

# BULLETIN #3



Foto: Göran Johansson

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

**2–3 May 2026**

**10**  
**MILA**  
**TRANÅS 2026**



**TRANÅS  
KOMMUN**

- **INVITATION**  
– six pages of facts – registration now open
- **SANNA**  
– the doctor's recipe for the Tranås terrain
- **WELL PREPARED**  
– nine training packages ready for spring

# WELCOME TO TRANÅS



## Quality of life by the lake shore!

Imagine a place where the puzzle of life fits together, where nature is your closest neighbour and business life thrives in harmony with a high quality of life. That place is Tranås municipality – the pearl at the outlet of the Svartån river into Lake Sommen. Take the opportunity, when you visit us during the 10MILA weekend, to discover why more and more people are choosing to live, reside, and work right here.

**Close to nature.** No matter where you live, you are just a stone's throw from Sommen's glittering waters, deep forests, and wonderful outdoor life. Perfect for the family, the fitness enthusiast, and the nature lover.

**Everything is close. Avoid the stress!** In Tranås, you are rarely more than five minutes from work, school, or leisure activities. Tranås also has an optimal location along the main railway line and proximity to the E4 motorway, offering excellent transport and commuting possibilities to larger cities like Jönköping and Linköping, or if you want to reach the whole world.

**Many paths to knowledge.** We are a municipality that invests in school, care, and welfare services. With two newly built primary schools, a successful upper secondary school, a vocational college, and a folk high

school, we can offer many paths to knowledge. Our municipality also always receives high quality ratings in care and welfare – everything to ensure you feel secure throughout life.

**Top business climate.** Tranås is known for its entrepreneurial spirit and long tradition of craftsmanship and industry. Here you will find one of Sweden's best business climates, which provides opportunities to start your own business and develop within established industries. We have a breadth of companies, from world-leading niche industries to successful retailers. There is a tradition of collaboration and innovation here. It should be easy to establish yourself. We want you to succeed!

**Life here is rich in meetings and activities.** Tranås' active association life offers a large selection of sports, hobbies, and cultural associations. This makes it easy to find new friends and interests. There is always something to experience here!

Tranås municipality is not just a place on the map, it is a lifestyle. It is the chance to combine a successful career with a rich family life, all in a scenic and welcoming environment. Are you ready to take 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 repeat performance for doctor Sanna – but she offers her recipe for the terrain**

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

– It wouldn't be fair play. I have run so much in the Illern reserve where the competition largely takes place," says Sanna. I cannot participate with a clear conscience, she says, having made the decision to withdraw and follow her clubmates from the sidelines.

Sanna Fasth, 27 years old, has Boxholms OK as her parent club, the neighbouring club to Tranås, and has both trained and competed in Tranås in eve-

rything from small to large competitions a number of times.

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

### **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, on many le-



vels. In January, she completed her medical degree. After that, she chose to focus full-time on orienteering.

In addition to the relay victories with her club team, the highlight of the year is, of course, the World Championships in Kuopio, Finland. World Championship 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. In the middle distance, she took silver behind Tove in the all-Swedish podium where Hanna Lundberg took bronze. The long distance ended with a fifth place.

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

Now Sanna is facing a tough challenge. Is it possible to work full-time while pursuing an elite career?

– In August, I started my first medical job as a junior doctor at the internal medicine clinic at Östra Hospital in Gothenburg. During the autumn, I have felt that it has been a major adjustment. My winter training has fallen slightly behind since I worked every weekend in November.

– Maybe I have to work in periods to be able to have longer breaks to focus on elite sports. That is how I



am planning for 2026 and will have to evaluate after that.

### Focus on sprint for the first time

This means she will finish her medical job in Gothenburg in February, followed by full-time training until May, before a medical internship awaits in Falun and a move to Dalarna.

The focus will be on sprint ahead of the World Championships in Italy in July. Sanna has no previous sprint merits, but participated in the European Championships in August and got a taste of international competition.

– A different focus for me. I have always focused on forest orienteering, but sprint feels like an exciting challenge. I will spend a large part of the spring in Oslo anyway, as Håvard has gotten a job there and is moving there.

Håvard's surname is Sandstad Eidsmo, a Norwegian national team runner and Sanna's partner.

