

**World Masters Mountainbike  
Orienteering Championships 2024  
Denmark, Viborg  
07-10<sup>th</sup> August**

**NAVET  
MTBO**

# Bulletin

# #3

**07<sup>th</sup> - 10<sup>th</sup> August 2024  
Viborg, Denmark**

**<http://wmmtboc2024.dk>**



**Dansk  
Orienterings-Forbund**

**Support**



**VIBORG  
KOMMUNE**



**Syddjurs  
KOMMUNE**

**SPORT EVENT DENMARK  
HOSTING WINNERS**

**Partners**



**MotelSpar10.dk** 



## **Invitation**

Dear all,

Please find the event information in this bulletin #3.

Navet and the Danish Orienteering Federation and all the volunteers are looking forward to host you at the World Masters MTB Orienteering Championships 2024 Denmark in Viborg the 07-10<sup>th</sup> August.

Welcome to Viborg

**JØRN SVENSEN**  
*Event Director*



## **Welcome to Viborg**

Dear participants and guests,

In Viborg, we are looking forward to welcoming you to the World Masters MTB Orienteering Championships Denmark 07-10<sup>th</sup> August 2024.

Together with the Danish Orienteering Federation, we are proud to be part of this exciting mountain bike event.



You will experience extensive heath areas, hilly and dramatic landscapes, an amazing game reserve and a multitude of parks and recreational areas.

Viborg Municipality is, geographically, the second largest municipality in Denmark and the area offers many exciting natural resorts suited for outdoor sports. These days, we are constructing a 100 kilometers mountain bike trail leading through five forests and natural resorts.

On the route, there are plenty of opportunities to combine exercises with cultural history as the trail passes bunkers, churches, drainage channels, heath areas and a working museum.

All in all: We are crazy about sports! Every year we host many large sports and cultural events – and we always strive to create the best possible settings and to give our guests the best possible experiences.

We will make effort to ensure that you get the opportunity to experience the beautiful nature of the Viborg area – the woods, the lakes, and (hopefully) Danish summer at its best. We recommend that you make time for a stroll in the cosy streets of Viborg and experience our cultural history as well as the excellent shopping possibilities.

I hope you have a fantastic competition in Viborg and wish all participant's good luck!

**ULRIK WILBÆK**

*Mayor of Viborg Municipality*

## **Welcome to Syddjurs**

### **Dear participants, sponsors and visitors of the World Masters Mountainbike Orienteering World Championships 2024.**

On behalf of the municipality of Syddjurs, I wish you all welcome to Syddjurs and especially to Ebeltoft, home of one of the Masters series distances.

You have come to one of the most beautiful places in Denmark – I say without modesty.

As you will discover, Ebeltoft is a special place, a well preserved borough with cobbled streets and beautiful houses. Here you will also find an internationally renowned glass museum and a museum for the national treasure The Frigate Jutland – both worth a visit.



Ebeltoft lies on the outskirts of one of Denmark's most beautiful national parks, Mols Bjerger National Park. It stretches all the way from Ebeltoft to the medieval ruin at Kalø on the coast near Aarhus. The heartland of Mols Bjerger National Park is Mols Bjerger with its grassy and hilly landscape offers spectacular views across the bay. And for the biologically interested you can find a wide range of rare flowers, plants and insects.

The history of the area is defined by our beautiful coastline. Right from the Viking age, during the middle age, up till today, the connection between sea and land has formed the development of towns and cities. I hope that you will enjoy the nature in our area, and that the weather will be warm and sunny, so you can have a swim in the clear water of the bay.

Ebeltoft also has a lot to offer, when it comes to shopping, restaurants and cafés. And I recommend a visit to the Malt Factory. Founded as a malting house in 1861 and closed down in 1998, the old factory is now transformed into a center for all kinds of cultural and creative activities.

I wish you all good luck in the competition and a nice stay in our municipality and the city of Ebeltoft.

Sincerely,

***Michael Stegger Jensen***

*Mayor of Syddjurs Municipality*

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## **1. Organization/Officials**

### **Danish Orienteering Federation**

Idraettens Hus  
Broendby Stadion 20  
DK-2605 Broendby  
E-mail: [dof@do-f.dk](mailto:dof@do-f.dk)  
Webpage: [www.do-f.dk](http://www.do-f.dk)  
Tel. +45 4326 2740

### **National adviser**

Claus Poulsen  
E-mail: [Claus.m.poulsen@gmail.com](mailto:Claus.m.poulsen@gmail.com)  
Tel. +45 21398730

### **International adviser**

Anke Danowski  
E-mail: [anke@hillclimb.de](mailto:anke@hillclimb.de)

### **Event Director | Point of Contact**

Jørn Svensen  
E-mail: [info@mtbo2019.com](mailto:info@mtbo2019.com)  
Tel. +45 4044 6999

### **Competition Director**

Bjarne Hoffmann  
E-mail: [info@mtbo2019.com](mailto:info@mtbo2019.com)  
Tel. +45 2636 7570

