



Training PM

Helgaklint Hestra

TRAINING PACKAGE #5



Active	Controls are out 13 March –19 April 2026
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 description	Moderately to steeply undulating terrain. The woodlands are 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, 750 m south of the farm “Äng” .
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
Recommendation	This weekend a Christmas market is held at the farm “Näs” (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.



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