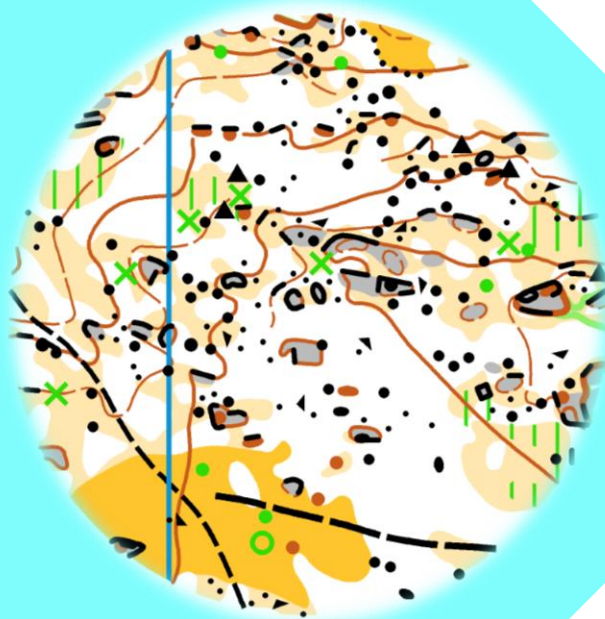


# **MÁXIMUS WINTER O-CAMP INVITATION**



**BURGOHONDO-MADRID**

**SPAIN**



**1<sup>ST</sup> JANUARY**

**31<sup>ST</sup> MARCH**

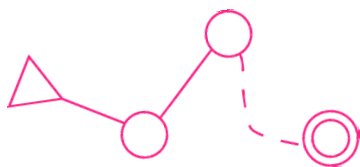
**2020**



**CLUB DE  
ORIENTACIÓN  
MÁXIMUS**



**MÁXIMUS**  **MEETING**



## What is Máximus Winter O-Camp?

Maximus Winter O-Camp is a new project developed by the Spanish Orienteering Club: Máximus.

In Burgohondo area we can find a big variety of high quality terrains, new and updated maps (the oldest from 2015), and very comfortable weather (snow free) which gives us the perfect conditions for a winter training camp.

We can provide everything you need: accommodation, blank maps, training maps, trainings with SportIdent, gym, swimming-pool, trail-running routes,





...

Furthermore, for the whole period we'll have a contact person in the area to attend all your necessities.

## About us

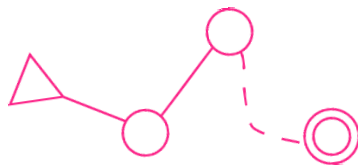


**RAÚL FERRA** 

-  International experience as an elite coach and event director.
-  Awarded course-setter.
-  English language. 

Máximus is a Spanish Orienteering club recently created but, at the same time, very experienced. We have organised 3 Spanish Leagues, and World Ranking Events. Last year, we began an ambitious project with Máximus O Meeting, whose 2nd edition in 2020 will be 3 World Ranking Event races.

Our O-Camp will be headed by Raúl Ferra, a very experienced sportsman and coach, who has been Sport Director and Main Coach of the Spanish Orienteering Federation (2016-2019). Now, he's fully committed with this project.



## What do some of the world top athletes say about us?



**Johan Runesson** 

*"It was **really nice** to be in a new area with maps close to the accommodation which make the traveling between the trainings short. **Good weather together with technical orienteering** with the rocky details made our trainings camp a success."*

**Svetlana Mironova** 

*"I've visited Burgohondo several times and it's always **great opportunity for training camp**. There are different terrains and all of them are technically challenging. Maps are in **very good quality** and almost always **good weather** in January and February! I think I'd come again next year!"*



**Oleksandr Kratov** 

*"It was **great experience** to visit Burgohondo, **really nice terrains** within short distance. Beautiful landscapes for long runs. I'm **very interested in the new area** mapped for 2020 competition"*

**Anastasia Rudnaya** 

*"It was **very nice, and perfect winter camp**. The weather was very good, trainings very challenging and nature very beautiful! In this area you can both run **technical courses and enjoy picturesque views**."*



**Anna Bachman** 

*"The terrain and nature around Burgohondo is **beautiful and perfect** for an orienteering camp in the winter. You must push your orienteering skills in this **detailed and technically demanding terrain** and at the same time it's not too heavy physically. So, you can easily stay here for a longer period focusing on developing your orienteering, and at the same time enjoying this nice region."*





## Some of the best clubs in the world joined us last winter...



The Swedish club **IFK Lidingö**, coached by Johan Runesson, was 12 days training in Maximus O-Camp last February and the feedback we got was great.

Athletes as Marten Böstrom, Hector Heines, Rasmus Palmqvist, Anna Bachman, Helena Karlsson, Emma Bjessmo or Zsafia Sarkozy, already know our wonderful terrains.



Maybe the best club in the world nowadays, **IFK Goteborg**, also enjoyed Maximus O-Camp couple of weeks during last winter. They were surprised about the high quality of our terrains. And weather was great!

Some of the best athletes were here: Anna Närhi, Johan Högstrand, Arvid Vag, Vetle Braten, Max Peter Bejmer, Andreas Solberg, Linnea Gustafsson, ...

... also tried  
our terrains...