### **Map drawer**

Erik Flarup  
Tel. +45 40787214

Event webpage: [wmmtboc2024.com](http://wmmtboc2024.com)

## **2. Venue/Event center**

The event center is situated at Søndermølle Kultur og Naturcenter, Vinkelvej 40 8800 Viborg. Denmark. 56.434918, 9.427387



**World Masters Mountainbike Orienteering  
Championships 2024  
Denmark, Viborg  
07-10<sup>th</sup> August**

**Bulletin #3  
Updated 05/06/2024**

Søndermølle will be the event center and will be the place for several things during the championships: Open race for mountain bikers that never have tried MTBO, opening ceremony, start for the Model event. Just a cozy place to relax in the evening after the races and the place for the WMMTBOC closing BBQ.

**Opening hours event center:**

05 August 1200-2300  
06 August 0900-2300  
07 August 1800-2100  
08 August 1800-2100  
09 August 1800-2100  
10 August 1800-2400

**Opening hours competition area:**

0800-1500  
0900-1500  
0800-1500  
0800-1500

**Opening ceremony at the event center:**

06 August 1900. Please show up for the show and welcome ceremony.

### 3. General map

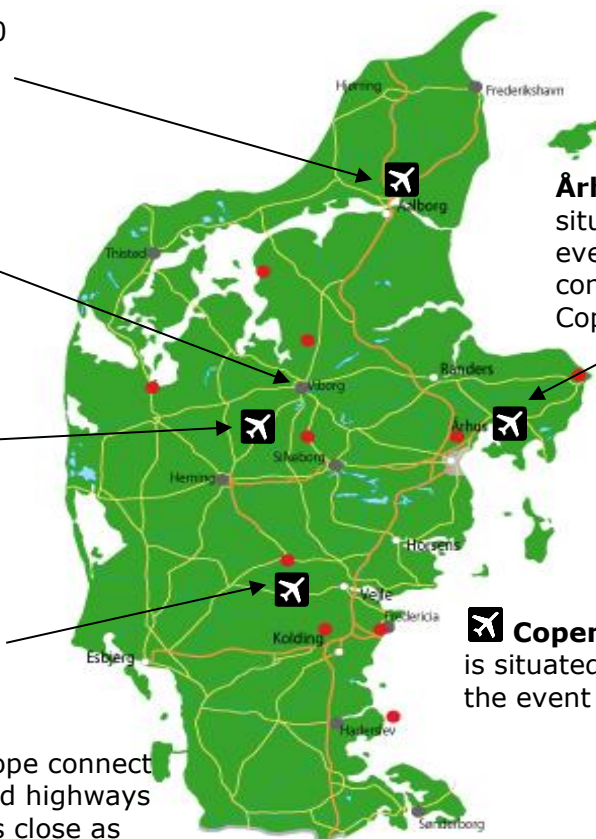
**Aalborg Airport** is situated 90 km from the event center and with connective flights from Copenhagen and Amsterdam.

**Viborg** will host the WMMTBOC 2024

**Karup Airport** is situated 30 km from the event center with connective flights from Copenhagen.

**Billund Airport** is situated 100 km from the event center with more than 40 international destinations.

All major road networks of Europe connect to Jutland through Germany and highways from the rest of Europe ends as close as 40 km from Viborg.



**Århus Airport** is situated 90 km from the event center with connective flights from Copenhagen.

**Copenhagen Airport** is situated 325 km from the event center.



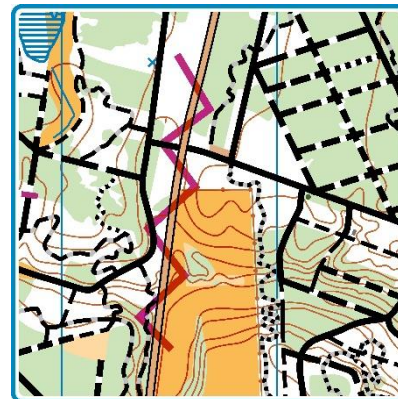
## 4. Rules

The WMMTBOC 2024 will be organized in accordance with the Orienteering Competition Rules for IOF MTB Orienteering Events 2024.

All Competition Rules for IOF MTBO rules are available here:  
<https://orienteering.sport/mtbo/competition-rules/>

Use of cycling helmets is compulsory.  
Bicycle must be with the competitor all the time.  
Competitor found moving without his/her bicycle will be disqualified.  
It is forbidden to use some main roads (Marked with Zig Zag markings on maps). Competitors must follow traffic rules.

