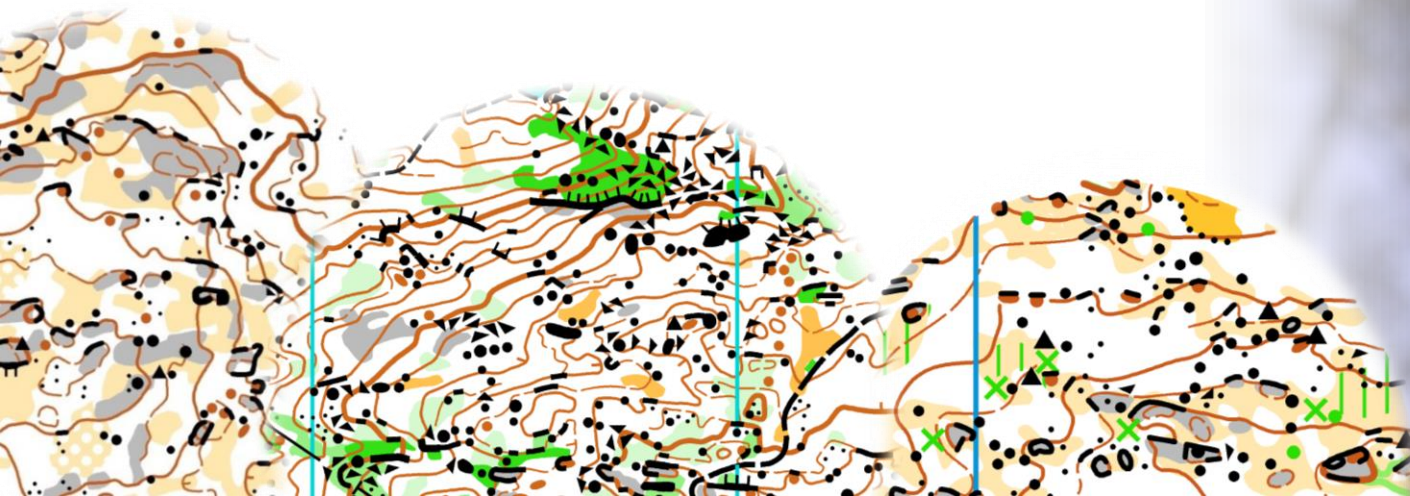


# MAXIMUS WINTER O-CAMP

BURGOHONDO-MADRID (SPAIN) 



## INVITATION 2021



#TheBestChooseMaximus

## What is Maximus Winter O-Camp?

Maximus Winter O-Camp is a project developed by the Spanish Orienteering Club: Maximus, and 2021 will be the 3<sup>rd</sup> year in a row organizing this professional training camp for the international community.

In Burgohondo area we can find a big variety of high quality terrains, new and updated maps (the oldest from 2016), and a very comfortable weather (snow free) which gives us the perfect conditions for a winter training camp. Here you'll always face technically demanding trainings with an overall good runnability, which will let you get a good load of base training together with good high intensity sessions. Perfect for winter!

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

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



## Our team

The **Maximus Winter O-Camp** is formed by a **strong and multidisciplinary team** with plenty of motivation and specific skills, which allows us to offer the best professional services before and during your stay. Have a look at our main team for this 2021 training camp.



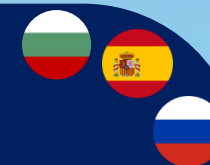
**RAÚL FERRA (36)**



- **Camp director & training setter**
- International experience (athlete & coach)
- Professional coach and sport manager



**YULIAN NAYDENOV (53)**



- **Maximus chairman**
- Experience as World Ranking event director
- Contact person with the local authorities



**APOSTOL ATANASOV (25)**



- **SportIdent officer & control setter**
- International experience as orienteer
- Tourism student in Sweden



**DIMITAR ZHELYAZKOV (24)**



- **Control setter**
- International experience as orienteer
- Working for SIGN sport



**ÁNGELA GONZÁLEZ (23)**



- **Responsible for accommodation**
- Graduated in translation and interpretation
- Graduated in international relationships



**DAVID COTILLAS "COTI" (23)**



- **Control setter**
- Experience as control setter at many events
- Expert in international relationships

## What does the 10 times World Champion **OLAV LUNDANES** 🇳🇴 say about us?

***“In my opinion **Maximus Winter O-Camp** has it all.***

*Great terrain, with big variety from super-fast to super-technical areas, short driving distances, good weather conditions and accommodations for all needs.*

