

eoc26

EUROPEAN ORIENTEERING CHAMPIONSHIPS

15-19 OCTOBER 2025
DRUSKININKAI / LAZDIJAI / PRIENAI

BULLETIN 1

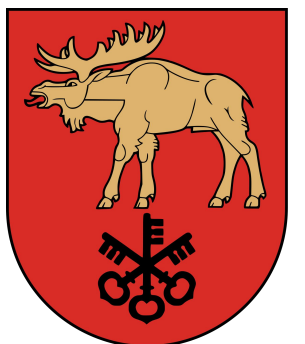
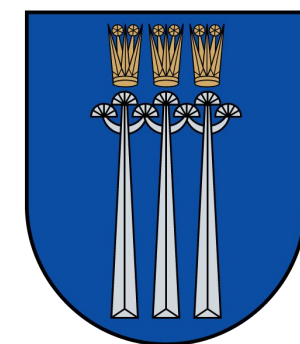
TRAINING CAMP #1

October 2025



Lietuvos Orientavimosi
Sporto Federacija

NACIONALINĖ
SPORTO
AGENTŪRA



With less than a year to go until the European Orienteering Championships 2026, the journey begins! We're delighted to invite you to the first official training camp, offering a first taste of the forests and challenges that await in Lithuania.



1. ORGANISATION AND CONTACT

Organisers:	Organising Team:	Training camp contacts:	General contacts:
<p>Lithuanian Orienteering Federation</p>	<p>Event Director: Vilius Aleliūnas (LTU)</p> <p>Trainings: Aurimas Murėnas (LTU)</p> <p>Maps: Egidijus Kukenys (LTU)</p> <p>Saulius Kireilis (LTU)</p> <p>Gintas Kvietkus (LTU)</p> <p>Vytautas Tamulionis (LTU)</p>	<p>Email: trainings@eoc2026.lt</p> <p>Phone (V.Aleliūnas): +370 62024554</p> <p>Phone (A.Murėnas): +370 60977251</p> <p>Join WhatsApp group: WhatsApp group</p>	<p>Email: info@eoc2026.lt</p> <p>Website: https://eoc2026.lt/</p> <p>Facebook: facebook.com/eoc2026</p> <p>Instagram: instagram.com/eoc26/</p>

1. TRAINING CAMP PROGRAMME

DATE	TIME	TRAINING	MAP	PARKING
Wednesday, October 15	9:00 - 10:00 AM*	Long distance training	Subartonys	54.217161, 24.166906
Wednesday, October 15	From 2:00 PM	Multitechnique or map with CP	Apsingė	54.206265, 24.101805
Thursday. October 16	9:00 - 11:00 AM*	One man relay	Bestraigiške	54.173717, 23.779135
Thursday, October 16	From 2:00 PM	Multitechnique or map with CP	Subartonys	54.217161, 24.166906
Friday, October 17	9:00 - 10:00 AM*	Middle distance	Apsingė	54.206265, 24.101805
Friday, October 17	From 2:00 PM	Multitechnique or map with CP	Bestraigiškės	54.173717, 23.779135
Saturday, October 18	From 1:00 PM	Lithuania cup (WRE), middle distance	Prienų šilas	54.58070, 23.971182
Sunday, October 19	From 11:00 AM	Lithuania cup, prolonged middle distance	Prienų šilas	54.58070, 23.971182

**Can be prolonged according to the numbers of participants.

2. INFORMATION

2.1 PUNCHING SYSTEM

SPORTident Air+ punching will be used for all morning trainings. Participants are requested to use own SIAC card. If they don't have it, please contact organisers. After the course the runner can read out at the parking place. Afternoon sessions will be "touch free" (only control flags at the control places).

2.2 START TIMES

Morning session start times are mentioned in the program. There is no start list for the morning session. You can choose the start time for the afternoon session yourself (control flags will be in the forest all week). The time limit is 1.5 hours for the middle distance and one-man relay trainings, and 2.5 hours for the long distance.

2.3 TRAINING INFORMATION

Morning trainings will be:

- Middle distance
- Long distance
- One man relay

Afternoon trainings you can choose:

- All control map
- Multitechnique map

2.4 CLOTHING

There are no regulations regarding clothing. The choice of footwear is free.