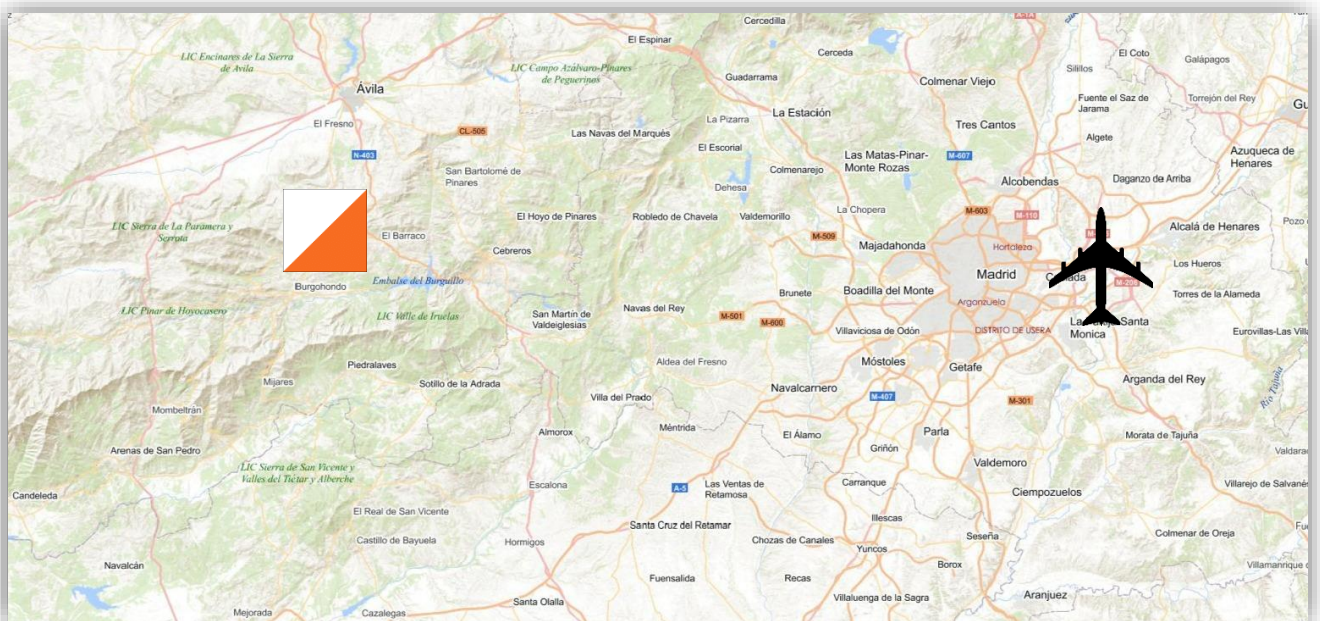
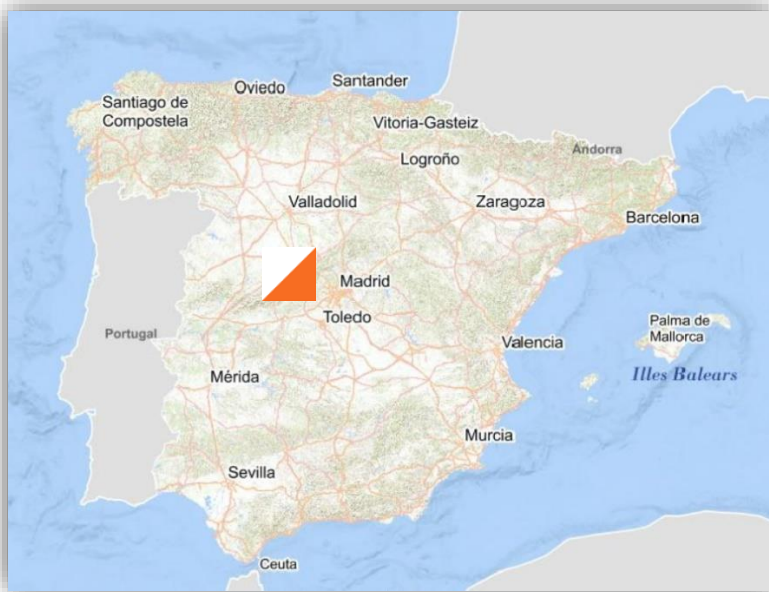
... and a very big name already confirmed for 2020 Winter:  
**KOOVEE Suunnistus (Finland).**



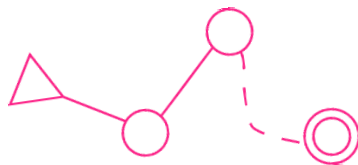


## Location

Our training area is situated in the central part of Spain, Ávila province, and only **1.5 hours driving West from Madrid**, where the main airport “Adolfo Suárez – Barajas” offers many both good and cheap flying options.