WMMTBOC 2024 will follow the International Specification for MTB Orienteering Maps ISMMTBOM 2023



## Riding off track

Off-track cutting prohibited completely



**It is forbidden to leave the tracks. Exceptions are the samples underneath.  
Any violation will be punished with disqualification by marshals.**

Riding off tracks is allowed in areas with symbol 824, open land (orange)



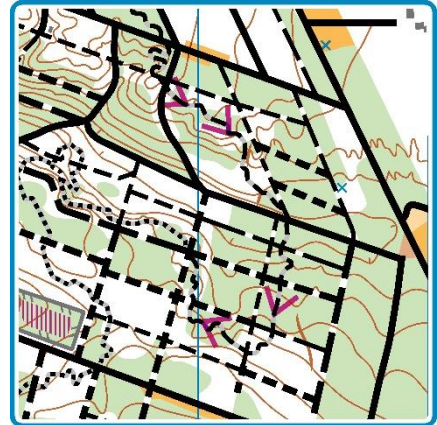
Riding off tracks is allowed in areas with symbol 826, rough open land (orange with white dots). The narrow linear trace through the terrain, it is also allowed to ride.



In forested areas, riding off tracks is allowed in areas with symbol 825-1 (white with black dots).



MTB tracks are mapped with grey/black. If MTB tracks are unidirectional, riding direction is marked with purple arrows. The one way direction is only in the section between two crossings and this must be respected.



**Violation of these rules may, if  
done deliberately, result in  
exclusion from the championships  
without compensation**

## 5. Schedule

| Day              | Date                          | Timings   | WMMTBOC 2024                                |
|------------------|-------------------------------|-----------|---|
| <b>Monday</b>    | <b>05<sup>th</sup> August</b> | 1200-2300 | Arrivals at event center                    |
|                  |                               | 1400-1900 | Training possible                           |
| <b>Tuesday</b>   | <b>06<sup>st</sup> August</b> | 0900-2300 | Arrivals at event center                    |
|                  |                               | 0900-1700 | Training possible                           |
|                  |                               | 1200-1600 | Model event                                 |
|                  |                               | 1700-1900 | Training possible for new comers and family |
|                  |                               | 1900-2000 | Opening ceremony                            |
| <b>Wednesday</b> | <b>07<sup>th</sup> August</b> | 0800-1500 | Event center at competition area open       |
|                  |                               | 1000      | First start Mass start                      |
|                  |                               | 1500-1630 | Price giving Mass start                     |
|                  |                               | 1800-2100 | Event center open                           |
| <b>Thursday</b>  | <b>08<sup>th</sup> August</b> | 0900-1500 | Event center at competition area open       |
|                  |                               | 1100      | First start Middle distance                 |
|                  |                               | 1500      | Price giving Middle distance                |
|                  |                               | 1800-2100 | Event center open                           |
| <b>Friday</b>    | <b>09<sup>th</sup> August</b> | 0800-1500 | Event center at competition area open       |
|                  |                               | 1100      | First start Sprint distance                 |
|                  |                               | 1500      | Price giving Sprint distance                |
|                  |                               | 1500-1800 | Open training at sprint map                 |
|                  |                               | 1800-2100 | Event center open                           |
| <b>Saturday</b>  | <b>10<sup>th</sup> August</b> | 0800-1500 | Event center at competition area open       |
|                  |                               | 1000      | First start Long distance                   |
|                  |                               | 1500      | Price giving Long distance                  |
|                  |                               | 1900      | Farewell dinner at event center             |
| <b>Sunday</b>    | <b>11<sup>th</sup> August</b> |           | Departure                                   |

## **6. Maps details/Map samples/Terrain description**

All maps are produced in accordance with the IOF SMTBOM 2023. All maps are made by the same mapper Erik Flarup from Navet.

### **Training: 05-06<sup>th</sup> of August: Neckelmans and Skrikes plantage**

*Map scale:* 1:7500 contour: 2,5 m.

Training will be open 05 August 1400-1900 and 06 August days 0900-1700.

Controls will be collected at 1700 the 06 August.

*Terrain:* Varied and mixed forest with a very dense trail network. Mostly flat but with areas with steep and detailed contours. The forest is intensely used by mountain bikers. Tracks, trails and forest roads are generally very fast. Distance from EC: 8 km. 56.478926, 9.411813 There is a mainroad between the two small forest. Be aware of traffic and follow the traffic rules.

Training map will be in your welcome bag.



### **Model event: 06<sup>th</sup> of August: Broddingbjerg and Nordic park**

Map scale: 1:7500, 1:10000, 1:15000 contour: 2,5 m.

The model event will have an example of the start and a control setup as used in the competitions from 1200-1600

There will be an open training for newcomers at this map at 1700-1800.

*Terrain:* Hilly and lots of track.

Distance from EC: 0 m 56.435280, 9.427781

Distance parking-start 100 M. Be aware that you have to cross a mainroad to the start and during the model event.

Model event map will be in your welcome bag.





## **Mass start 07<sup>th</sup> of August: Ebeltoft plantage.**

*Map scale:* 1:7500, 1:10000, contour: 2,5 m.

*Terrain:* A technical terrain with a dense network of paths and tracks. Hilly terrain with shorter, but in some places steep climbs.