*What point out comparing to other locations is the possibilities to run the SportIdent trainings: **3 trainings per week with SI, flags and results is not something you get somewhere else.***

Olav Lundanes



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



**Vojtěch Král** 🇨🇪: "Burgohondo has many good opportunities for different kinds of trainings. Well drawn maps in technical terrains. With strong and hardworking team of Maximus it all together makes **a great place for winter camp that you should experience!**"

**Matthias Kyburz** 🇨🇭: "Maximus Winter O-Camp was a great season preparation. **Demanding terrains, good maps and high quality competitions** were key elements that the camp became a success. We would have been more than ready to start the season in the best possible way after the camp in Burgohondo."



**Lucas Basset** 🇫🇷: "Maximus camp offered **trainings and service of a quality way over my expectations!** Terrain and trainings were perfect for a really technical experience getting out of winter and setting the base for a successful competition season. And on top of that, the organizing team was available for any question or specific requirement, which is great to personalize your camp! Will go to Burgohondo again for sure!"

**Marika Teini** 🇫🇮: "Burgohondo area was a new experience for me last year and I was happy to **find lots of new interesting and demanding orienteering terrains**. Most of them were really close to our accommodation so we didn't have to waste time sitting in the car. Also we found nice mountain trails for long runs and hikes with great views. Really good place to develop one's orienteering skills."



**Mark Nixon** 🇬🇧: "The Maximus Winter O-Camp gives **you everything you need for a high-quality training camp**. Great terrain, great maps, and great courses. The team are great, and will help you every step of the way to create your ideal camp. Having pre-planned training with SI-timing meant I could spend my time coaching, not putting out controls. Warm and comfortable accommodation in beautiful Burgohondo is the perfect place to be in winter. Give it a try, you won't regret it!"

**Marianne Andersen** 🇳🇴: "I think the area around Burgohondo is really good for basic orienteering training, with interesting and varied terrains. The trainings were also both varied and comprehensive, **so you could really tailor your own perfect training week**. The only negative thing I have to say about my stay, is that I was injured and couldn't run as much as I wanted. But fortunately, the possibilities for alternative training were also great, and the area is really nice also for cycling."