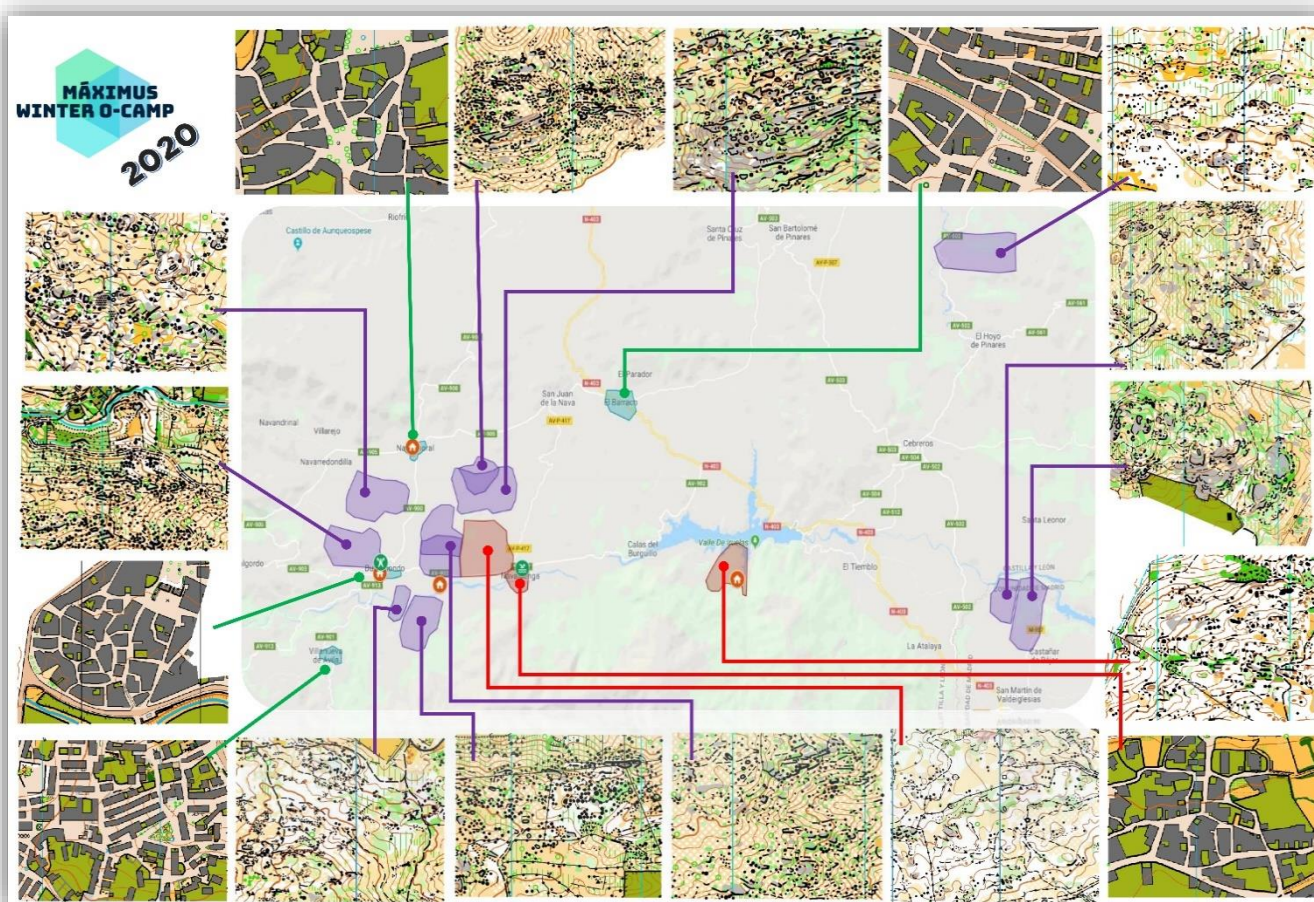












## Maps locations

Once you reach our training area, it is possible to go just jogging to some of the training maps. The main part of the them are situated **less than 20' driving**, and the most far away ones, not more than 45' driving from Burgohondo.



Open in a bigger map: [LINK](#)

-  12 Forest Maps.
-  5 Sprint Maps.
-  Full equipped gym.
-  Swimming-pool.
-  Different accommodation options with very good prices.
-  Many trail-running routes (marked).



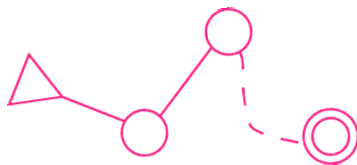
# OUR FOREST MAPS

**FOREST**

**ALL MAPS**  
**UPDATED 2019**  
**(ISSOM 2017-2)**

**NEW MAPS FOR 2020**





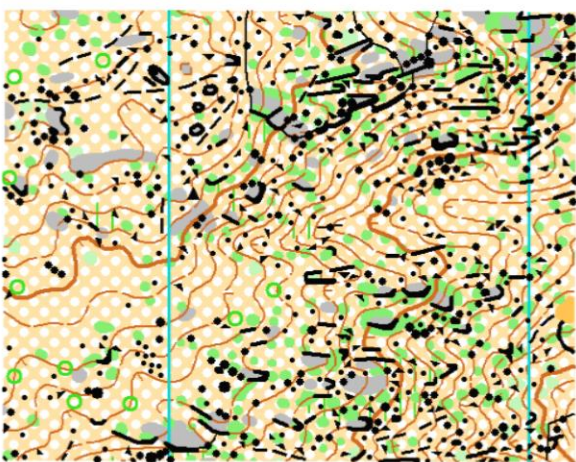
### **F01 - BURGOHONDO OESTE**

*One of the best maps of the area. Good runnability, many rocky details and moderate climbing. Perfect for long legs.*

Year: 2017 (updated 2019)

Map Makers:

- ▣ Viktor Dobretsov (RUS)
- ▣ Rui Antunes (POR)
- ▣ José Batista (POR)



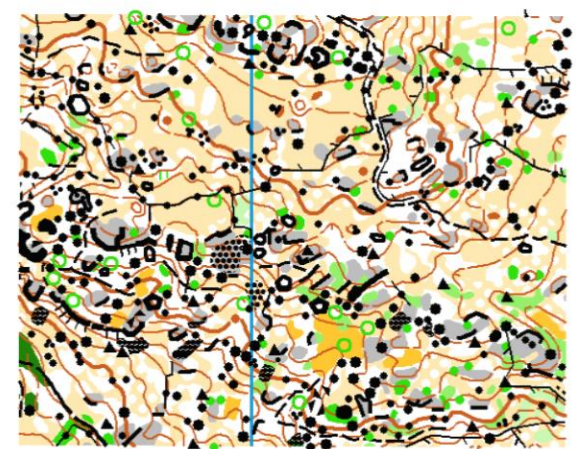
### **F02 - BURGOHONDO ESTE I-II**

*Good runnability and visibility. Variety of rocky details and moderate climbing. Nice ground and "easy to run". Perfect for fast trainings: mass starts, intervals, ...*

Year: 2016 (updated 2019)

Map Maker:

- ▣ Viktor Dobretsov (RUS)



### **F03 - EL COGOTE**

*The central part of the map requires a very accurate map-reading because of the tricky rocky forms. If you succeed doing good orienteering, it will be pure joy.*