*Distance from EC:* 99 km.

### **Parking: Published at bulletin 4**

There will be personnel to guide you at the parking.

Distance parking - event area 100-700 m.

### **Event arena: Published at bulletin 4**

Follow Green/yellow markings.

**Distance event area - start:** 50 m.

**Max time: 2 hours 30 minutes**



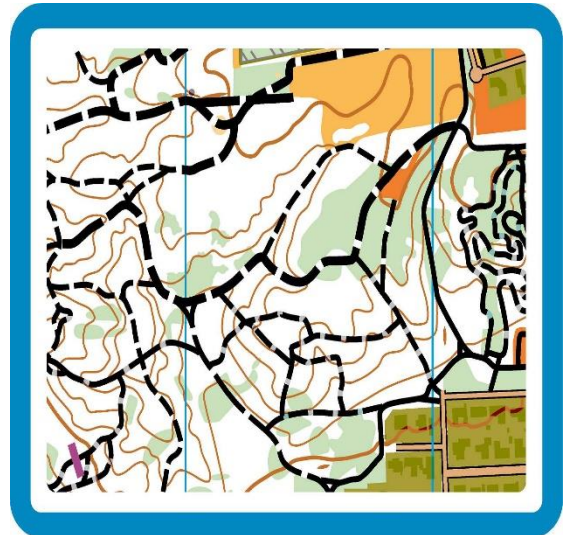
## **Award ceremony Ebeltoft at 1500.**

The award ceremony will be in the middle of Ebeltoft at the Maltfabrikken 56.200837, 10.678432. There will be a guarded parking at 56.199661, 10.682444. In your welcome bag there will be an accreditation card. This is your access to the parking and back to your car after the ceremony. The guard will not allow anyone at the parking lot without this accreditation card.

In your welcome bag there will be a small map guiding you from the parking to the award ceremony, that is at the Maltfabrikken 56.200837, 10.678432. Approx 300 m from the parking. We encourage everybody to participate at the award ceremony.

## **Middle distance 08<sup>th</sup> August, Hjermind** **Egekrattet.**

*Map scale: 1:7500, 1:10000, contour: 2,5 m.*  
*Terrain: A technical terrain with a dense network of paths and MTB tracks. Hilly with some urban terrain included.*  
*Distance from EC: 21 km.*



**The competition will cross 2 public roads and there will be marshals. They will not stop the traffic, but help to show the competitor, that the road can be crossed safely. BUT THE TRAFFIC RULES MUST BE FOLLOWED.**

### **Parking: Published at bulletin 4.**

There will be personnel to guide you at the parking.  
Distance parking - event area 300 m.  
Follow Green/yellow markings.  
Toilets are situated at the parking area

### **Event arena: Published at bulletin 4**

**Distance event arena to the start:** 6100 m follow Red/White/Blue ribbons.  
Two single toilets 300 m from the start point.

**Max time: 2 Hours**

**There will be transport of clothes from the start to the event arena after the last start.**

**Award ceremony for Middle distance  
Bjerringbro is at the event arena at 1500.**

## **Sprint distance 09<sup>th</sup> August, Undallslund plantage.**

*Map scale:* 1:7500, contour: 2,5 m.

*Terrain:* Varied and mixed forest with a very dense trail network. Mostly flat but with areas with steep and detailed contours. The forest is intensely used by mountain bikers. Tracks, trails and forest roads are generally very fast and easily rideable and a fast-riding purpose built mountain bike trail twists throughout the forest.

*Distance from EC:* 8 km.

### **Parking: Published at bulletin 4**

There will be personnel to guide you at the parking.

Distance parking - event arena 100 m.

Toilets are situated at the parking area.

### **Event arena: Published at bulletin 4**

**Distance event arena to the start:** 400 m follow Red/White/Blue ribbons.

**Max time: 90 min**



## **Award ceremony for Sprint distance Undallslund is at the event arena at 1500.**

## **Long distance 10<sup>th</sup> August, Klosterheden plantage.**

*Map scale: 1:12500, 1:15000 contour: 2,5 m.*

*Terrain: Varied and mixed forest with a long fast gravel roads and small areas with MTB tracks. Mostly flat but with areas with small steep contours.*

*Distance from EC: 80 km.*

### **Parking: Published at bulletin 4**

There will be personnel to guide you at the parking.

Distance parking - event arena: 100 m.

Toilets are situated at the parking area.