2.5 GPS

Livelox links will be provided for each course.

2.6 OTHER INFORMATION

All participants participate in the competition of their own free will, and are not forced by anyone and assume all risk associated with participation in the competition (including various health problems and injuries) and undertake not to make any claims to the competition organizers in this regard. Participants agree to be photographed and filmed, and their photos and video material may be used for the purpose of publicizing the event



4. TERRAIN, MAPS

The training areas represent typical Baltic terrain, characterized by mixed forests and a large number of negative contour features. Runability varies from very good to poor, and the trail network is sparse.

All training maps have been prepared by the official mappers and course setters of the European Orienteering Championships 2026.

A distinctive feature of the Baltic countries is the use of 2.5 m contour interval, providing detailed representation of the terrain’s subtle shapes.

Apsingė

Map maker - Egidijus Kukenys

Scale - 1:10000, contour - 2.5

Bestraigiškė

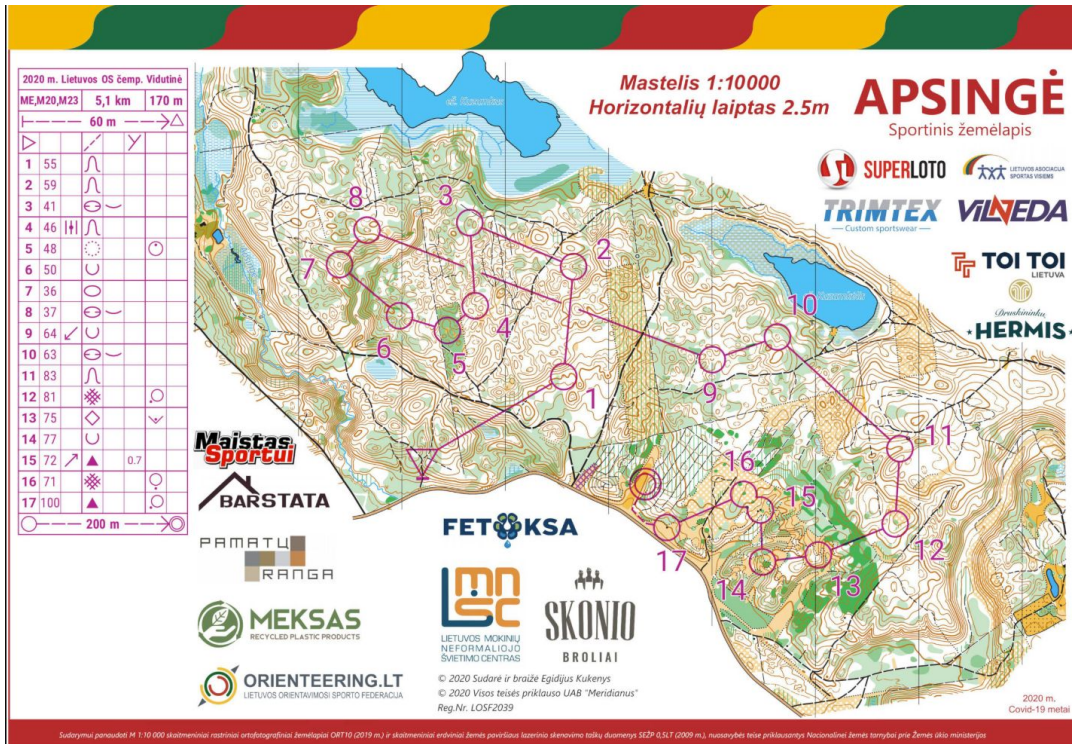
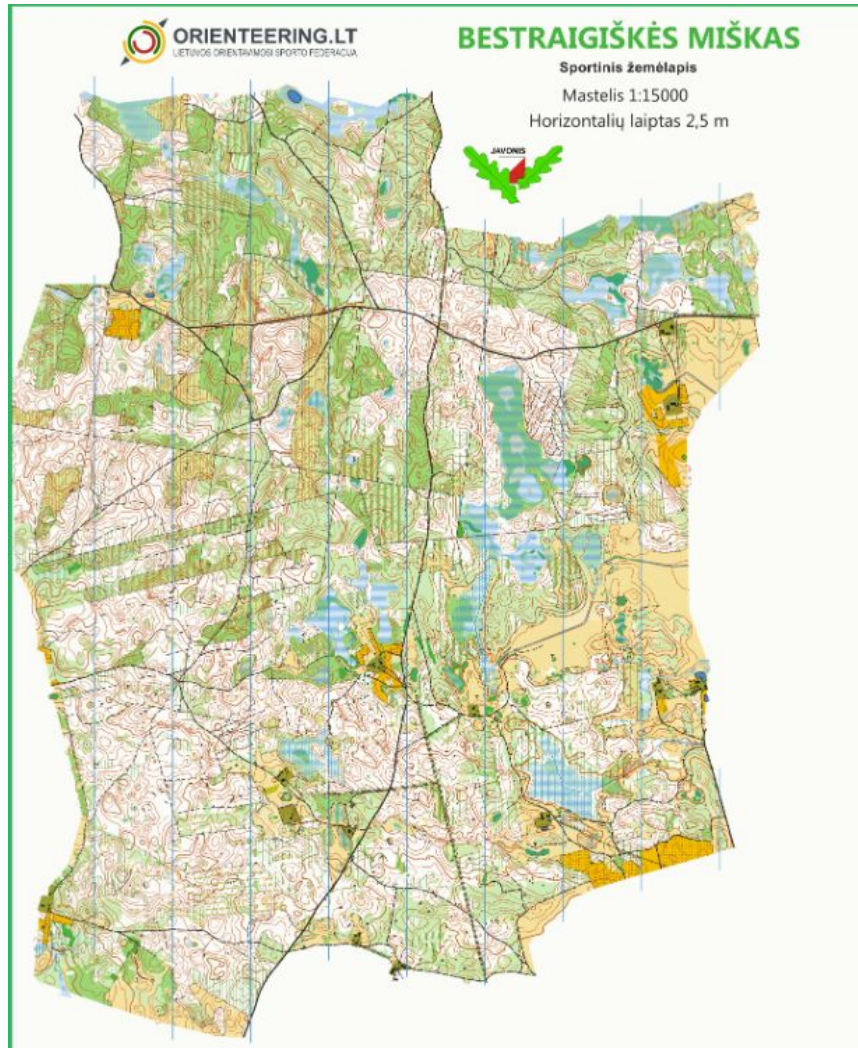
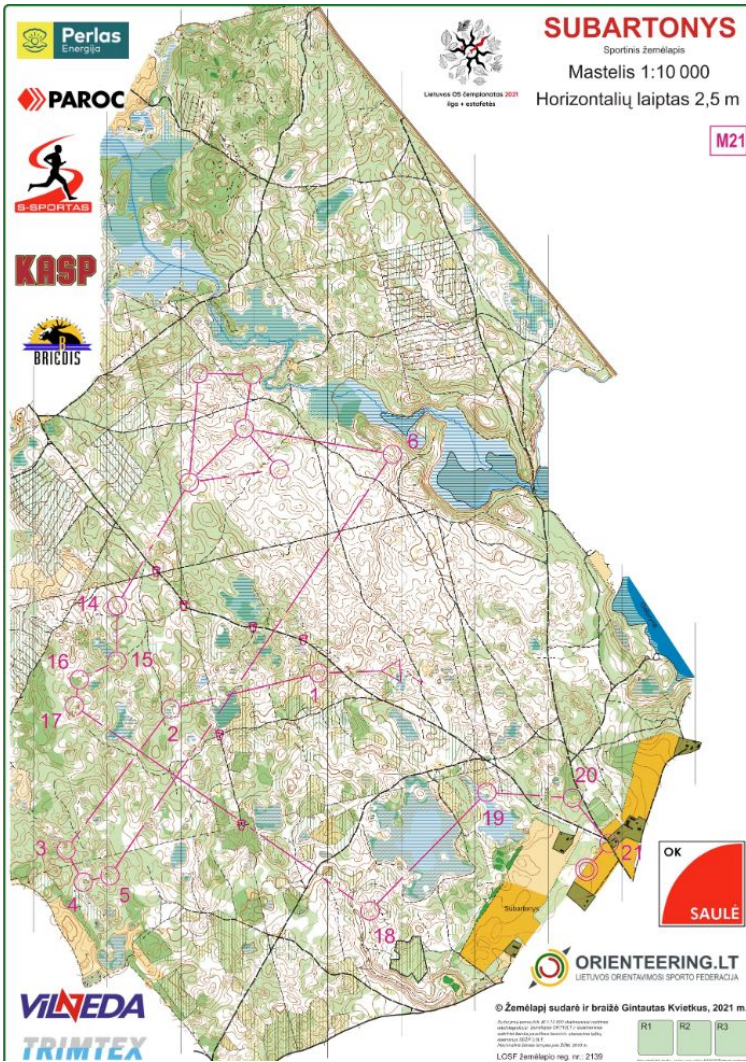
Map maker - Vytautas Tamulionis