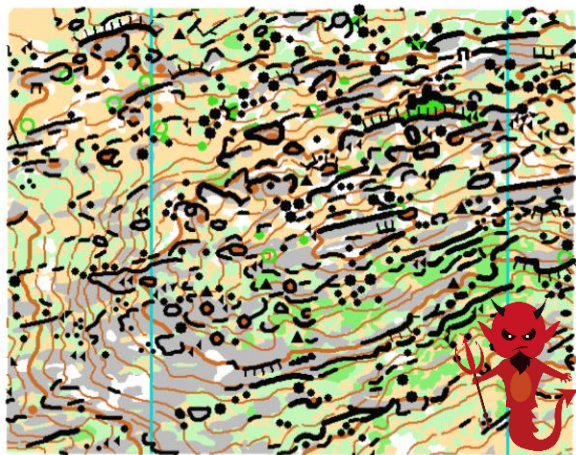
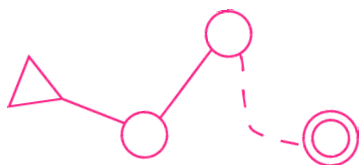
Year: 2017 (updated 2019)

Map Makers:

- ▣ Alexandre Reis (POR)
- ▣ Valdemar Sendim (POR)







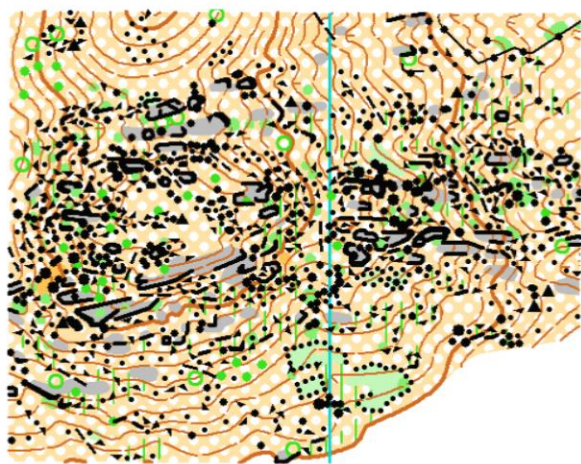
#### **FO4 - NAVALMORAL INFIERNO**

*The "hell" is, no doubts, the trickiest map in the area. Very precise cartography. Only for top level orienteers. You cannot stay in the region and not to visit this map.*

Year: 2015 (updated 2019)

Map Makers:

- ▣ Jaime Montero (SPA)
- ▣ Ricardo García (SPA)



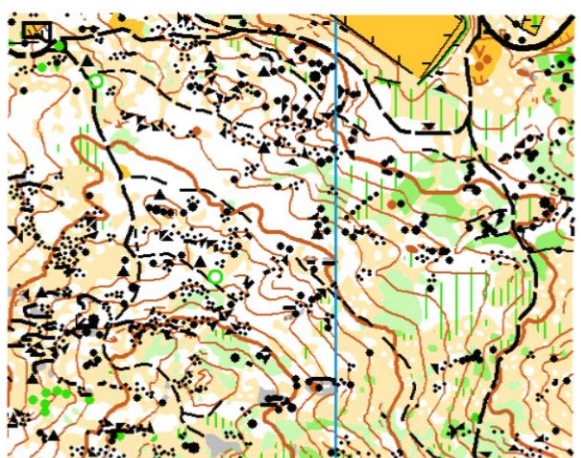
#### **FO5 - NAVALONGUILLA**

*Good ground and runnability, with different density of rocky features. Moderate climbing. Recommended for night orienteering and fast trainings.*

Year: 2016 (updated 2019)

Map Maker:

- ▣ Viktor Dobretsov (RUS)



#### **FO6 - PINAR DE JUANÍN**

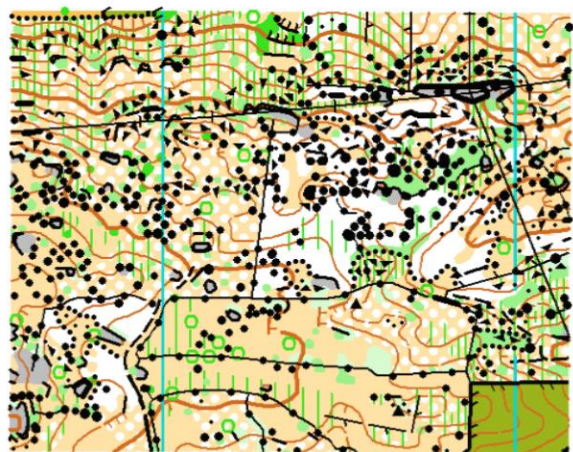
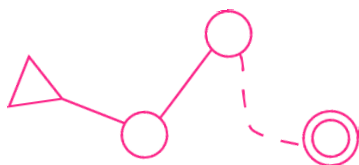
*Unique map in the area. Pine forest, with a central hill and many vegetation and rocky details changes. Demanding both physical and technically. For a high quality middle.*

Year: 2017 (updated 2019)

Map Makers:

- ▣ Vlatislav Sebesta (CZE)
- ▣ Roman Gorky (CZE)





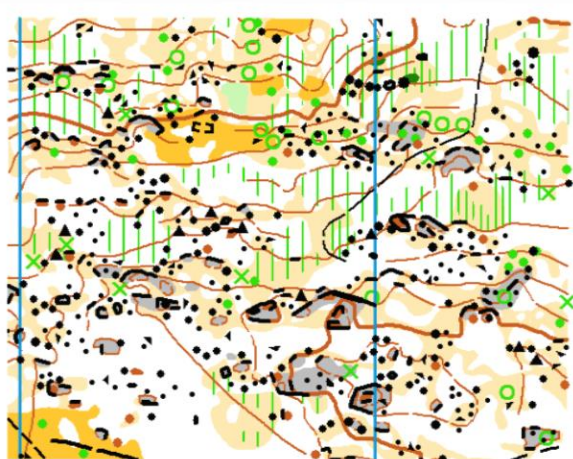
### F07 - PUENTE NUEVA

*Interesting map, tough to run because of the vegetation density. Many rocky features and stone walls. Perfect for route-choices.*

Year: 2017 (updated 2019)

Map Makers:

- ▣ Viktor Dobretsov (RUS)
- ▣ Rui Antunes (POR)
- ▣ José Batista (POR)



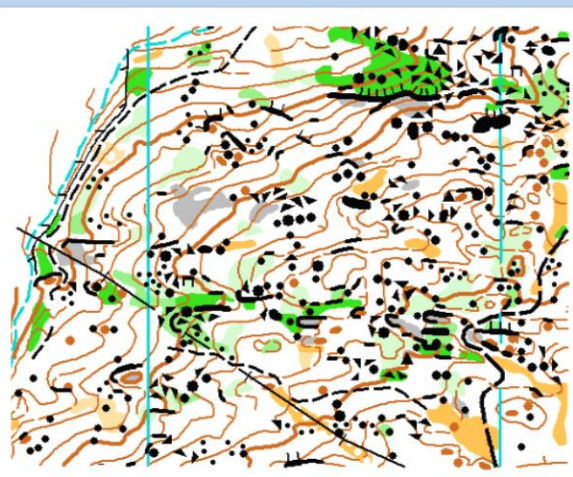
### F08 - CABEZA MESADA

*Running here is just... pure joy!. Ground is perfect, like a park, and runnability excellent. Nevertheless, at the same time, it's demanding technically. Perfect map for high intensity trainings and Night-O.*

Year: 2019

Map Maker:

- ▣ Ricardo García (SPA)



### F09 - VALLE DE IRUELAS

**AVAILABLE AFTER 16TH FEBRUARY**

*It is, probably, one of the best terrains and maps in Spain. Very demanding technically. Mapping style excellent. Don't miss it out!*

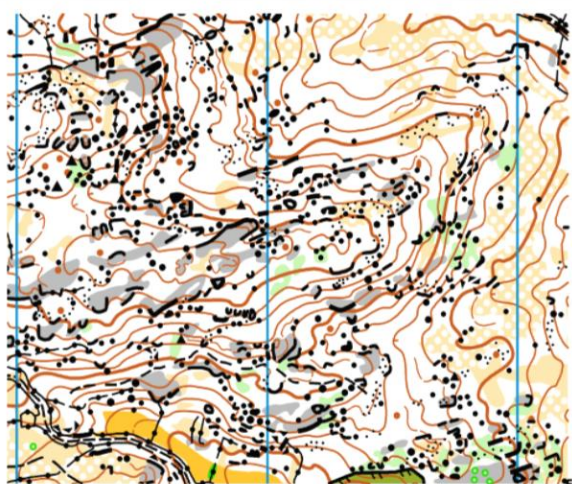
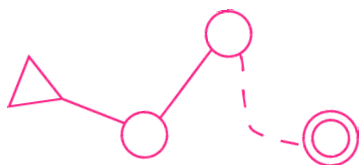
Year: 2019

Map Makers:

- ▣ Janne Weckman (FIN)
- ▣ Tlmo Joensu (FIN)







### **F10 - MATA CIMERA**

**AVAILABLE AFTER 16TH FEBRUARY**

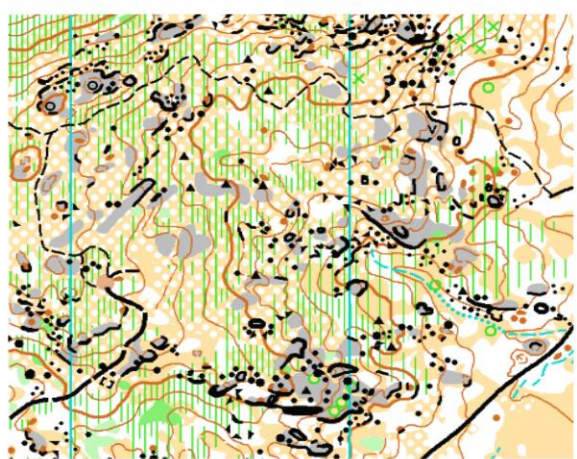
*Typical Burgohondo area terrain. Good runnability which is reduced in some parts because of vegetation and rocks. Moderate climbing with small contours details.*

Year: 2019

Map Makers:

☐ Ramón García (SPA)

☐ Ricardo García (SPA)



### **F11 - CANTO REDONDO OESTE**

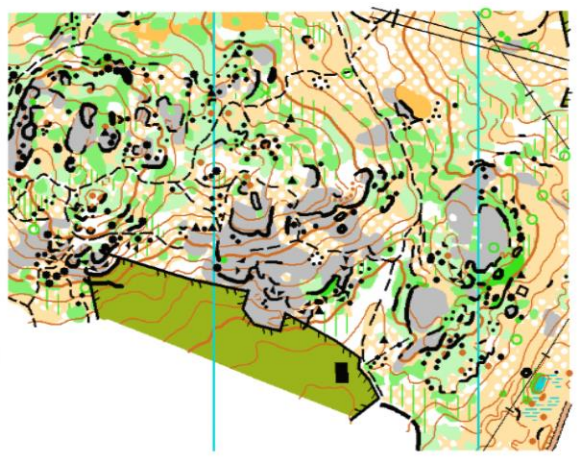
**PARTNER CLUB - ALABARDA**

*One of the best maps of the area. Good runnability, many rocky details and moderate climbing. Perfect for long legs.*

Year: 2017

Map Maker:

☐ Mario Rodríguez (SPA)



### **F12 - CANTO REDONDO**

**PARTNER CLUB - ALABARDA**

*One of the best maps of the area. Good runnability, many rocky details and moderate climbing. Perfect for long legs.*

Year: 2017

Map Maker:

☐ Mario Rodríguez (SPA)





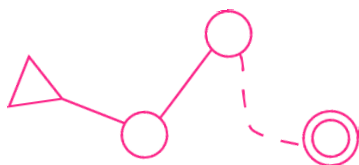


# OUR SPRINT MAPS

**SPRINT**

**ALL MAPS**  
**UPDATED 2019**  
**(ISSPROM 2019)**

**NEW MAPS FOR 2020**



### **S01 - NAVALMORAL SPRINT**

*One of the best maps of the area. Good runability, many rocky details and moderate climbing. Perfect for long legs.*

