

SWEDEN, KARLSKRONA
27 th JUNE - 5 th JULY



TRAINING BULLETIN 1.2



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Bulletin trainings JWOC 2026

Welcome to the JWOC 2026 training camps in Karlskrona! We offer you to train in similar terrains as the JWOC 2026 will take place in. Official training courses will be available during three periods:

- January 2025 to 17 August 2025
- November 2025 to March 2026
- March 2026 to June 2026

Officials Training Camps

Two official training camps will be held before JWOC 2026, including both relevant training maps with marked controls as well as JWOC-relevant competitions. The first official training camp will be organized in Karlskrona in the period 29th October to 2nd November 2025.

Day	Training / Competition
Wednesday 29/10 - AM	Long distance - Tornby
Wednesday 29/10 - PM	Middle distance - Färskesjön
Thursday 30/10 - AM	Middle distance - Lyckåborg
Thursday 30/10 - PM	Sprint - Pantarholmen
Friday 31/10 - AM	Long distance - Färskesjön
Friday 31/10 - PM	Sprint - Björkholmen
Saturday 1/11	National competition long distance – Ulvasjömåla (SI)
Sunday 2/11	National competition middle distance – Ulvasjömåla (SI)

The second official training camp will be organized in Karlskrona in the period 11th to 15th March 2026.

Day	Training / Race
Wednesday 11/3	2 trainings
Thursday 12/3	2 trainings
Friday 13/3	2 trainings
Saturday 14/3	National competition middle distance – Tvisten (SI)
Sunday 15/3	National competition long distance – Tvisten (SI)

ENTRIES

If you want to join the Official Training Camp no.1 we kindly ask you to book the training before Sunday 19th of October at 23:59 and for Official Training Camp no.2 we want you to book the training before Sunday 1st of March at 23:59. You register for the training via email pontus.peters-son@jwoc2026.se

On Saturday 1st of November and Sunday 2nd of November there will be National competitions. You can find more information and register for the competitions via Eventor. Saturday long distance - <https://eventor.orientering.se/Events/Show/49293> . Sunday middle distance - <https://eventor.orientering.se/Events/Show/49294>



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Training Maps and areas

Training maps will be available also outside the official training camps.

To order trainings or in case of any questions contact us at pontus.petersson@iwoc2026.se

Nr	Area	Type of training	Mapper
1	Dragda	Long distance	Kent Olsson
2	Dragda	Orienteering-intervals	Kent Olsson
3	Kråkerum	Corridor	Kent Olsson
4	Färskejön	Middle distance	Kenneth Kajsajunti
5	Färskejön	One-man relay	Kenneth Kajsajunti
6	Färskejön	Long distance	Kenneth Kajsajunti
9	Björkholmen	Forked sprint intervals	Pontus Petersson
10	Pantarholmen	Sprint	Pontus Petersson
11	Pantarholmen	Forked sprint interval	Pontus Petersson
12	Hallarum	Middle distance	Perola Olsson
13	Hallarum	Corridor	Perola Olsson
14	Tornby	Short long distance	Perola Olsson
15	Tornby	Orienteering-intervals	Perola Olsson

The location of the training is shown on the map with embargoed areas:

<https://www.google.com/maps/d/edit?mid=1uLETH5tx1fQNPxGU9AFefOvzPRgWUg&usp=sharing>

COST

You have different possibilities to buy maps for training:

- Printed map with official training course: 70 SEK per athlete/training
- Purchase of the map file (OCAD): 3 000 SEK per team + 30 SEK per athlete/training

Payment is made by invoice, which is sent to the person ordering the training products.

Invoice is to be paid within 30 days.

ORDER

Please order your training maps at least 10 days before your arrival. You will receive maps printed in good quality. You will receive the ordered maps at Orionstugan (<https://maps.app.goo.gl/tuSYZjsRsPg8Mfc77>) or by individual agreement.

To order trainings or in case of any questions contact us at pontus.petersson@iwoc2026.se

Enter responsible person or association, address and e-mail for invoicing in connection with order.