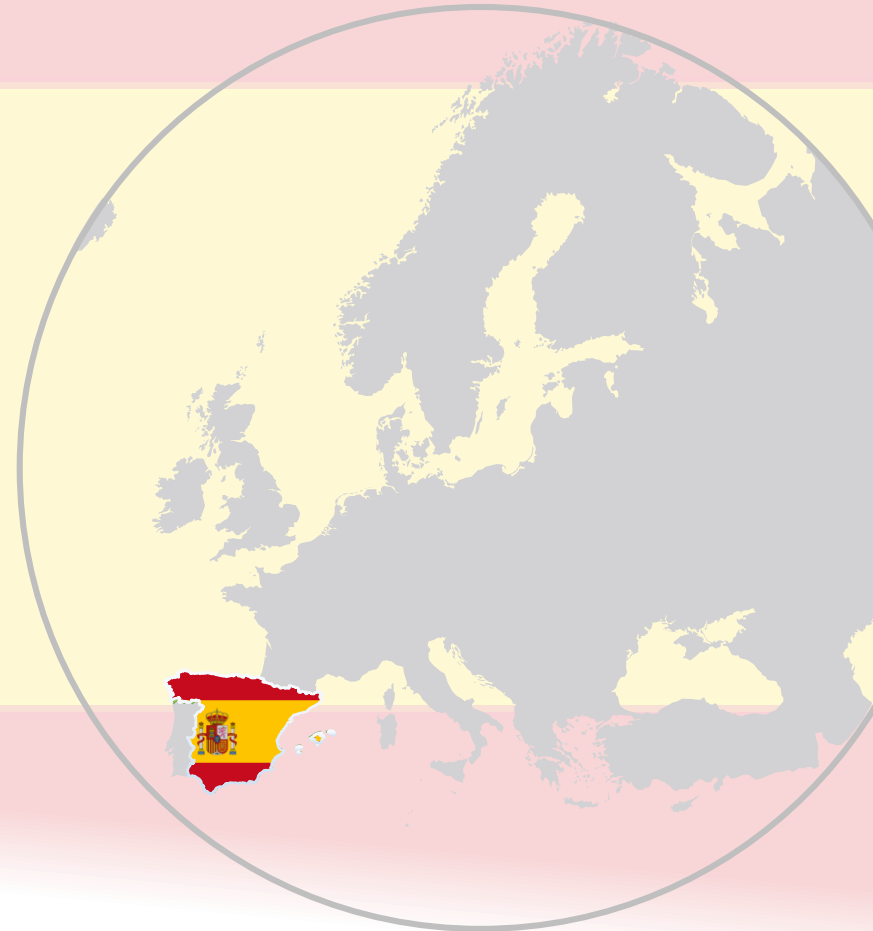
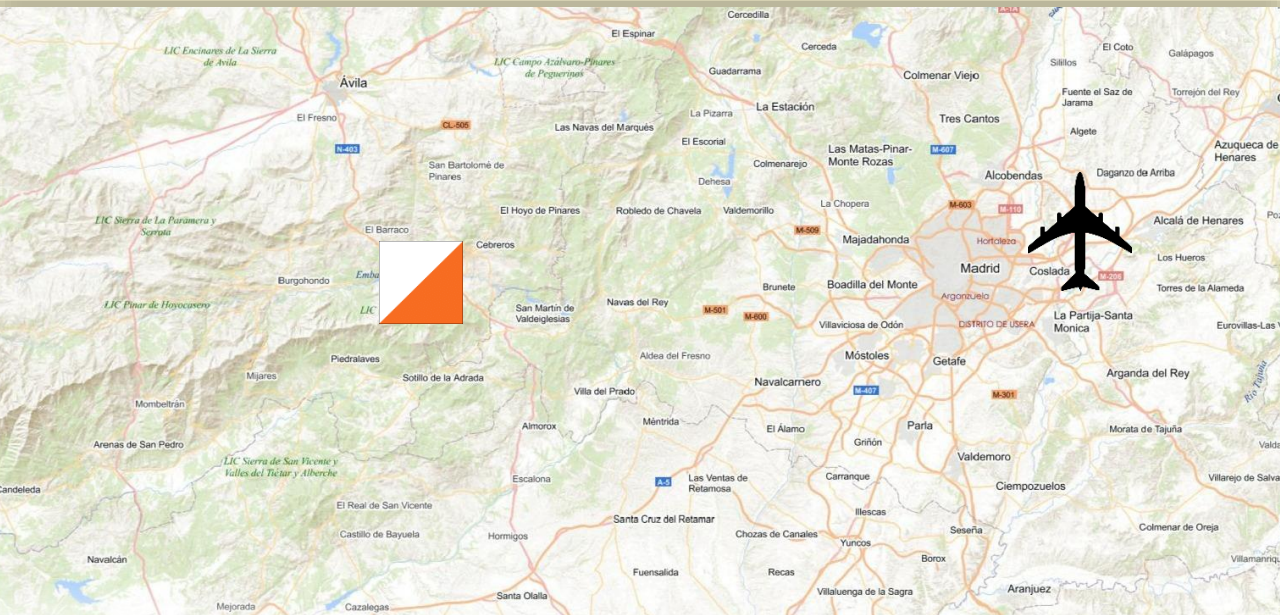
**Catherine Taylor** 🇬🇧: "Maximus camp was a great place to kickstart technical training this year after a winter of running. We were offered **a complete technical and physical challenge on an exciting variety of maps**, from fast and open terrain to test skills at high speed to somewhere like Infierno, where even a slower running speed gives really difficult orienteering. One camp wasn't enough to master these (at least for me) so there's a good chance I'll be back for more!"

**Gernot Ymsen** 🇦🇹: "We really enjoyed our stay in Burgohondo. Many different challenging technical exercises, mostly close to our very good accommodation, great landscape for long distance running or biking and alternative training possibilities. Especially if you want to improve your technic in stony but good runnable terrain, **it's heaven on earth for an orienteer**. It's just a question of time until we will be back after our visit in 2020."