### The recipe for the Tiomila terrain

The first weekend in May, Sanna will at least spend in Tranås at Tiomila. Since Doctor Sanna knows the terrain well, she might also be able to prescribe the right medicine for those who want to succeed at Tiomila.

– It is generally quite rocky terrain, just as I am used to from my youth years at home in Boxholm. Closest to Bredstorp, where the majority of the courses are decided, it is slightly less rocky compared to the southern part, down towards Mada.

– I have to say that I do not know the terrain east of the county road, where I have not run, but the majority of the courses will probably be on the west side,

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**GOLD JOY!**

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



and probably only the very longest courses will cross the road.

– The undergrowth is heavy; it is largely covered with high blueberry bushes. In the southern and southwestern parts, there are quite a few larger green areas, plantations that are starting to grow up. It still works well to run there and it offers fine orienteering.

Since it is a close-to-urban recreational area, there are also many paths.

– Absolutely, it is full of paths, but sometimes I can feel that the paths are more “in the way”, because

there is too much to read. It is important to be able to sift through the information

– The curve pattern is special and if you get a grip on it, it is usually better to read.

– For a Tiomila, it is proper orientation right into the arena. Map reading from the starting point right up to the last control. There are opportunities for the course builders to create forking alternatives right from the start.

Look there, very valuable experience and tips from Sanna Fasth. It remains to be seen whether it is the winning recipe.

## SPECIALISTER PÅ SPORT - ÅRET RUNT



**ORIENTERING**



**LÖPNING**



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utbud på **polder.se**

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SPORT

SPECIALISTER PÅ SPORT - ÅRET RUNT

# TOGETHER WE ARE TRANÅS

When you visit Tranås during 10MILA, you will get to know a municipality where community means everything. This is a place where people meet in everyday life, in clubs and associations, and at work. Together, they create a safe and welcoming place to live.

In Tranås, people strive to see possibilities and find new ways of doing things. This applies to schools and care services, in the support provided to residents and businesses, and in collaborations with associations and other partners. The ambition is simple: every encounter should feel friendly, professional, and caring.

In Tranås, we want you to feel well-received. Whether you meet someone working for the municipality, a dedicated club leader, or a local resident showing

you the way, we hope you experience the thoughtfulness and helpfulness that many here are proud of. It is part of the warmth we are happy to share with you as a 10MILA visitor.

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 a part of this for a few days. Whether it is your first time here or you have visited before, we hope you feel warmly welcome. Because in Tranås, we want everyone to feel at home.

**Together we are Tranås!**



## TRANÅS – a town where sports bring people together

Tranås Municipality has a rich and active community life, where sports play an important role. In both the town and the countryside, activities are many and the commitment is high.

People with different backgrounds and interests meet here, and together they create a strong sense of community. Events, both small and large, are a natural part of the work of many associations. They provide opportunities to meet, try new things, and grow—regardless of whether you are young or old.

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

Arena Bredstorp and the town's sports halls will be filled with orienteers from Sweden, the Nordics, and Europe—and the local associations are ready to receive them. The Tranås hockey, bandy, floorball, cycling,



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

archery, football, and badminton clubs are collaborating to welcome everyone visiting during the weekend. Thanks to their commitment, 10MILA becomes not only an exciting competition but also an example of the strong community spirit that characterizes the municipality.

The associations in Tranås wish all orienteers a warm welcome. Here, tradition meets the future, grassroots sports meet excellence—and many dedicated individuals 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 local associations contribute to an open, safe, and strong society. We hope that you, as a visitor to Tranås, feel at home here and that you have a wonderful and inspiring experience during this year's competition.



## Time and place for an active life in nature as you move around Tranås



Visiting Tranås: Outdoor activities and exercise. When visiting Tranås before, during, and after 10MILA, you will encounter a municipality where nature is always close at hand. For those who enjoy being active outdoors—whether it involves running, skiing, or cycling—there are plenty of opportunities to train, warm up, or simply enjoy the surroundings.

### **Illuminated trails throughout the municipality**

Tranås Municipality features several exercise trails with lighting. Thanks to the lights being active between 06:00 and 22:00, you can head out onto the trails almost anytime, including early mornings and late evenings.