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CONTROLS

All controls in the forest trainings are marked with a 30 cm meter long orange/ white wooden stick with reflex for night training and a red/white tape.

If a control marking is missing, please let us know so we can put a new one out again.

Controls will not be marked in the terrain in the sprint trainings.

GUIDELINES

Please respect the following notes during your trainings, as we need to work together for a great JWOC 2026 in Karlskrona. We have a good cooperation with local authorities in the region and we want to take good care of that, so it stays that way. The goal is that everyone will be happy with our JWOC organization and locals will look forward to welcome you and follow the competitions in 2026.

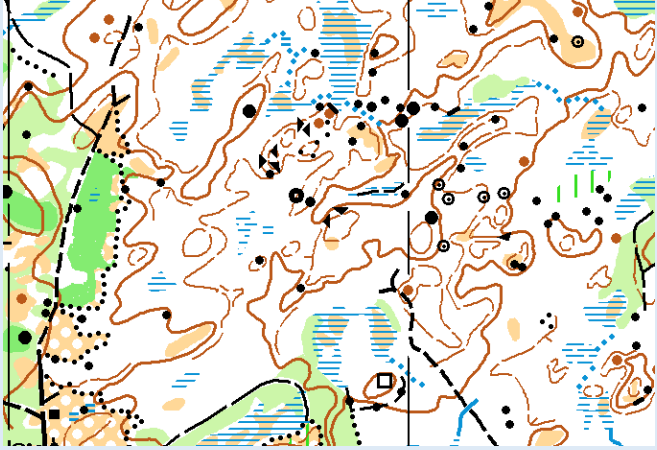
That means:

- Train only during the time periods when it is allowed and respect the embargoed areas.
- If you put out orienteering flags, tape or plastic bands to mark controls you need to collect them after and please let us know about it in advance.
- Be respectful to other people you may encounter during your trainings: landowners, forest workers, tourists, cyclists, pedestrians.
- Behave in a respectful manner towards the environment. Do not leave any garbage in the nature.
- Carefully check for ticks after each forest training, especially in the Spring. If you find one, don't panic but remove the tick as soon as possible. The safest way to remove a tick is to use a proper removal tool. Keep an eye on the bite site. If a large red rash develops, or if you feel unwell, tell the coaches.
- Everyone participates in the training/competitions at their own risk.