## Location

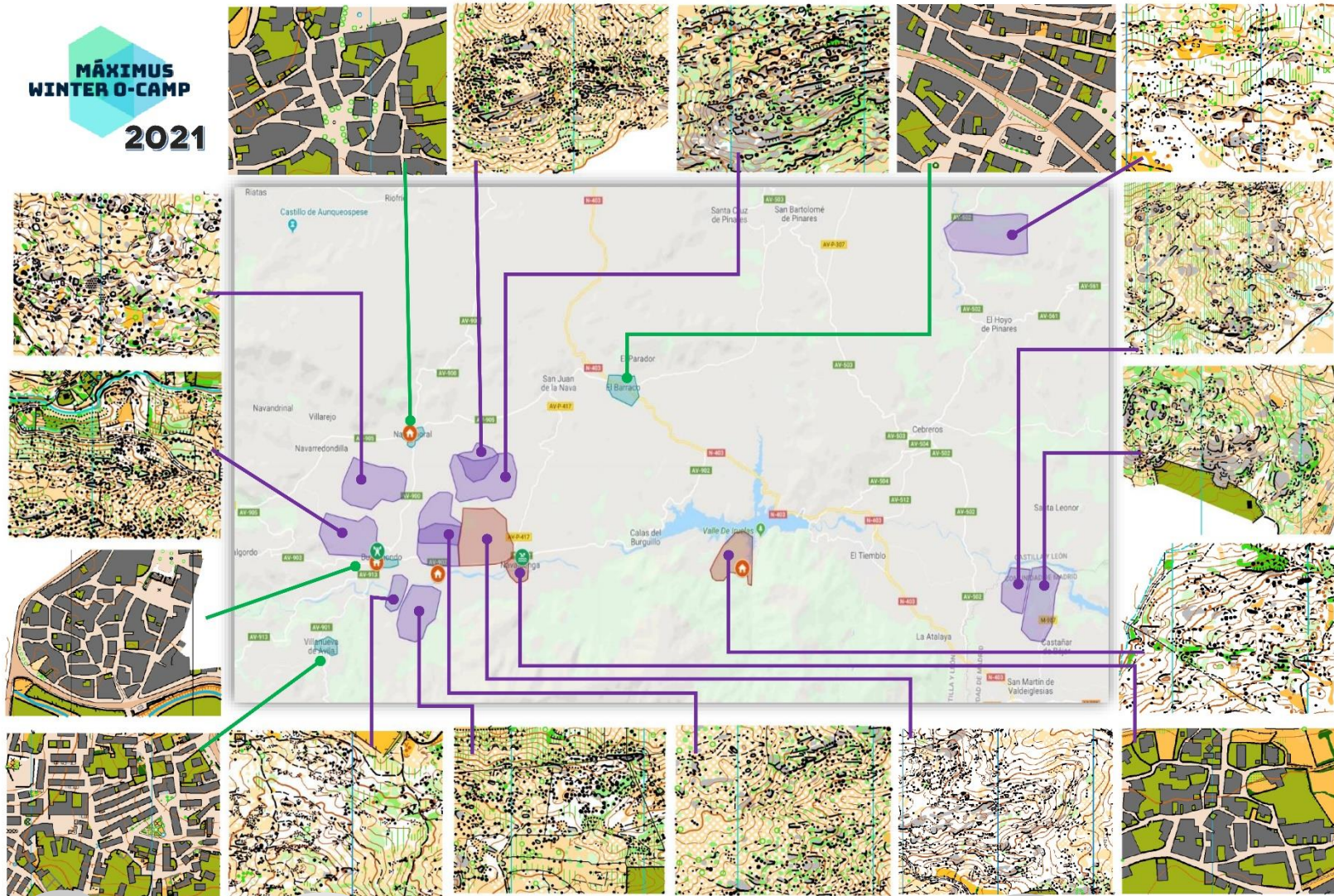
Our training area is situated in the central part of Spain, Ávila province, and only **1.5 hours driving West from Madrid**, where the main airport “Adolfo Suárez – Barajas” offers many both good and cheap flying options.



