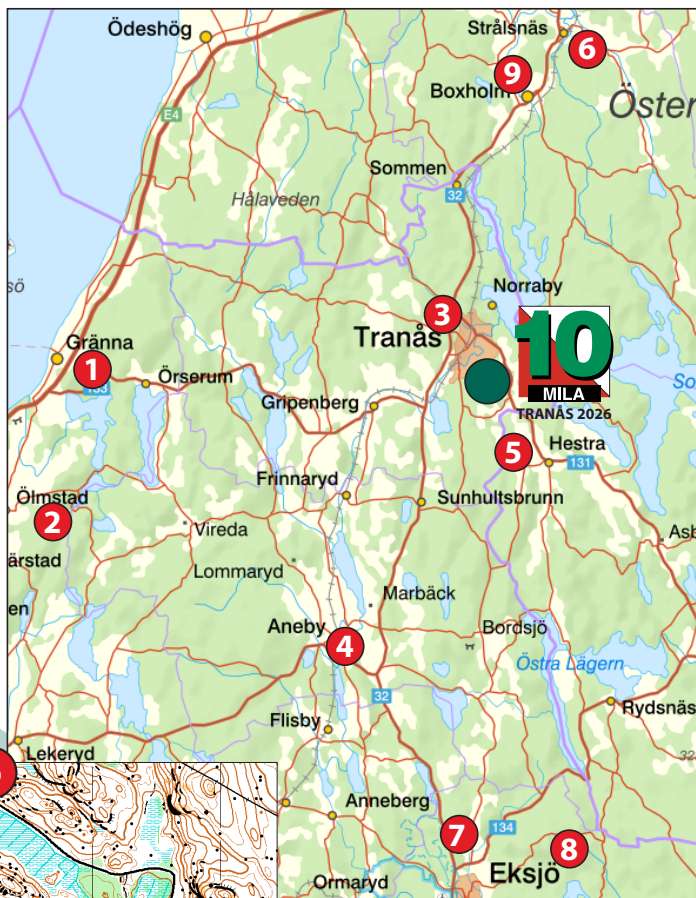


# Now fine-tuning this spring's training packages

A dozen clubs took the opportunity to train in 10MILA-style terrain in November. We are now drawing on insights gained during the autumn training sessions and focusing our efforts on the spring training packages – which, as a whole, reflect the various types of terrain shown on the competition map.

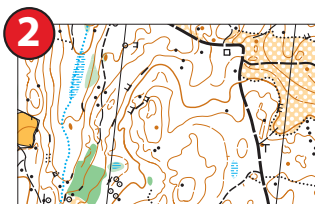
We are refining the course setting and the structure of the exercises to meet current requests. Nine different training packages are offered.

*Read more on the next page regarding the practical details for ordering.*



**GRÄNNA**

Open 1/3-19/4



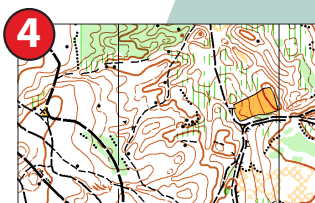
**ÖLMSTAD**

Open 1/3-19/4



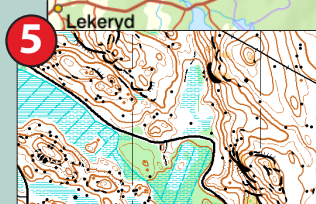
**STRÅNNA, Tranås**

Open 1/3-19/4



**TALLBACKEN, Aneby**

Open 1/3-19/4



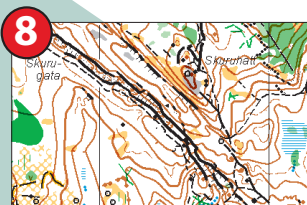
**HELGAKLINT, Hestra**

Open 13/3-19/4



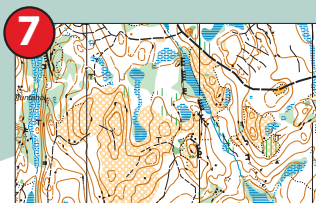
**ÅSBO, Boxholm**

Open 1/3-19/4



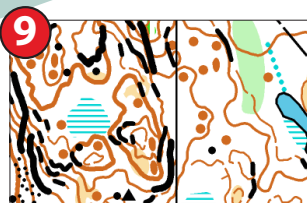
**SKURUGATA, Eksjö**

Open 7/3-19/4



**DRUNTHÅLL, Eksjö**

Open 7/3-19/4



**VIVÅSEN, Boxholm**

Open 1/1-19/4 (except 10/1)



# The first training package opens in January – courses for relay, day, night, and youth

Training packages are available starting from New Year (one package), with more to follow.

Last autumn, the moose hunting season meant we had to limit both the number of training areas and available weekends. This spring, the offering will be broader and more varied, and spread over a longer period of time – all subject, of course, to winter snow conditions.

Some training areas will open right after the New Year, while most become available from early March (as soon as the lynx hunt in Småland has ended).

Building on what we learned last autumn, we will do our utmost to offer training courses that are as interesting and relevant as possible.

## Insights from last autumn

From our dialogue with the clubs training here in November, it was clear what topped their wish lists.

Demand for “relevant terrain” was naturally high. As the 10MILA competition map includes several different terrain types, it is impossible to offer identical terrain in any single training area, but by spreading training across two or three areas, the overall experience becomes fairly representative.

One clear request was for forked relay training with mass starts. Orienteering intervals were also highly sought after, as were night courses of varying character.

We further noted that some clubs wanted to organise their own training sessions without marked controls. That option will again be available this spring on selected maps.



Some wanted reflectors for the night training, while others felt it made it too easy.



*We greatly valued the contact with the clubs that were here training in November, and the appreciation seemed to be mutual.*

## Focus on technique!

In this spring's training packages, we offer long-distance style courses on most maps, alongside an expanded range of technical and relay training – including forked courses and orienteering intervals with mass starts, for both day- and night-time training. We will also offer orange courses aimed at preparation for the youth relay.

In short: we are here for you, and our ambition is to meet the clubs' needs. Please get in touch well in advance and let us know what you are looking for.

## How to order the club's training packages

Details about the training maps can be found on the 10MILA website under the heading “Training”. There you find information on the types of courses available, as well as contact details.

[www.tiomila.se/2026/traning](http://www.tiomila.se/2026/traning)

Ordering training packages via email to:  
[traning2026@10mila.se](mailto:traning2026@10mila.se)

*We have agreements with landowners/hunting teams about the times specified for each training area. Training without our permission at other times is not permitted as it may damage our relationships with landowners/hunting teams, making it difficult for the clubs to use the maps in the future.*

# In the heart of nature. Closer than you think.

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our available building plots.*



**TRANÅS  
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*Twelve clubs – together, we organize 10MILA 2026*