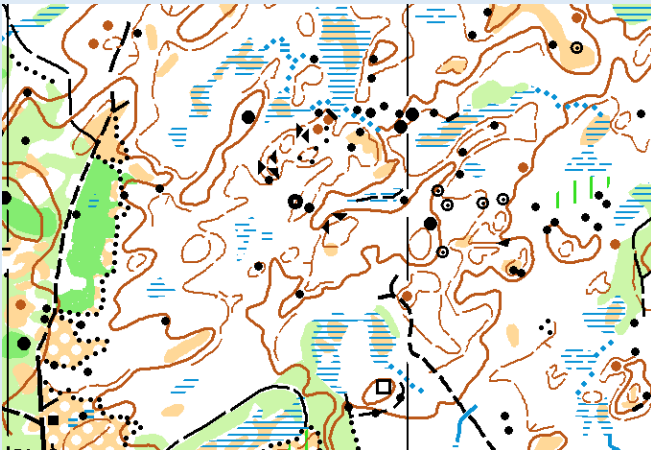
TRAINING BULLETIN 1.2

DETAILED DESCRIPTION OF EACH TRAINING

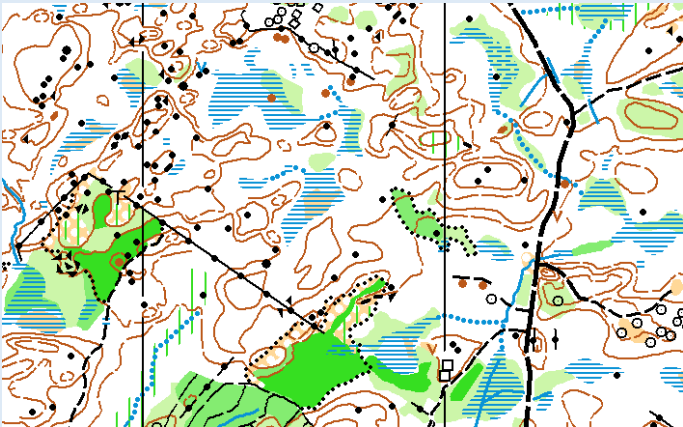
No. 1 – Dragda	
Date	1/6-25 – 14/8-25, 20/10-25 – 28/2-26
Type of training	Long distance. M – 11 km, W – 8 km. New courses
Map	1:10 000 / E 2,5 m / A3 / Mapped 2024 by Kent Olsson
Course setter	Patrik Sjökvist
Terrain description	<p>The terrain is flat with varying richness of details. Parts of the area is old farmland and therefore contains many cairns, ruins and stone walls. Partly open forest with long range of sight, partly denser terrain with limited accessibility.</p> <p>What is drawn on the map as 526 Cairns, will for mostly all be drawn as 109 Small knolls on the JWOC-map.</p>
Parking	Dragda - https://maps.app.goo.gl/kyKqS4M1NneotpFx7 Park so that it is possible to drive past on the forest road.
Map samples	



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No. 2 - Dragda	
Date	1/6-25 – 14/8-25, 20/10-25 – 28/2-26
Type of training	Orienteering-intervals. 6*1-1,5 km
Map	1:10 000 / E 2,5 m / A3 / Mapped 2024 by Kent Olsson
Course setter	Pontus Petersson
Terrain description	<p>The terrain is flat with varying richness of detail. Parts of the area is old farmland and therefore contains many cairns, ruins and stone walls. Partly open forest with long range of sight, partly denser terrain with limited accessibility.</p> <p>What is drawn on the map as 526 Cairns, will for mostly all be drawn as 109 Small knolls on the JWOC-map.</p>
Parking	Dragda - https://maps.app.goo.gl/kyKqS4M1NneotpFx7 Park so that it is possible to drive past on the forest road.
Map samples	

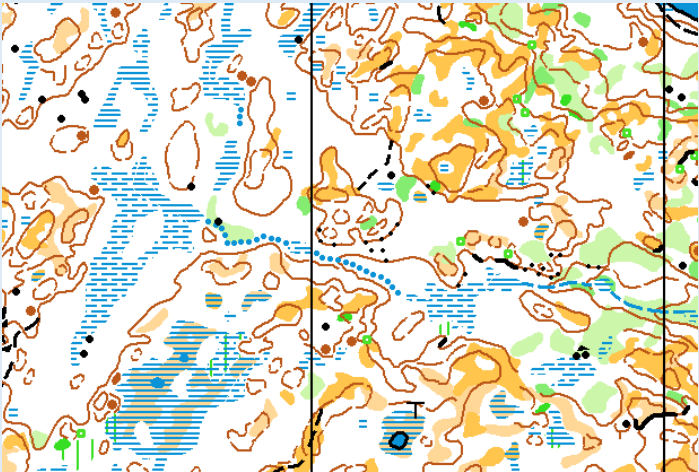
TRAINING BULLETIN 1.2

No. 3 - Kråkerum	
Date	1/6-25 – 14/8-25, 20/10-25 – 28/2-26
Type of training	Corridor. 3 – 11 km
Map	1:10 000 / E 2,5 m / A3 / Updated 2024 by Kent Olsson
Course setter	Oscar Johansson
Terrain description	<p>Terrain is flat with varying richness of detail. Parts of the area is old farmland and therefore contains many cairns, ruins and stone walls. Partly open forest with long range of sight, partly denser terrain with limited accessibility.</p> <p>What is drawn on the map as 526 Cairns, will for mostly all be drawn as 109 Small knolls on the JWOC-map.</p>
Parking	Orionstugan - https://maps.app.goo.gl/iNuFvbiYYe7LQJJ9A
Map samples	