## Map 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  
GOOGLEMAPS

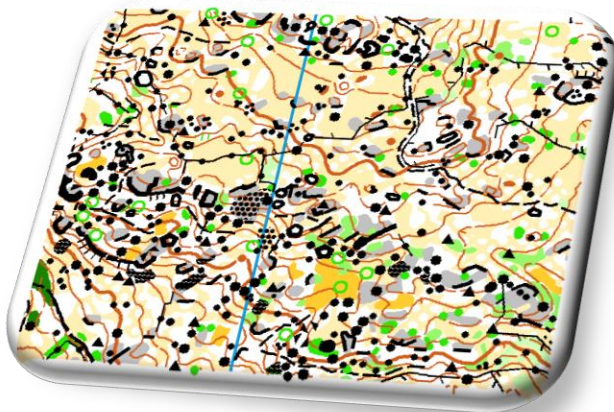
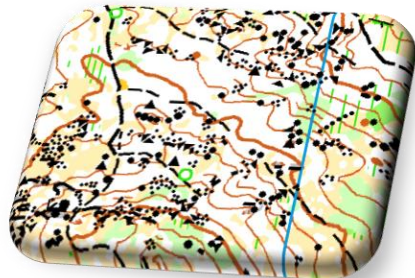
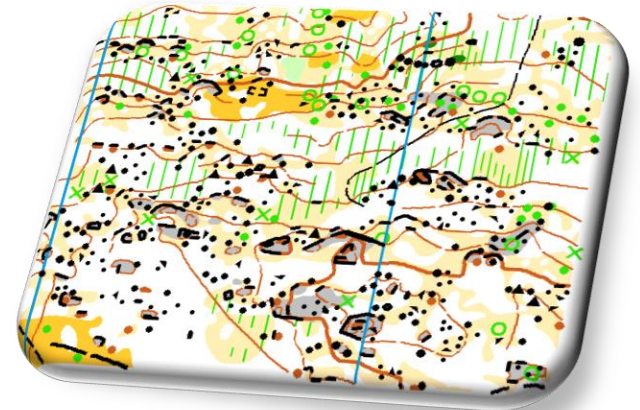
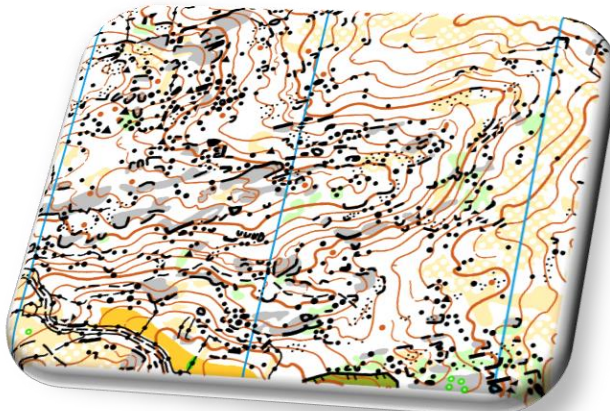
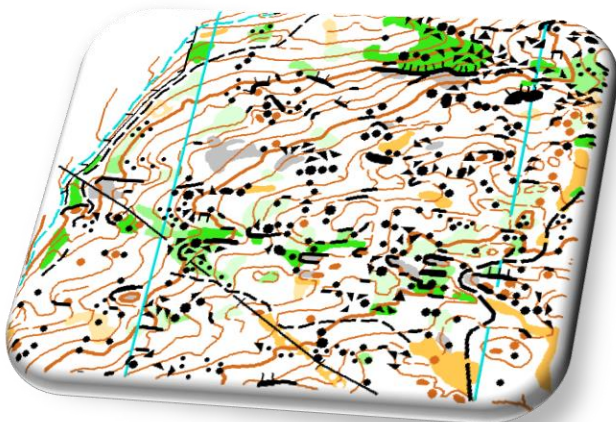


## Our maps

Our club has been making new maps in the area every year since 2015, and updating year by year the existing ones. We usually hire different map makers to get a richer variation of mapping style and criteria. Among the mappers who works for us are some of the most valued as Janne Weckman , Timo Joensuu or Rui Antunes .

Some of the sample maps you can see below, and if you want more detailed information, visit our web:

[www.maximusocamp.com/our-maps/](http://www.maximusocamp.com/our-maps/)



## ORIENTEERING TRAININGS

- 24 permanent forest trainings
- 8 permanent sprint trainings
- 3 weekly SportIdent trainings
- Other trainings (on demand)
  - Knock out
  - Test races
  - Relay
  - ...

## ALTERNATIVE TRAININGS

- Trail routes for long runs
- Fully equipped gym
- Swimming pool
- Rental bikes
- Leisure activities
  - Horse riding
  - Kayaking
  - Other (on demand)

# MÁXIMUS WINTER O-CAMP

## COMPETITIONS

- Small club competitions
  - Magic Kings (Jan)
  - Spring Cup (Mar)
- Maximus O Meeting (WRE standards)
- Other competitions in the area (regional and national races)

## LOGISTICS

- Best accommodations
  - Fully equipped houses
  - Hotels (3 stars)
- Partner restaurants with sport food (menu on demand)
- Physiotherapy service
- Rental cars counseling

## Orienteering trainings

We're working in developing the permanent trainings package which will be available for 1<sup>st</sup> January 2021.