### **Event arena: Published at bulletin 4**



**Distance event arena to the start:** Start at the event arena.

**Max time 3 hours.**

**Award giving ceremony for Long distance  
Klosterheden is at the event arena at  
1500.**

**At some of the races a blow up on the map  
will be a possibility. More information at  
Bulletin 4.**

**NO QUARANTINE - AT ALL THE COMPETITONS  
THE MAPS WILL BE COLLECTED AT THE FINISH.  
MAPS WILL BE HANDED OUT AFTER THE LAST  
START.**

## Preliminary course details of the races:

| Category | MASSTART    |          |           | MIDDLE      |          |           | SPRINT      |          |           | LONG        |          |           |
|----------|-------------|----------|-----------|-------------|----------|-----------|-------------|----------|-----------|-------------|----------|-----------|
|          | Length (km) | controls | climb (m) | Length (km) | controls | climb (m) | Length (km) | controls | climb (m) | Length (km) | controls | climb (m) |
| M35      | 27.3        | 35       | 735       | 16.8        | 23       | 395       | 11,0        | 18       | 120       | 37.8        | 28       | 260       |
| M40      | 27.3        | 35       | 735       | 15.6        | 21       | 370       | 11,0        | 18       | 120       | 37.0        | 28       | 255       |
| M45      | 27.3        | 35       | 735       | 15.6        | 21       | 370       | 11,0        | 18       | 120       | 37.0        | 28       | 255       |
| M50      | 25.1        | 29       | 670       | 15.5        | 20       | 365       | 9,1         | 15       | 90        | 33.9        | 24       | 235       |
| M55      | 25.1        | 29       | 670       | 14.2        | 19       | 355       | 8,4         | 16       | 95        | 31.8        | 24       | 220       |
| M60      | 23.5        | 29       | 630       | 12.8        | 18       | 300       | 8,0         | 15       | 90        | 28.6        | 20       | 200       |
| M65      | 23.5        | 29       | 630       | 12.3        | 17       | 295       | 7,0         | 16       | 95        | 27.0        | 20       | 185       |
| M70      | 18.2        | 27       | 490       | 11.1        | 17       | 235       | 6,1         | 17       | 85        | 24.1        | 17       | 165       |
| M75      | 18.2        | 27       | 490       | 9.8         | 13       | 170       | 6,1         | 17       | 85        | 24.1        | 17       | 165       |
| M80      | 12.7        | 18       | 360       | 8.6         | 12       | 170       | 4,4         | 15       | 80        | 16.2        | 15       | 115       |
| M85      | 7.8         | 15       | 280       | 7.5         | 11       | 110       | 4.4         | 15       | 80        | 12.6        | 11       | 90        |
| M90      | 7.8         | 15       | 280       | 7.5         | 11       | 110       | 4,4         | 15       | 80        | 12.6        | 11       | 90        |
|          |             |          |           |             |          |           |             |          |           |             |          |           |
| W35      | 23.5        | 29       | 630       | 12.8        | 18       | 300       | 9,1         | 15       | 90        | 28.6        | 20       | 200       |
| W40      | 23.5        | 29       | 630       | 12.3        | 18       | 295       | 9,1         | 15       | 90        | 27.0        | 20       | 185       |
| W45      | 23.5        | 29       | 630       | 11.8        | 16       | 245       | 9,1         | 15       | 90        | 27.0        | 20       | 185       |
| W50      | 18.2        | 27       | 490       | 11.8        | 16       | 245       | 8,0         | 15       | 90        | 24.1        | 17       | 165       |
| W55      | 18.2        | 27       | 490       | 11.1        | 17       | 235       | 6,5         | 14       | 85        | 24.1        | 17       | 165       |
| W60      | 15.9        | 23       | 435       | 9.8         | 13       | 170       | 6,1         | 17       | 85        | 20.9        | 17       | 145       |
| W65      | 15.9        | 23       | 435       | 8.6         | 12       | 170       | 6,1         | 17       | 85        | 20.9        | 17       | 145       |
| W70      | 12.7        | 18       | 360       | 8.6         | 12       | 170       | 4,4         | 15       | 80        | 16.2        | 15       | 115       |
| W75      | 7.8         | 15       | 280       | 7.5         | 11       | 110       | 4,4         | 15       | 80        | 16.2        | 15       | 115       |

**Link to maps of the embargoed and competition areas:** [Map \(wmmtboc2024.com\)](http://Map(wmmtboc2024.com))

The embargo is in place until after the WMTBOC2024. The areas marked on the map are embargoed for all orienteering activities, unless specifically permitted by the organizers. The embargoed areas are out of bounds for all potential participants and team members, including competitors, team coaches, manager or anyone associated to the team/individual.

Any permission for access into embargoed areas must be requested from the organizers, if needed and before access. This includes also if there are any MTB or other events taking place in the embargoed areas and potential competitors wish to participate. The embargo includes the use of drones in or above the terrain.



## 7. Time keeping system

SPORTident Air+ will be used in all competitions.

The minimum working range is 150 cm.

All competitors will have to use an ActiveCard (SIAC). Rental will be possible.

### Winning times

| Mass start  | Middle distance | Sprint distance | Long distance |
|-------------|-----------------|-----------------|---------------|
| 75 – 85 min | 50 – 55 min     | 20 – 25 min     | 105 – 115 min |

## 8. Classes & participation

WMMTBOC W/M 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90. Two adjacent classes in the same decade will be merged if either or both have fewer than 5 entries. W/M 70 and older keep the 5-year steps independent on registered starters. Participation in WMMTBOC is open to all competitors according to their age classes.