Year: 2017 (updated 2019)

Map Maker:

▣ Iryna Beketova (UKR)



### **S02 - BURGOHONDO SPRINT**

*Good runability and visibility. Variety of rocky details and moderate climbing. Perfect for fast trainings.*

Year: 2017 (updated 2019)

Map Maker:

▣ Iryna Beketova (UKR)



### **S03 - VILLANUEVA SPRINT**

*Good runability and visibility. Variety of rocky details and moderate climbing. Perfect for fast trainings.*

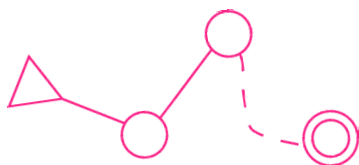
Year: 2018 (updated 2019)

Map Makers:

▣ Rui Antunes (POR)

▣ Iryna Beketova (UKR)





### **SO4 - BARRACO SPRINT**

*One of the best maps of the area. Good runability, many rocky details and moderate climbing. Perfect for long legs.*

Year: 2019

Map Maker:

▣ Iryna Beketova (UKR)



### **SO5 - NAVALUENGA SPRINT**

***AVAILABLE AFTER 16TH FEBRUARY***

*Good runability and visibility. Variety of rocky details and moderate climbing. Perfect for fast trainings.*

Year: 2019

Map Maker:

▣ Juan Ferra (SPA)













## Training options

We offer 4 different training options, according to the calendar below.

-  **Permanent** Trainings (with tapes, weekly revised).
-  **SportIdent Trainings** (with flags and timing control).
-  **Your own** Trainings.
-  **Máximus Competitions.**

J A N U A R Y			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1.FEB	2.FEB
F E B R U A R Y	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	1.MAR
	2	3	4	5	6	7	8
M A R C H	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31					

**Maximus Magic Kings O-Cup**

 Sportident trainings  
 Only permanent trainings

**Maximus Winter O-Cup**

**Maximus O Meeting (3 WRE races)**

**Maximus Spring O-Cup**

**Note:** The program may suffer some changes until the end of the year.



We're working in developing the permanent trainings package which will be available for 1<sup>st</sup> January 2020.

Maps will be printed with **high quality laser printing** and **waterproof paper**.

Below you can find the preliminary list of trainings (**17 forest trainings and 5 sprint trainings**) which will be completed with all information for the end of the year.

Num.	Map	Training Type	Reflectors?
<b>PET-01</b>	Burgohondo Oeste	Long (routechoices)	Yes
<b>PET-02</b>	Burgohondo Oeste	Multi-technic	
<b>PET-03</b>	Burgohondo Este I	Interval	Yes
<b>PET-04</b>	Burgohondo Este II	Star	Yes
<b>PET-05</b>	El Cogote	Middle	Yes
<b>PET-06</b>	Infierno de Navalморal	Classic	Yes
<b>PET-07</b>	Infierno de Navalморal	Downhills	
<b>PET-08</b>	Navalonguilla	Middle	Yes
<b>PET-09</b>	Pinar de Juanin	One man relay	Yes
<b>PET-10</b>	Pinar de Juanin	Middle	Yes
<b>PET-11</b>	Puente Nueva	Long (routechoices)	Yes
<b>PET-12</b>	Cabeza Mesada	Middle	Yes
<b>PET-13</b>	Cabeza Mesada	Multi-technic	
<b>PET-14</b>	Valle de Iruelas	Middle	Yes
<b>PET-15</b>	Matacimera	Long	
<b>PET-16</b>	Canto Redondo Oeste	Middle	Yes
<b>PET-17</b>	Canto Redondo	Long	
<b>PET-18</b>	Navalморal Sprint	Sprint	
<b>PET-19</b>	Burgohondo Sprint	Sprint	
<b>PET-20</b>	Villanueva Sprint	Sprint	
<b>PET-21</b>	El Barraco Sprint	Sprint	
<b>PET-22</b>	Navaluenga Sprint	Sprint	



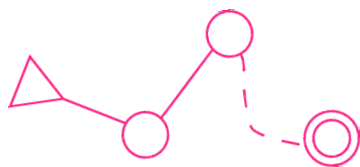
According to the schedule, trainings with SportIdent timing will be organised weekly. It's a good opportunity to **do fast quality trainings together with other clubs** or groups who are also training in the area.

Num.	Map	Training Type
<b>ST-01</b>	Burgohondo Oeste	First leg relay
<b>ST-02</b>	Burgohondo Oeste	Middle
<b>ST-03</b>	Burgohondo Este I	One man relay
<b>ST-04</b>	Burgohondo Este II	Middle
<b>ST-05</b>	El Cogote	Middle
<b>ST-06</b>	Infierno de Navalморal	One man relay
<b>ST-07</b>	Infierno de Navalморal	Middle
<b>ST-08</b>	Cabeza Mesada	One man relay
<b>ST-09</b>	Cabeza Mesada	Interval
<b>ST-10</b>	Pinar de Juanín	One man relay
<b>ST-11</b>	Pinar de Juanín	Middle
<b>ST-12</b>	Navalonguilla	Interval



- ❑ Registration can be made up to **24 hours before the training**.
- ❑ SportIdent trainings are **NOT the same courses** than Permanent Trainings.
- ❑ Start Time will be at **11am** (when mass start) and from **10.30am to 11.00am** (when individual free start).
- ❑ Exact schedule of SportIdent trainings (locations, training specifications and entry form) will be **published in advance for every month of the camp**.
- ❑ **Timing control** (with splits) and **results** will be provided.
- ❑ **Air+ SportIdent system** (free touch) will be used.
- ❑ Minimum participants number for the training: **5 people**.





Do you need special trainings or an individualised training program? In that case, we also can offer you blank maps or .pdf files to let you **set the courses you want**.