TRAINING BULLETIN 1.2

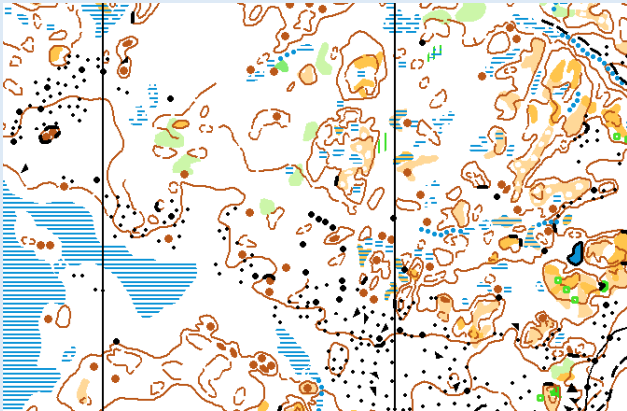
No. 4 - Färskesjön	
Date	1/7-25 – 14/8-25, 20/10-25 – 28/2-26
Type of training	Middle distance. M – 5,5 km, W – 4,5 km
Map	1:10 000 / E 2,5 m / A3 / Updated 2023 by Kenth Kajsajunti
Course setter	Måns Sandgren
Terrain description	<p>Runnability is very good with open rock areas, but still O-tech-nique demanding. The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Most rock areas have fast runnability and it can be a good tactic to use these areas on certain legs. But as usual in orienteering, you must select your route choices carefully. The terrain is flat and it is important to notice that also small height differences and slopes are shown on map.</p> <p>The small areas that is drawn on the map with 402 Open land with scattered trees, will mostly be drawn with 403 Rough open land on the JWOC-map.</p>
Parking	Färskesjöns badplats - https://maps.app.goo.gl/zasiFSE-fDJoi8GyX8
Map samples	

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No. 5 - Färskesjön	
Date	1/7-25 – 14/8-25, 20/10-25 – 28/2-26
Type of training	One-man-relay. M – 8 km, W – 6 km
Map	1:10 000 / E 2,5 m / A3 / Updated 2023 by Kenth Kajsajunti
Course setter	Måns Sandgren
Terrain description	<p>Runnability is very good with open rock areas, but still O-tech-nique demanding. The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Most rock areas have fast runnability and it can be a good tactic to use these areas on certain legs. But as usual in orienteering, you must select your route choices carefully. The terrain is flat and it is important to notice that also small height differences and slopes are shown on map.</p> <p>The small areas that is drawn on the map with 402 Open land with scattered trees, will mostly be drawn with 403 Rough open land on the JWOC-map.</p>
Parking	Vassaslätt - https://maps.app.goo.gl/YXoWel2RZYstS2e68
Map samples	



TRAINING BULLETIN 1.2

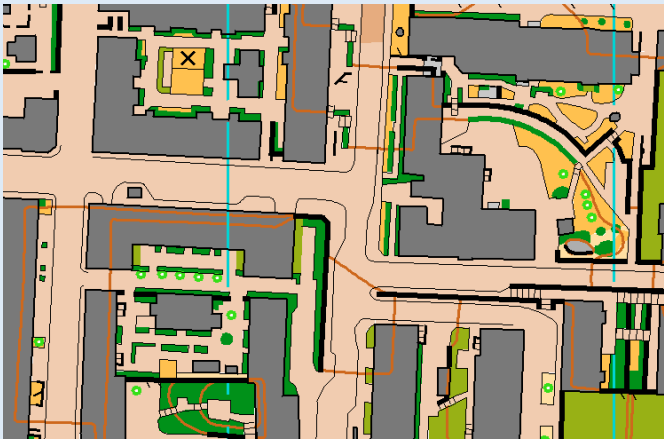
No. 6 – Färskesjön	
Date	1/7-25 – 14/8-25, 20/10-25 – 28/2-26
Type of training	Long distance. M – 10 km, W – 8 km
Map	1:10 000 / E 2,5 m / A3 / Updated 2023 by Kenth Kajsajunti
Course setter	Måns Sandgren
Terrain description	<p>Runnability is very good with open rock areas, but still O-tech-nique demanding. The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Most rock areas have fast runnability and it can be a good tactic to use these areas on certain legs. But as usual in orienteering, you must select your route choices carefully. The terrain is flat and it is important to notice that also small height differences and slopes are shown on map.</p> <p>The small areas that is drawn on the map with 402 Open land with scattered trees, will mostly be drawn with 403 Rough open land on the JWOC-map.</p>
Parking	Vassaslätt - https://maps.app.goo.gl/YXoWel2RZYstS2e68
Map samples	