### **The Illern Nature Reserve**

The Illern Reserve, where much of 10MILA takes place, is one of our most appreciated outdoor areas. There are two illuminated trails here, measuring 2.5 and 8.5 kilometers respectively. You can access the trails from several points: Örsbäcken, Bredstorps IP, Rås gård, or Älmås.

### **Aggas Outdoor Center**

Located in Sommen, Aggas Outdoor Center offers an illuminated trail of 2.8 km. If you wish to combine exercise with natural tranquility, Aggas is a pleasant and easily accessible option.

### **Örsbäcken's illuminated trail**

The illuminated trail at Örsbäcken is adjacent to the Illern Reserve and measures 8.5 kilometers. In addition to this, there are several unlit trails in the area: 3, 5, 7, and 10 kilometers. Let your daily form and schedule dictate your choice of path.

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

Just north of Tranås lies Stoeryd's illuminated trail, a 2.5-kilometer-long lit loop. The track is suitable for both light distance sessions and refreshing walks.

### **Ski trails in winter**

If you return to Tranås during the winter season, there is a chance to go cross-country skiing in several locations. When snow conditions allow, the orienteering club SOL Tranås prepares ski tracks at Örsbäcken in Tranås and at Aggas Outdoor Center in Sommen.

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

For those who also enjoy cycling, there is a seven-kilometer-long mountain bike trail starting from Örsbäcken that winds through the Illern Reserve. The terrain is varied, offering a great cycling experience for both beginners and experienced MTB riders.

Tranås offers a wide range of opportunities for movement and outdoor life—something we are proud to share with you as a visitor during 10MILA.



# INVITATION TO 10MILA AT ARENA BREDSTORP TRANÅS – MAY 2-3 • 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: 20:49, Saturday, May 2.

Sunrise: 05:03, Sunday, May 3.

## 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 May 2-3

Start 17:30  
Finish the leading team after three legs 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 May 2-3

Start 21:30  
Finish the leading team after two legs 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 is available:

- Friday May 1 13:00-19:00
- Saturday May 2 10:00-19:00
- Sunday May 3 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 area in an orienteering context. Closely surrounding 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 stands consist 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 nearest to 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.

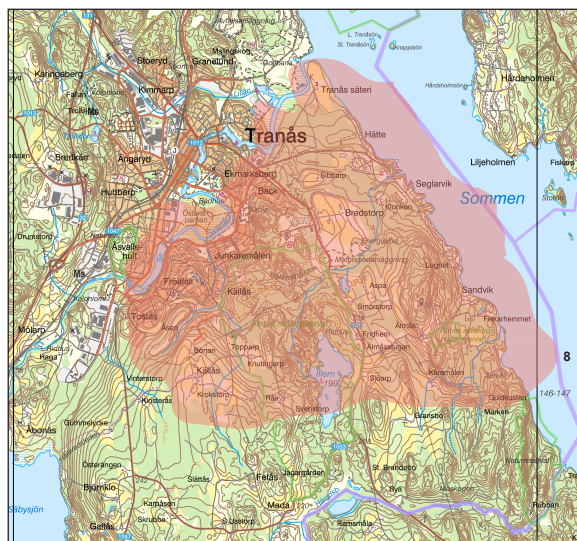
## COMBINATION TEAMS AND RELAY BANK

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 stop latest March 1.	Late entry first stop latest April 5.	Late entry second stop latest April 29.
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 March 1.	Latest April 5.	Latest April 29.
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 March 1.	Latest April 5	Latest April 29.
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 accommo- dation/one night	375	450	500
Hard floor accommo- dation/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.
- 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 Herrkavlen  
Jacob Lindstam Damkavlen  
Magnus Svensson Ungdomskavlen, Öppna klasser

### COURSE CONTROLLER

Joakim Karmetun, OK Njudung  
Johan Knutsson, Boxholms OK

### MAP CONTROLLER

Stefan Larsson, OK Njudung

### COMPETITION CONTROLLER

Mats Ljungqvist, Kexholms SK

### KONTAKT MED 10MILA 2026

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<b>Competition</b>	tavling2026@10mila.se
<b>Training</b>	traning2026@10mila.se
<b>Accommodation</b>	boende2026@10mila.se
<b>Economy</b>	ekonomi2026@10mila.se