We can also set for you any training you need, marked with both **stripes or SportIdent timing**. Just ask!

Unfortunately, not all the maps are available for “own trainings”, due to landowners or administrative permissions. However, all the maps are available to set an **individual course for your team** by the Camp Director.

Available maps in .pdf or printed blank maps:

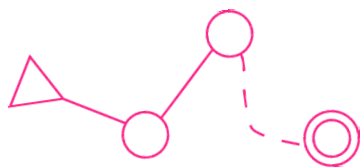
Num.	Map	.PDF	Printed BlankMap
<b>F01</b>	Burgohondo Oeste	Yes	Yes
<b>F02a</b>	Burgohondo Este I	Yes	Yes
<b>F02b</b>	Burgohondo Este II	Yes	Yes
<b>F03</b>	El Cogote	Yes	Yes
<b>F04</b>	Navalmoral Infierno	Yes	Yes
<b>F05</b>	Navalonguilla	Yes	Yes
<b>F06</b>	Pinar de Juanín	Yes	Yes
<b>F07</b>	Puente Nueva	Yes	Yes
<b>S01</b>	Navalmoral Sprint	Yes	Yes
<b>S02</b>	Burgohondo Sprint	Yes	Yes
<b>S03</b>	Villanueva Sprint	Yes	Yes
<b>S04</b>	Barraco Sprint	Yes	Yes



Control markings must be **picked up after the training**.



**Agreement of use has to be signed** by the club and maps cannot be distributed or uploaded at webpages, according to the agreement.



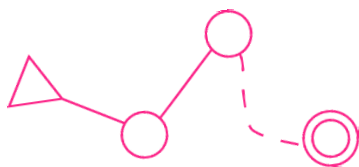
During the training camp, you can enjoy also some **high quality competitions** in the area. One of the best competitions in the Winter will be the second edition of **Maximus O Meeting** which will be valid for the Spanish National League and **3 World Ranking Event races (middle, sprint and long)**. **13<sup>th</sup>-16<sup>th</sup> February in Valle de Iruelas and Navaluenga.**



All 3 races will be held in **completely new maps and areas**, and they'll be available for trainings after competitions. We expect a lot of **top level athletes** and **around 1500 participants**. You cannot to miss it out!

Three more competitions will be held in the area: **Maximus O Cups**.

<b>MAGIC KINGS O CUP</b>	<b>WINTER O CUP</b>	<b>SPRING O CUP</b>
January 4 <sup>th</sup> -5 <sup>th</sup>	February 8 <sup>th</sup> -9 <sup>th</sup>	March 28 <sup>th</sup> -29 <sup>th</sup>
Burgohondo	Hoyo de Pinares	Navalmoral



## Alternative activities

During your training camp with us, you'll have many chances to do different alternative activities, both training or leisure.

### Alternative Training



#### GYM

We have in Burgohondo town a **full equipped gym** where you can do power and stretching exercises very comfortably. Open from Monday to Friday.



#### SWIMMING-POOL

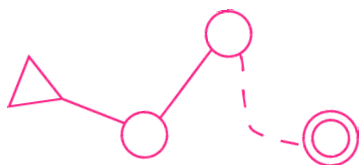
In Navaluega town it is possible to swim or do aqua-jogging in the local **climatized swimming-pool**. Open from Tuesday to Sunday.



#### TRAIL RUNNING ROUTES

If you want also to do some **long runs or mountain routes**, this area is just perfect for that. Around the valley there are many high mountains with plenty of paths, and some marked routes.





## Leisure Activities

As not everything is only training, you can also have some fun time with the leisure activities we offer.



## HORSES RIDING

One of the greatest experiences in the area is to **ride a horse** and discover the beautiful landscapes that our region can offer. We have different options for that and don't worry, you'll be taught by professionals.



## GOLF

Some relaxing time (with or without "café con leche") can be spent playing golf as well. Navaluenga has a **challenging golf course** which is suitable for both newcomers and experienced players.



## KAYAKING

We have a very big lake "Embalse de El Burguillo" where it is possible to rent a **kayak** and spend couple of hours paddling around and enjoying the views.

**Note:** more alternative activities can be offered on demand.



## Official Accommodation

Different accommodation options are offered as official for the training camp. We'll book everything for you and be available to solve any problem you can find during your stay. One contact person will be in the area.



### Casas Las Cruceas (Valle de Iruelas).

Beside the lake “El Burguillo”, Casas “Las Cruceas” have all facilities you can need in your accommodation during the camp. This big complex counts with 35 houses with different capacities, so we can find the best for your group size.



### Casas del Río (Burgohondo).

One of our favourite options is “Casas del Río”, located near Burgohondo and really close to the map trainings (you can jog to some of them). They are 4 full equipped houses which can be rented individually.





## **Pinarcillo de Gredos (Burgohondo).**

If you are a big group, probably “Pinarcillo de Gredos” can fit well to your demands. It’s a big house (up to 20 people), full equipped (WiFi included), and in the town of Burgohondo. You can jog to maps as Burgohondo Oeste, Pinar de Juanín or Puente Nueva, and walk 5’ to the gym.



## **Casa Rural La Risquera (Burgohondo).**

This year we are also offering a new option near Burgohondo: “La Risquera”. It’s not far from the town and in jogging distance to Puente Nueva and Pinar de Juanín. There are two houses which can be rented individually as well, with all facilities and up to 15 people comfortably. If you have a big group, you should really consider this option.