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

Below you can find the preliminary list of trainings (**24 forest trainings and 8 sprint trainings**) which will be completed with all information for the end of the year.

**SEE TRAININGS 2020**

### Forest trainings

Code	Map	Type
<b>PET-01</b>	Burgohondo Oeste	Long (routechoices)
<b>PET-03</b>	Burgohondo Este I	Interval (forked)
<b>PET-05</b>	El Cogote	Middle
<b>PET-07</b>	Infierno de Navalморal	Downhills
<b>PET-09</b>	Pinar de Juanín	Middle
<b>PET-11</b>	Cabeza Mesada	Middle
<b>PET-13</b>	Cabeza Mesada	Interval (forked)
<b>PET-15</b>	Matacimera	Multitechnique
<b>PET-17</b>	Canto Redondo	Middle
<b>PET-19</b>	Herrería	One man relay
<b>PET-21</b>	Almorox	Middle
<b>PET-23</b>	Peguerinos vintage	Long

Code	Map	Type
<b>PET-02</b>	Burgohondo Oeste	Multi-technique
<b>PET-04</b>	Burgohondo Este II	One man relay
<b>PET-06</b>	Infierno de Navalморal	Classic
<b>PET-08</b>	Pinar de Juanín	One man relay
<b>PET-10</b>	Puente Nueva	Long (routechoices)
<b>PET-12</b>	Cabeza Mesada	Multitechnique
<b>PET-14</b>	Matacimera	2x short distances
<b>PET-16</b>	Matacimera	Interval
<b>PET-18</b>	Canto Redondo	Long
<b>PET-20</b>	Peguerinos	Middle
<b>PET-22</b>	Ladera de Abantos	Long
<b>PET-24</b>	Infierno de Navalморal	Super Hell

All the permanent trainings will be marked with tapes and reflectors, weekly revised.

**ORIENTEERING TRAININGS**

## Sprint trainings

Code	Map	Type
SPR-01	Navalmoral	Sprint
SPR-03	Villanueva de Ávila	Sprint
SPR-05	El Barraco	Sprint
SPR-07	Peguerinos	Sprint

Code	Map	Type
SPR-02	Burgohondo	Sprint
SPR-04	Navaluenga	Sprint
SPR-06	San Martín	Sprint
SPR-08	San Lorenzo	Sprint



## SportIdent trainings

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.

- 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: **10 people**.



Tip! We can prepare any extra training you need on demand!



# Preliminary schedule with competitions and SportIdent trainings

JANUARY						
Mo	Tu	We	Th	Fr	Sa	Su
				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

FEBRUARY						
Mo	Tu	We	Th	Fr	Sa	Su
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

MARCH						
Mo	Tu	We	Th	Fr	Sa	Su
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				

## JANUARY - EVENTS

Maximus Magic Kings O-Cup **2** **3**

SportIdent trainings

5	7	9	12
14	16	19	21
23	26	28	30

## FEBRUARY - EVENTS

Maximus O Meeting **18** **19** **20** **21**

SportIdent trainings

2	4	6	9
11	13	16	23
25	27		

## MARCH - EVENTS

Maximus Spring O-Cup **27** **28**

SportIdent trainings

2	4	6	9
11	13	16	18
20	23	25	

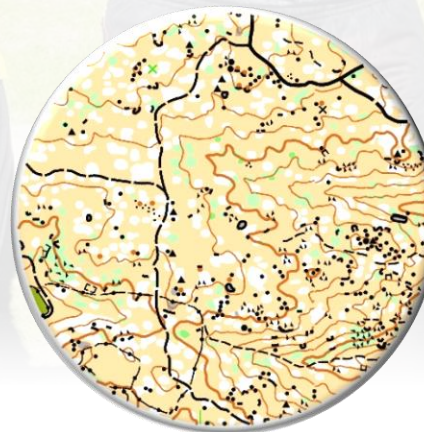
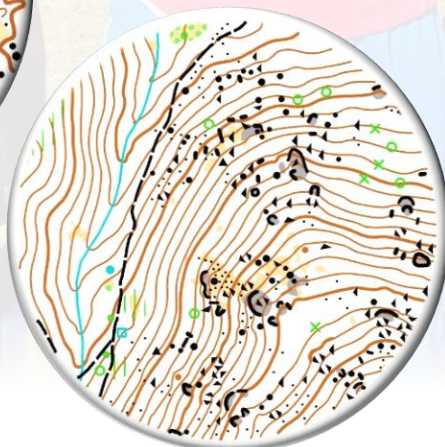
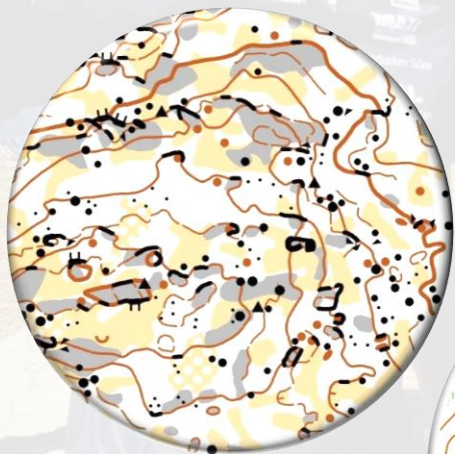