Competitors participate at their own risk. Third party insurance and personal injury insurance is compulsory and shall be the responsibility of each competitor.

**The organizer will not hold a meeting for the competitors before the competitions.**

**It is strongly recommended, that the competitors have read the bulletin #4 before competing.**

## 9. Entries

Entries on IOF Eventor.

| Late entries (from 01.06.2024)  | Fee    |   |
|---|--------|---|
| Accreditation   | EUR 48 | Incl. Training map and model event.         |
| Mass start  | EUR 48 |   |
| Middle distance   | EUR 48 |   |
| Sprint distance   | EUR 48 |   |
| Long distance   | EUR 48 |   |
| SIAC rental   | EUR 25 | SIAC rental for model event and all 4 races |
| Participation in the closing dinner 10th of August at the event center. | EUR 25 |   |

**Entries per country as of 31 May 2024**

| Country       | Sum | Country     | Sum |
|---------------|-----|-------------|-----|
| Argentina     | 2   | Latvia      | 1   |
| Australia     | 6   | Lithuania   | 20  |
| Austria       | 10  | New Zealand | 6   |
| Belgium       | 5   | Norway      | 4   |
| Czechia       | 51  | Poland      | 9   |
| Denmark       | 49  | Portugal    | 12  |
| Estonia       | 6   | Slovakia    | 1   |
| Finland       | 27  | Slovenia    | 8   |
| France        | 15  | Spain       | 13  |
| Germany       | 20  | Sweden      | 102 |
| Great Britain | 7   | Switzerland | 15  |
| Hungary       | 7   |             |     |
| Ireland       | 1   |             |     |
| Israel        | 2   |             |     |
| Italy         | 5   | SUM         | 404 |

**Late entries**

After the 21<sup>st</sup> July entries will not be accepted.

**10. Accommodation**

The organizers are not responsible for accommodation for the participants. But we can recommend the following places:

**Danhostel Viborg**

Welcome to Danhostel Viborg hostel! We are scenically close to forest and lake, yet only 3 km from Viborg city center and the train station. There are good opportunities to hold courses, camp schools and other group stays or just to spend the night in relaxed and welcoming surroundings. We look forward to seeing you!



The Hostel is on the Model event map and only 300 m from the event center and 3 km from the town center.

## **Motel Spar 10**

### **Viborg:**

Motel Spar 10 hotel invites you for a pleasant stay situated in pleasant green surroundings. This means that when you step outside, there will be forests and nature.

These natural surroundings contribute to make your stay at our hotel and motel even cozier and more comfortable and especially relaxing.

Here at Motel Spar 10 you have the opportunity to find cheap accommodation and rent rooms to different events.

We offer rooms in a peaceful and tranquil setting of our hotel, where you will be greeted by the staff by an informal tone and a receive good treatment that will make sure that your stay at our motel will be nice and very comfortable.

At the motel you will find cozy and clean rooms, where you can get a good night's sleep. You'll also find common living areas at our hotel as well as a common mini-bar, where you can buy beer and soft drinks at reasonable prices.

Access to kitchenette, where you can make coffee or the 24/7. There is also an opportunity to cook, use the washing machine and tumble dryer. With our informal manner, we are sure that you will enjoy staying at our facilities

The Motel offers also the opportunity to use the bike wash.

<https://www.motel-spar10-viborg.dk/>

The Motel is only 7 km from the event center and 3 km from the town center.



## **PEAK 12 HOTEL**

Newly built design hotel in the heart of Viborg.

Peak 12 is much more than an ordinary design hotel – it is the place where unique experiences come together under one roof.

We share the building with Tinghallen Congress and Music Hall and Restaurant Det Glade Vanvid, so you can combine your hotel stay with cultural, musical and gastronomic experiences.

In the heart of the hotel, the warm lounge, you will also find a wealth of experiences – enjoy a hot espresso in the exclusive coffee shop, let yourself sink into a soft armchair



and enjoy the jazz tones of an old turntable, explore Bar Flora's innovative cocktail menu, challenge your fellow traveller in a game of shuffleboard or experience the city's most beautiful views on the hotel's 12-storey rooftop.

The many experience opportunities are not only fixed at Peak 12 Hotel, but stretch up the entire Tingvej, which also contains the venue Paletten, Viborg Stadium, Fitness X, Viborg Fotorama, the BDO lounge and much more. Barely 700 meters from the hotel you will find Viborg's city center, which b.la. offers a wide selection of chain stores, specialty shops as well as cafés and restaurants.

The Hotel is only 4 km from the event center and 700 m from the town center.

## **11. Bike wash**

There will be no bike wash at any of the competitions

## **12. Climate**

Average temperature in July/August is just below 20° C. However, the temperature can go as high as up to 30° C. Mean temperature during nighttime is 13-15° C.