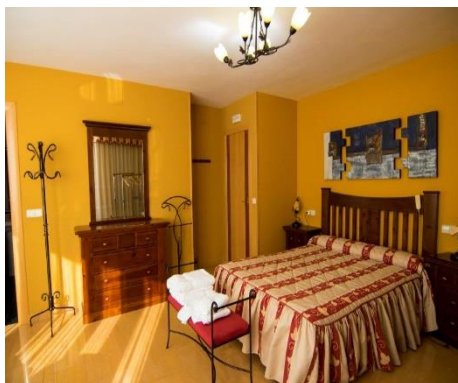






## **Hostal Arpa (Navalmoral).**

If you travel in a small group or you feel more comfortable in hotels than in full houses, definitely “Hostal Arpa” is your option. It’s a well located hotel which also offers breakfast and other meals with good quality and prices. In this accommodation you will stay very close to the maps El Cogote, Navalanguilla and El Infierno, and even you’ll be inside of the map Navalmoral Sprint.



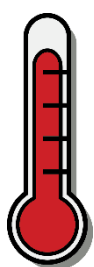
## **Other Solutions.**

Other options in the area are also available. Ask us if the previous options don’t fit in your plans and we can offer you some different options, so that we’re in touch with local people and can arrange something which can really fit for your group.



## Forecast

The weather in the area has been very good for a training camp during the last Winters. Sun is usually shining and during the day, temperature is very good. Rains are rare.



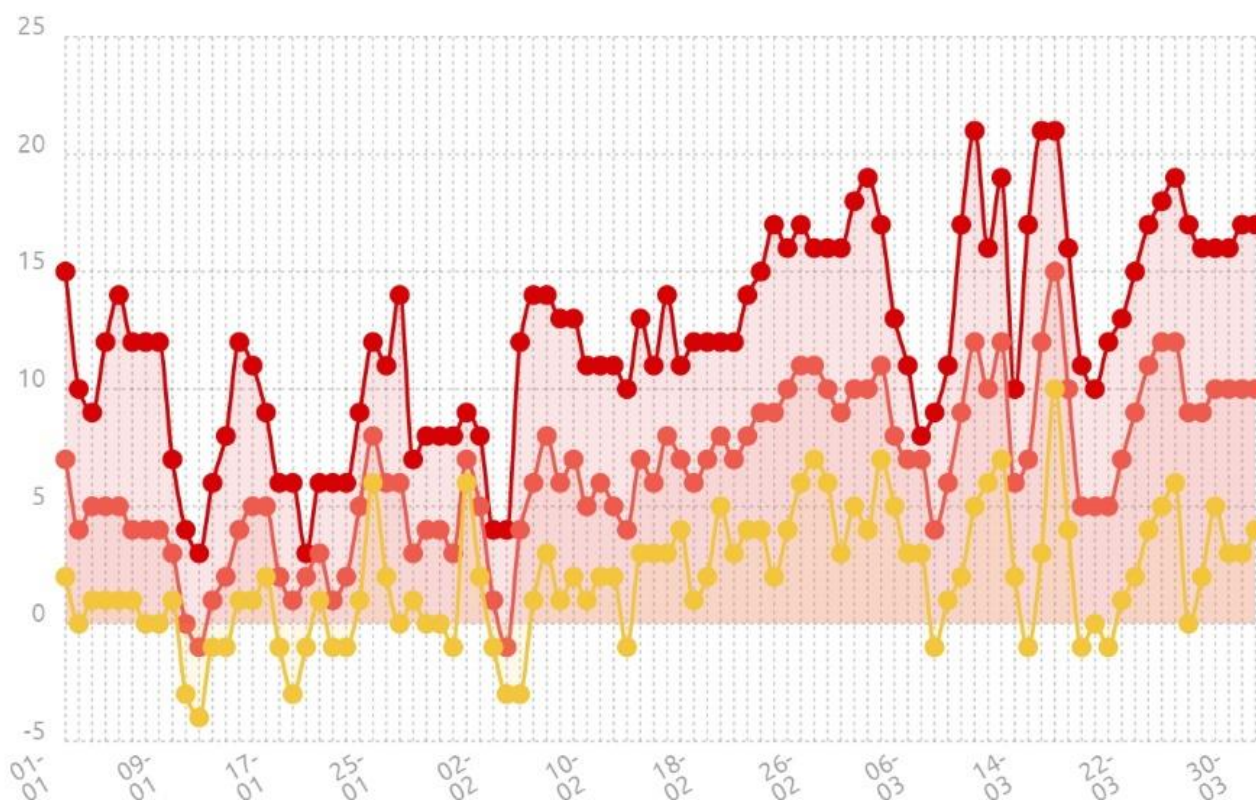
### Average temperature in Jan-Feb-Mar 2019

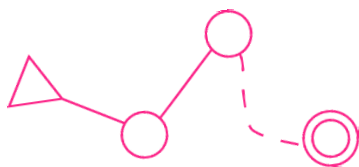
Average temperature: +9.0 degrees.

Maximum temperature (average): +17.5 degrees.

Minimum temperature (average): +4.5 degrees

From 01 Jan 2019 to 31 Mar 2019





## Prices

Below you can find the main prices of the o-camp.

### Printed Maps

<i>Concept</i>	<i>Price</i>
<i>Permanent Training Map</i>	5 euros
<i>SportIdent Training Map</i>	6 euros
<i>Blank Training Map</i>	4 euros

### Digital Maps

<i>Concept</i>	<i>Price</i>
<i>PDF file (Forest Map)</i>	50 euros
<i>PDF file (Sprint Map)</i>	30 euros

### Individual Requested Trainings (organised by Maximus for a group)

<i>Concept</i>	<i>Price</i>
<i>Course-setting for your club by Maximus</i>	20 euros + 4 euros/map
<i>SportIdent Training for your club by Maximus</i>	100 euros + 2 euros/participant

### Accommodation

<i>Concept</i>	<i>Price</i>
<i>Accommodation (Depending on the accommodation's type, number of people, number of days,...)</i>	22-30 euros/person/night

### Alternative Activities

<i>Concept</i>	<i>Price</i>
<i>Gym</i>	4 euros/day
<i>Swimming-pool</i>	3 euros/day
<i>Leisure activities</i>	On demand



**CONTACT US AND BOOK YOUR CAMP IN  
LESS THAN 24 HOURS!**





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