



# Training PM

## Helgaklint Hestra

### TRAINING PACKAGE #5



Active	Controls are out 13 March – 30 April 2026	
Courses	1) Relay training 2) Long distance 3) Long distance 4) Orange course	7.8 km, 8 forking options 9.3 km 6.8 km 4 km
Controls	Long distance courses are marked with reflective stakes, red/white tape and control code. Suitable for night orienteering.	
Livelox	Courses available on Livelox (password printed on map).	
Map	Helgaklint Scale 1:10 000 (Orange course 1:7 500) Contour interval 5 m Drawn 2025 by Tord Hederskog.	
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). Predominantly good runnability.	
Directions	In Hestra – on road 131 between Tranås and Österbymo – turn West towards Brostorp/Bordsjö. After 3 km at the farm Slogebo, turn right onto a small gravel road (North of the barn)	
Parking	On a small field by the forest. Coordinates 57.9343648, 15.0279692	
Start & finish	Same start & finish for all courses, marked with red/white tape.	
Course setter	Anders Johansson <a href="mailto:anders@anjokonsult.se">anders@anjokonsult.se</a> +46 70 555 80 81	

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](mailto: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](mailto:traning2026@10mila.se). This applies to both the number of printouts and the planned time of use.



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