## WHAT MEANS CHASING START, WAVE START AND RESTART?

**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.

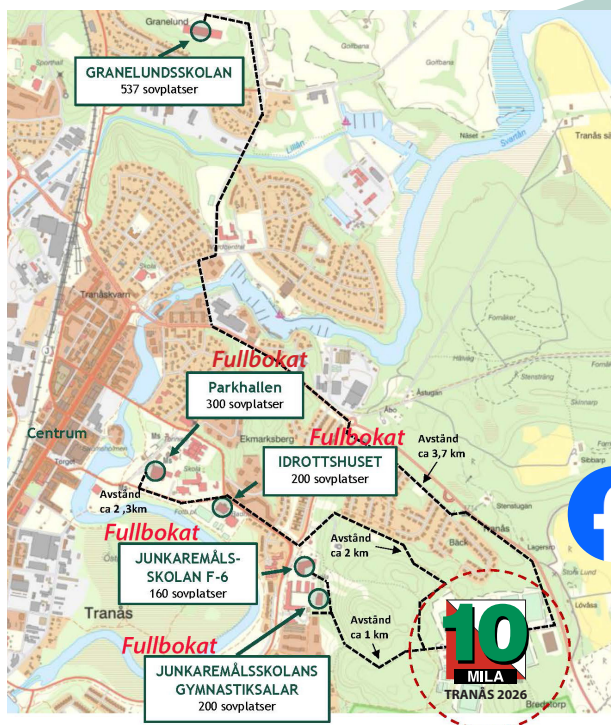
**Wave start:** When the competition resumes after the break, teams that are 60 minutes or more behind the leading team at the finish before the break will participate in a wave start. These teams start simultaneously, 60 minutes after the leading team begins the chasing start. For teams in the

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 early December, over 900 places have been booked.

The accommodation is planned across two new schools – Junkaremålsskolan (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!

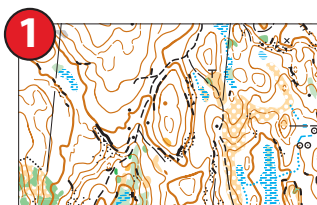
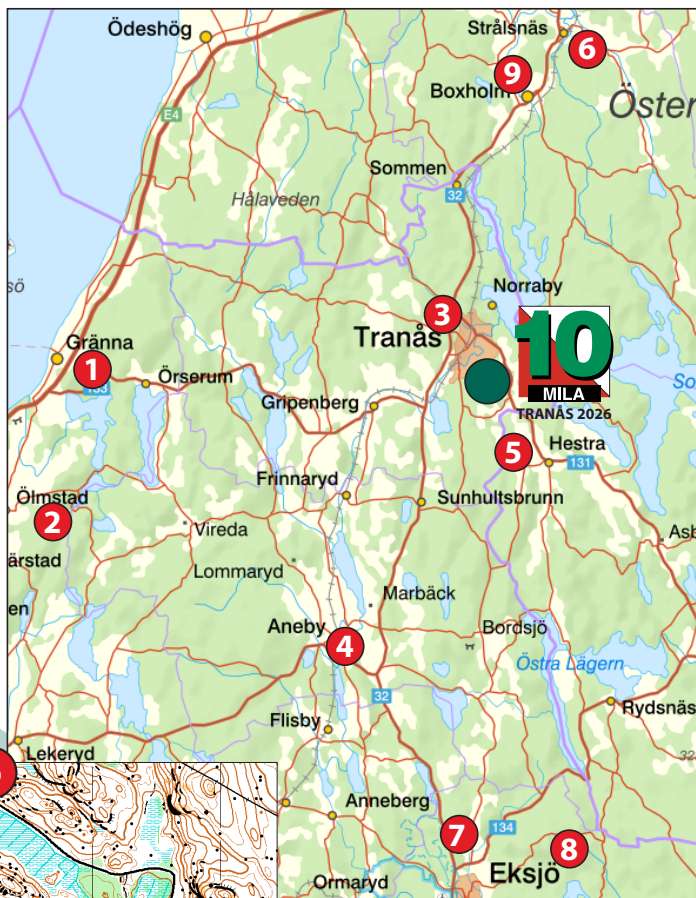


# Welcome to our spring training packages

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

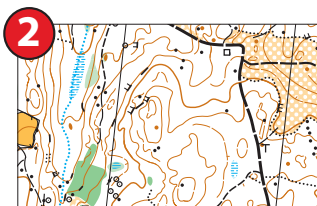
We are refining the course setting and the structure of the exercises to meet current requests. Nine different training packages are offered.