TRAINING BULLETIN 1.2

No. 9 - Björkholmen	
Date	5/1-25 – 31/8-25
Type of training	Forked sprint intervals. 6*1 km
Map	1:4 000 / E 2 m / A4 / Mapped 2023 by Pontus Petersson
Course setter	Oscar Johansson
Terrain description	The area mainly consists of residential buildings. The area also contains a park. The distribution of the surface is approx. 80% hard surfaces (asphalt and similar) and 20% soft surfaces (grass and similar). The area is moderately hilly, with some slightly steeper sections. Normal car traffic occurs on the streets in the area and it is the runner's responsibility to exercise caution and follow the traffic rules.
Parking	Chapmansplan - https://maps.app.goo.gl/va9E1xPcp6vXDo9KA Note - Parking fee
Map samples	

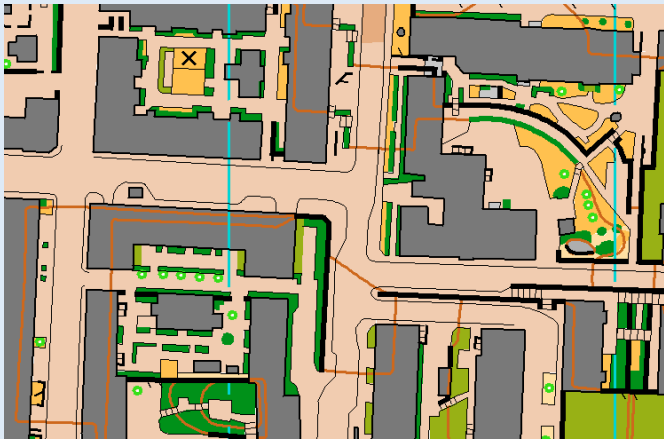


TRAINING BULLETIN 1.2

No. 10 - Pantarholmen	
Date	5/1-25 – 31/8-25
Type of training	Sprint. 3 km
Map	1:4 000 / E 2 m / A4 / Mapped 2024 by Pontus Petersson
Course setter	Pontus Petersson
Terrain description	The area consists of irregular housing development with many fences. There is also a larger park area with very good accessibility. The distribution of the surface is approx. 70% hard surfaces (asphalt and similar) and 30% easy-running soft surfaces (grass and similar). The area is moderately hilly, with some slightly steeper sections. Normal car traffic occurs on the streets in the area and it is the runner's responsibility to exercise caution and follow the traffic rules.
Parking	Tullparken - https://maps.app.goo.gl/WFQMYirDr223YMPQ8
Map samples	