# ORIENTEERING TRAININGS

## Maximus competitions



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 third edition of **Maximus O Meeting** with all new maps from **18th-21st February**. We have many good options, but we'll decide the exact locations later when situation about virus will be more clear. **We have many good options prepared and always WRE standars!**



# ORIENTEERING COMPETITIONS

## Alternative and complementary training

During your training camp with us, you'll have many chances to do different alternative and complementary training.



### GYM

We have in Burgohondo town a **full equipped gym** where you can do strength 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.



### PHYSIOTHERAPY AND SPORT MASSAGE

If you need some **treatment or just sport massage**, we can provide the best professionals.

**ALTERNATIVE TRAINING**

[SEE TRAIL ROUTES](#)



ARTEM POPOV  (PICO LACHAMALA, 2000 METRES). 3/2/2020

**ALTERNATIVE TRAINING**

## 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 **full time**.



Currently we arrange **more than 30 rental houses in the area** with different characteristics and locations, so that we will offer you the ones which fit better to your needs, working always with the **best quality**. If you prefer other kind of accommodation like hostel or hotel, we also can arrange. Also a **good restaurant** in Burgothondo. Just ask!

## Prices

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

### Orienteering trainings

<i>Concept</i>	<i>Price</i>
<i>Permanent Training</i>	5 euros
<i>SportIdent Training</i>	7 euros

### Logistics

<i>Concept</i>	<i>Price</i>
<i>Accommodation (Depending on the accommodation's type, number of people, number of days,...)</i>	22-28 euros/person/night
<i>Dinner (In our partner restaurant ISLEMM – Burgohondo. Local food and traditional food on demand)</i>	10 euros/meal

### Alternative Activities

<i>Concept</i>	<i>Price</i>
<i>Gym</i>	4 euros/day
<i>Swimming-pool</i>	3 euros/day



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



**PAY ONLY FOR  
WHAT YOU USE**



**LOYALTY  
DISCOUNTS**



## COVID-19 situation and procedures

We all know the difficult times the world is living due to the global pandemic of COVID-19. This fact makes us to have an uncertain close future and, at the same time, it obstructs us the planning of our season in a normal way.

Maximus Winter O-Camp understands and strongly wants to contribute to offer a both **trustable and safe offer** for this unusual winter season. That's the reason why we are going to:



- Host each team in a **single house, big enough to keep the social distance** safely. No shared accommodations with other teams except the hotel.
- Increase and monitor the **disinfection procedures** in the accommodations, restaurants, and all the activities (trainings, competitions, ...)
- Provide a **Maximus safety mask** to all the orienteers who attend our o-camp (full package).
- Offer a **full reimbursement** if the full team or an athlete is forced to cancel the trip for causes related to the COVID-19, travel restrictions or governmental measures.
- Design and monitor the **protocol to follow with the public health system** in case that any athlete presents symptoms.

**Follow us in...**



**And contact us through...**



**info@maximusocamp.com +34 696 759 519 www.maximusocamp.com**



# WHAT WE'VE DONE SO FAR

30 - Countries



2000 - Designs



500 - Clubs



10 - Distributors



The innovative fibers we use are certified by OEKO-TEX, a globally recognized inspection organization. This certification means that the fibers contain no chemicals which are harmful to the skin or body.



SIGN SPORT products are covered under a 2-year exchange guarantee.



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# MAXIMUS WINTER O-CAMP 2021

BURGOHONDO-MADRID (SPAIN) 

