

















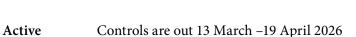






Training PM Helgaklint Hestra

TRAINING PACKAGE #5



Courses To be updated later

Controls Long distance courses are marked with reflective stakes, red/

white tape and control code. Suitable for night orienteering. OL intervals only have red/white tape (some with reflective stakes as they are used for long distance as well). No control

markers or punching units.

Map Helgaklint Scale 1:10 000 Contour interval 5 m

Drawn 2025 by Tord Hederskog.

Used for SOL Tranås competitions, 30-31 August 2025.

Map owner SOL Tranås

Terrain Moderately to steeply undulating terrain. The woodlands are mainly coniferous, with pine forest and good visibility on the

mainly coniferous, with pine forest and good visibility on the higher ground. Some stony areas (typical for the Tranås region). At the August competitions, the winning time for M21 on both the long and middle distance courses was 6 min/km.

Directions In Hestra – on road 131 between Tranås and Österbymo – turn

west towards Brostorp/Bordsjö. About 1 km from Hestra, turn towards the farm "Äng". Then follow the road to the parking area.

Parking On a field in the forest, <u>750 m south of the farm "Äng"</u>.

Start & finish Near the parking field, same for all courses.

Marked with red/white tape.

Course setter Anders Johansson anders@anjokonsult.se +46 70 555 80 81

Recommen- This weekend a Christmas market is held at the farm "Näs"

dation (500 m from the turn-off to "Äng"). We encourage you to visit, as it is this particular landowner who has made the training

possible this weekend.



To order the training package, please fill in the form on our website https://tiomila.se/en/2026/training/

For questions regarding your order, send an email to traning2026@10mila.se or call +46 73 838 56 20.

As the person placing the order, please provide the following details: Your club, Name, Email address to which the map file should be sent, Billing address including an email address for invoicing, The number of copies of each map you plan to print.

We charge SEK 80 per planned printout. Once order is received, we will send the map(s) as PDF files by email, together with the course information (PM).

Please also specify the dates and times you intend to use the courses. If your plans change after you have ordered the maps, you must inform us via

traning2026@10mila.se.
This applies to both the number of printouts and the planned

time of use.