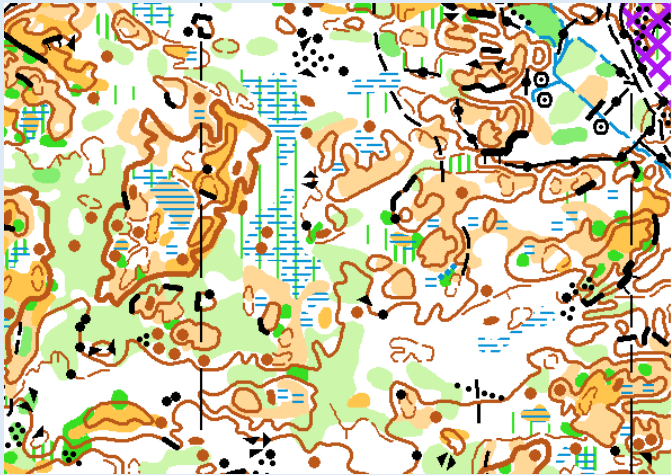


TRAINING BULLETIN 1.2

No. 11 - Panterholmen	
Date	5/1-25 – 31/8-25
Type of training	Forked sprint intervals. 6*1 km
Map	1:4 000 / E 2 m / A4 / Mapped 2024 by Pontus Petersson
Course setter	Pontus Petersson
Terrain description	The area consists of irregular housing development with many fences. There is also a larger park area with very good accessibility. The distribution of the surface is approx. 70% hard surfaces (asphalt and similar) and 30% easy-running soft surfaces (grass and similar). The area is moderately hilly, with some slightly steeper sections. Normal car traffic occurs on the streets in the area and it is the runner's responsibility to exercise caution and follow the traffic rules.
Parking	Tullparken - https://maps.app.goo.gl/WFQMYirDr223YMPQ8
Map samples	

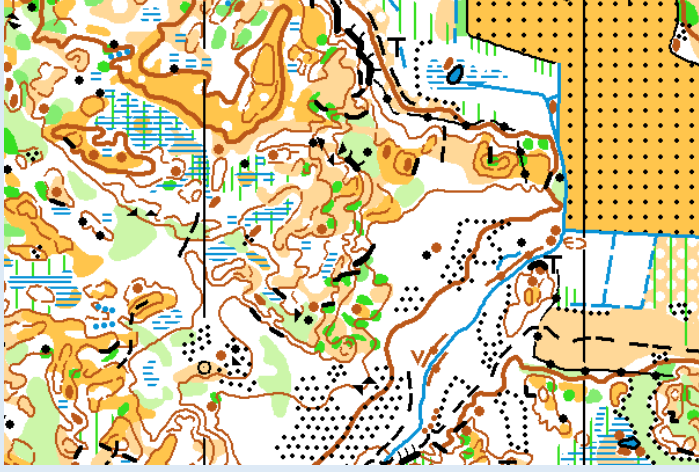


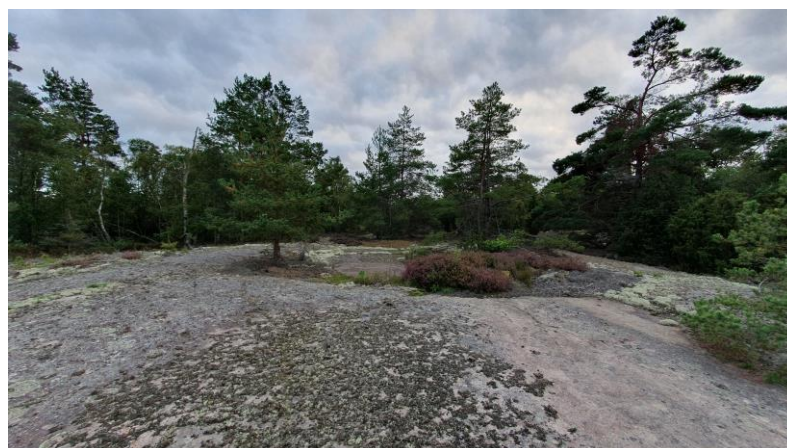
TRAINING BULLETIN 1.2

No. 12 - Hallarum	
Date	1/8-25 – 14/8-25, 20/10-25 – 28/2-26
Type of training	Middle distance. M – 5,5 km, W – 4,5 km
Map	1:10 000 / E 2,5 m / A3 / Mapped 2023 by Perola Olsson
Course setter	Magnus Larsson
Terrain description	Runnability is mostly good with open rock areas, but still O-tech-nique demanding. The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Most rock areas have fast runnability and it can be a good tactic to use these areas on certain legs. But as usual in orienteering, you must select your route choices carefully. The terrain is quite flat and it is important to notice that also small height differences and slopes are shown on map.
Parking	Färskesjöns badplats - https://maps.app.goo.gl/zasiFSE-fDJoi8GyX8
Map samples	