Average rainy days are 14-16 per month. The average precipitation is between 77-91 mm per month.

## **13. Entry permits (Visas)**

Denmark is a full Schengen member state. For residence outside Schengen you will have to apply for a short stay visa. Read more here:

<http://um.dk/en/travel-and-residence/short-stay-visas/>

## **14. First aid**

There will be personnel at the event arenas taking care of injuries.

Nearest hospital Viborg: Hospitalsenhed Midt Heibergs Alle 5A 8800 Viborg  
Tlf.: + 45 78 44 00 00.

**Anti-doping information:** Doping is forbidden. The IOF Anti-Doping Rules apply to all IOF events and the IOF Council may require doping control procedures to be conducted. It is the responsibility of the competitors to obtain any required therapeutic use exemption (TUE) certificate.

## **15. Training opportunities**

If your family is following you during the Championships, there will be the following training options.

**05-06 August:** Training on the training map for the championships.

**06 August:** There will be training on the model event map. The training is also open

for the public 1700-1900.

**09 August:** There will be an open training on the sprint map after the sprint race finished.

The 4 forests for the Masters are off course open after the each race and you have the possibility to train after the race. The controls will be collected, just after the last Masters competitor has finished his/her race.

If you consider to participate in these 3 different trainings, or to train after the races, then you can buy your maps at the event center. 7 EUR pr training.

### **Danish MTBO races**

All Danish MTBO races are published here.

Webpage: [www.do-f.dk](http://www.do-f.dk)

## **16. More information**

**Webpage:** [wmmtboc2024.com](http://wmmtboc2024.com)



# **Welcome to the Viborg region, the heart of Jutland!**

A visit to Viborg - called the "Heart of Jutland" - is a trip through history, culture and nature. Visitors will find a wonderful mixture of an historical medieval town and beautiful varied countryside. Almost 400 years ago a historian said: "Viborg is like the mother of Jutland". The history of Viborg can be traced back a very long time. Take a walk through the cobbled streets and imagine the bustle of life in the middle.

## **A modern municipality of growth**

The Municipality of Viborg has more than 95,000 citizens. This makes us the 9th largest municipality and a very strong player on the municipal map of Denmark. Furthermore, the city of Viborg is the "capital" of the Region of Mid-Jutland. Viborg is a dynamic, pulsating city, focusing on a good quality of life. The growth in the number of newcomers shows an increasing interest in living, learning and working in Viborg or one of the many small villages located in the beautiful landscape around Viborg. In our own quiet way, we are proud of Viborg today – and we are proud of our history.

## **The history of Viborg**

Viborg is second oldest city in Denmark. The official formation of Viborg started around the year 1000, but the area had been a sacred rallying ground since ancient times. The name "Viborg" is a combination of the Danish words "Wii" - which means sacred - and "borg" - which means hill, i.e.: The sacred hill. Viborg Cathedral was, after a huge City fire, rebuilt in 1864-1876 as a round-arched Romanesque granite church and is still an impressive feat of construction. Inside you can see huge wall-murals painted by Joakim Skovgaard. Viborg region has an unusually varied landscape with green woods, deep lakes, dramatic hills and open heath land. In Dollerup Bakker (Hills), you can listen to the bubbling springs all year round and feast your eyes on the glittering Hald Lake. The town of Viborg is slow-paced, yet charming. Viborg citizens are proud of the city's beautiful shop fronts and buildings. They provide an attractive atmosphere and are the framework for an active busy market town, with many pedestrian streets and squares. There are many cafés, small galleries and exciting boutiques with clothes and crafts.

You're about to discover the Viborg region and we look forward to welcoming you!  
*We wish you all a good and eventful World Championships.*

## **During your stay at Viborg we offer the following:**

### **A free guided tour through Viborgs history.**

Viborg is one of Denmark's oldest cities with traces all the way back to ancient times. Viborg means "holy mountain".

Traders, warriors, craftsmen, pilgrims and adventurers came walking, riding and running with horses and oxen to take further along the Ancient Road to the major trading places and shrines in the south.

Until the introduction of absolute monarchy in 1660, all Danish kings hailed at the thing in Viborg, and noble gentleman men and Catholic bishops adorned the city with monumental buildings, including the characteristic cathedral with two towers.