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



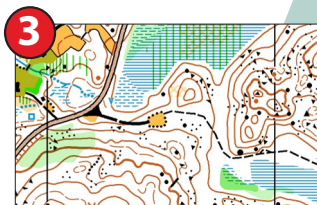
**GRÄNNA**

Open 1/3-19/4



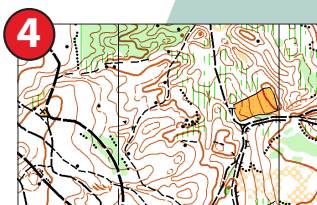
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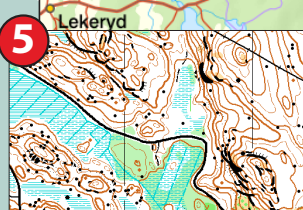
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Open 1/3-19/4



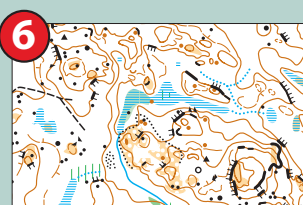
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Open 1/3-19/4



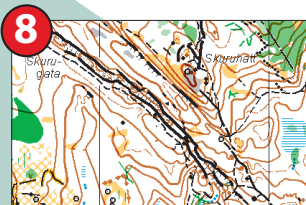
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Open 13/3-19/4



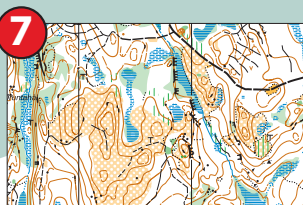
**ÅSBO, Boxholm**

Open 1/3-19/4



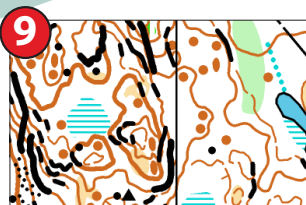
**SKURUGATA, Eksjö**

Open 7/3-19/4



**DRUNTAHÅL, Eksjö**

Open 7/3-19/4



**VIVÅSEN, Boxholm**

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



# We offer training packages for relay, day, night, and youth during the spring

We offer several different training opportunities ahead of 10MILA in Tranås, May 2–3, 2026. Training packages will be available starting from New Year (one package), with more to follow.

This past autumn, the moose hunting season forced us to limit the number of training areas and weekends. This spring, the selection will be larger and more varied, spanning a longer period of time, all with reservations for the snow conditions during winter. Some training areas will open immediately after New Year (see the previous page), but most will be available starting in early March, as soon as the licensed lynx hunt in Småland has concluded. Based on our experiences from the autumn, we will do our best to offer the most interesting training courses possible.

## Forked relay training with mass starts

From our contact with the clubs that trained here in November, it became clear what tops the wish lists. Naturally, the demand for "relevant terrain" is high. The challenge is that the 10MILA map features several different types of terrain. Therefore, it is impossible to offer "identical" terrain in any single training area; however, if you spread your training across two or three areas, it becomes quite representative. Forked relay training with mass starts is requested by many, as are orienteering intervals and night courses of varying character. Some clubs wish to organize their own sessions without physical controls in place. This option will, of course, also be available this spring on some of the 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 this autumn, and the appreciation seemed to be mutual*

## Focus on technique!

In the spring training packages, we offer long-distance style courses on most maps, but also a larger selection of technique and relay training in the form of forked courses and orienteering intervals for mass starts, for both day and night training. We also offer orange-level courses for training ahead of the Youth Relay.

In short: We are here for you, and our ambition is to meet the clubs' requests. Please feel free to contact us in good time and let us know what you need.

## 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 will 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@tiomila.se](mailto:traning2026@tiomila.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.

Discover Tranås – where nature begins at your doorstep and adventure never feels far away. Here, endless forests, winding trails and sparkling lakes invite you to train, explore and unwind – in every season. This is where small-town convenience meets the freedom of nature, with great access to the rest of the country.



*Your next chapter starts here.  
Scan the QR code to explore  
our available building plots.*



**TRANÅS  
KOMMUN**





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