TRAINING BULLETIN 1.2

No. 13 - Hallarum	
Date	1/8-25 – 14/8-25, 20/10-25 – 28/2-26
Type of training	Corridor. 6 – 11 km
Map	1:10 000 / E 2,5 m / A4 / Mapped 2023 by Perola Olsson
Course setter	Pontus Petersson
Terrain description	Runnability is mostly good with open rock areas, but still O-tech-nique demanding. The area is wild countryside, mainly forest (pine, oak, beech) with a few small areas of cultural landscape. Most rock areas have fast runnability and it can be a good tactic to use these areas on certain legs. But as usual in orienteering, you must select your route choices carefully. The terrain is quite flat and it is important to notice that also small height differences and slopes are shown on map.
Parking	Färskesjöns badplats - https://maps.app.goo.gl/zasiFSE-fDJoi8GyX8
Map samples	




TRAINING BULLETIN 1.2

No. 14 - Tornby	
Date	1/8-25 – 14/8-25, 20/10-25 – 28/2-26
Type of training	Short long distance. M – 8 km, W – 6 km
Map	1:10 000 / E 2,5 m / A4 / Mapped 2024 by Perola Olsson
Course setter	Patrik Sjökvist
Terrain description	The terrain is flat with varying richness of detail. Partly open forest with long range of sight and small open areas. Partly denser terrain with green areas that limits the runnability. Some small roads and paths crossing the area.
Parking	Tornby - https://maps.app.goo.gl/b2uvrANFAQafFW6RA
Map samples	



TRAINING BULLETIN 1.2

No. 15 - Tornby	
Date	1/8-25 – 14/8-25, 20/10-25 – 28/2-26
Type of training	Orienteering-intervals. 4*2 km
Map	1:10 000 / E 2,5 m / A4 / Mapped 2024 by Perola Olsson
Course setter	Pontus Petersson
Terrain description	The terrain is flat with varying richness of detail. Partly open forest with long range of sight and small open areas. Partly denser terrain with green areas that limits the runnability. Some small roads and paths crossing the area.
Parking	Tornby - https://maps.app.goo.gl/b2uvrANFAQafFW6RA
Map samples	



TRAINING BULLETIN 1.2

Accommodation

Here are some examples of good accommodation with distance indicated from Jämfö.

- Orionstugan – 1 km from Jämfö. There are two cabins with a total of 8 beds and quite a lot of space on hard surface inside the clubhouse.
- [Olsängsgården](#) - 11 km away is a camp yard with 70 beds and a large kitchen.
- [Kustgården Senoren](#) - 15 km away is a facility with both cabins, accommodation and camping. There are a total of 140 beds.
- [Folkets hus Jämfö](#) - Hard surface with large surfaces and good kitchen. No shower, but it can be arranged at Jämfö idrottsplats next door. Book on +46 70 830 3262.
- [Jämfö idrottsplats](#) - Possibility of living on hard surface in a clubhouse.
- [Lyckåhem](#) - 15 km away is an affordable hostel.
- [Dragsö camping](#) - 23 km away. Camping and cottages near the centre of Karlskrona.
- [Sandhamn Marine](#) - 13 km away. One of Sweden's most popular pitches with a view of the guest harbour. There are also some cabins with 2–5 beds.
- [Brofästet Senoren](#) - 12 km away. Popular pitch with many pitches that are beautifully located next to the magnificent Möcklösund Bridge. There are also some cabins.
- [Trummenäs camping](#) - 10 km away. Camping which also has a small number of cabins.

If you need support to find appropriate accommodation during training camps, send your questions to accommodation@jwoc2026.se for additional guidance.