**Participation in this guided tour the 09<sup>th</sup> of August at 1700? Send a mail to [orienteering4all@webspeed.dk](mailto:orienteering4all@webspeed.dk) or sign in the event center at arrival.**

### **Mønsted kalkgrube.**

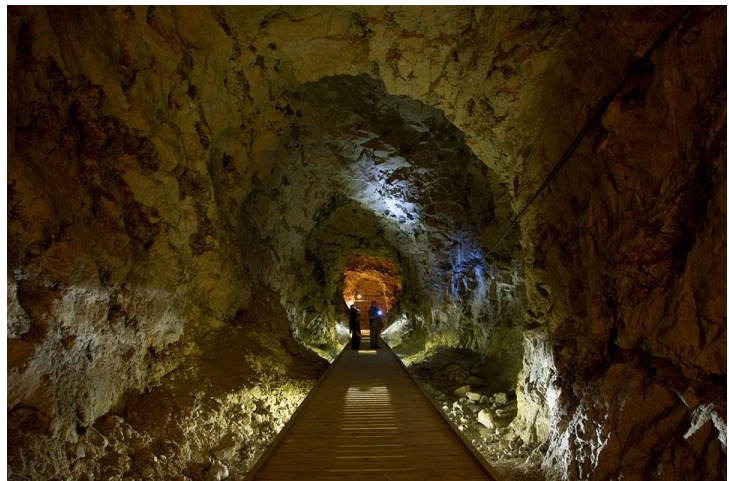
Why not visit the Largest Limestone mine in the world?

Mønsted Kalkgrube

<https://www.monsted-kalkgruber.dk/en/>

Welcome to the largest limestone cave in the world. Please set aside at least 2 hours for the visit. During the whole year the temperature stays at 8°, a good reason for bringing warm clothes. The caves are a perfect place for a visit during a rainy day or in a heat wave.

Normally you walk in the caves on your own, but you also have the option of a guided tour to hear about the caves, their history and the bats. The tour has a duration of about 1 hour and must be booked in advance.

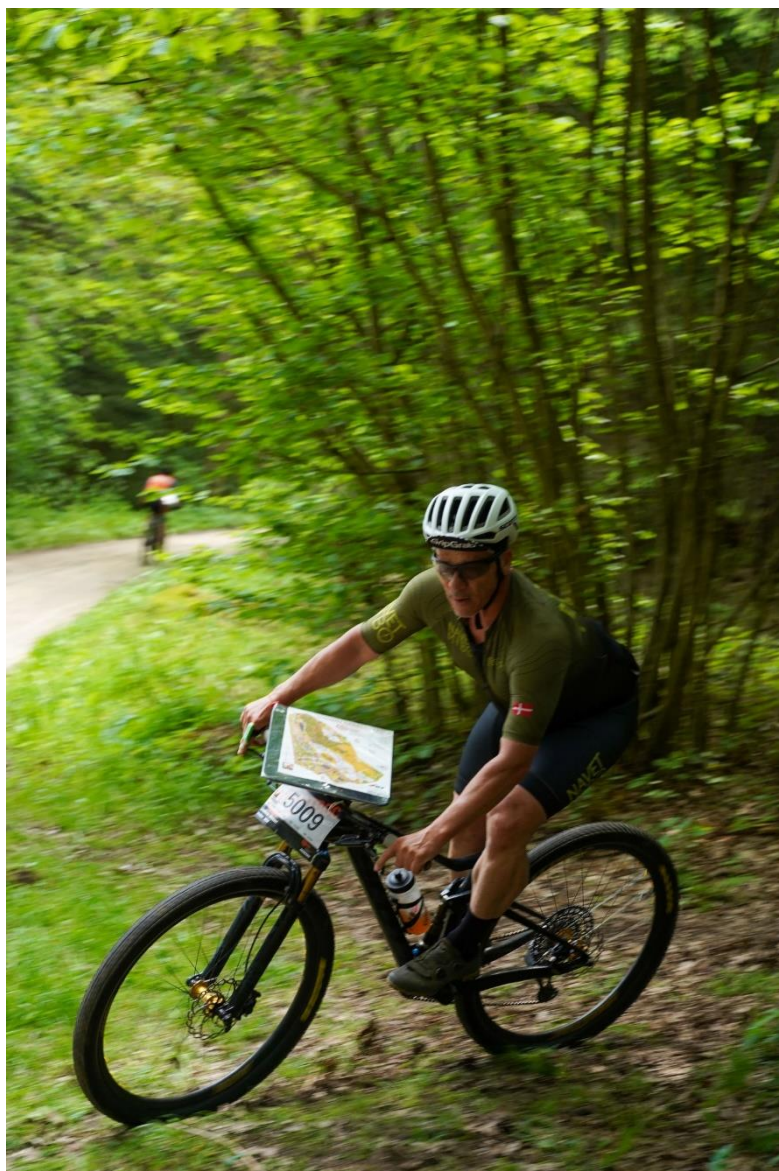


## **Visit the Frigate Jutland**

After the Mass start visit The Frigate Jutland who raises its impressive rain on the edge of the beautiful Ebeltoft Vig. With idyllic Ebeltoft on one side and Mols Bjerger on the horizon, Frigate Jutland offers everyone a welcome for an unforgettable experience.



**▪ Bulletin #4 will be published the week before WMMTBOC 2024**



***We are very much looking forward hosting the  
WMMTBOC 2024***

***See you in August in Viborg, Denmark***