Scale - 1:10000, contour - 2.5

Subartonys

Map maker - Gintas Kvietkus

Scale - 1:10000 1:15000, contour - 2.5



5. ENTRIES AND FEES

5.1 REGISTRATION FOR THE TRAININGS

DEADLINE: **October 12th 8:00 PM**

- Athlete name and surname
- Athlete nationality
- Athlete birth date
- Athlete SportIdent number
- Trainings were you will take part

Registration is done by email trainings@eoc2026.lt

5.2 REGISTRATION FOR THE LITHUANIA CUP

DEADLINE: **October 12th 11:59 PM**

- Individuals can register via dbtopas.lt
- Registration for the whole team can be done by email vytautas@eface.lt

5.2 ENTRY FEES

- Full training package - 40 EUR (6 trainings)
- One training - 9 eur
- Training package does not include the entry fee to the Lithuania Cup.

5.3 PAYMENTS

- Payments will be done after the invoice.

Please make your payment in EUR to:

IBAN: **LT23 7300 0100 0223 6947**
Account holder: **Lietuvos Orientavimosi sporto federacija**
Company ID: **191589075**
Address: **Žemaitės str. 6-415, Vilnius, Lithuania**
SWIFT/BIC: **HABALT22**
Bank: **SWEDBANK AB VILNIUS**

Charges and bank fees are to be paid by the payer.

6. LITHUANIA CUP

The training camp will conclude with a two-day competition near Prienai — the Lithuania Cup. The first day will feature a middle distance WRE race, and the second day an extended middle distance. The mapmaker and course planner are the same as for the EOC 2026 qualification races.

	Date	Distance	Map
Day 1	2025.10.18	Middle distance (WRE)	Naravai
Day 2	2025.10.19	Prolonged middle distance	Naravai

More information will be available on the official website of [Lithuania cup](#) or [IOF EVENTOR](#)

7. ACCOMMODATION

Druskininkai, Lithuania’s premier spa resort town, will warmly welcome all participants of the 2026 European Orienteering Championships. Nestled in the south of the country, surrounded by pine forests and the Nemunas River, Druskininkai is famous for its healing mineral springs, wellness culture, and serene environment – perfect for relaxation and recovery after competition days.

The town offers a wide variety of accommodation options to suit every taste and budget.

Accommodation Options

The organizers offer several official accommodation options for the EOC 2026 training camp participants:

1. 4★ [Hotel – Europa Royale](#) (100 places)

- Single room – €80 / night
- Other room types – €55 / night / person
- Price includes: breakfast, VAT, access to the gym, parking space, and access to the swimming pool, whirlpool, and sauna area during opening hours.



2. 4★ [Hotel – Best Baltic Druskininkai](#) (70 places)

- Single room – €75 / night
- Other room types – €50 / night / person
- Price includes: breakfast, VAT, access to the gym, parking space, and access to the swimming pool, whirlpool, and sauna area during opening hours.



3. 3★ [Hotel – De Vita](#) (90 places)

- Twin rooms or family rooms (up to 4 persons) – €40 / night / person
- Price includes: breakfast, VAT, access to the gym, and parking space.



4. 3★ [Hotel - Vita](#) (40 places)

- Double rooms or family rooms (up to 4 persons) – €40 / night / person
- Price includes: breakfast, VAT, access to the



Booking details:

- Email: **straight to the hotels**
- Limited availability.

More possibilities:

<https://druskininkai.lt/en/accommodation/>
<https://www.visitbirstonas.lt/en/accommodation/>

8. EMBARGOED AREAS

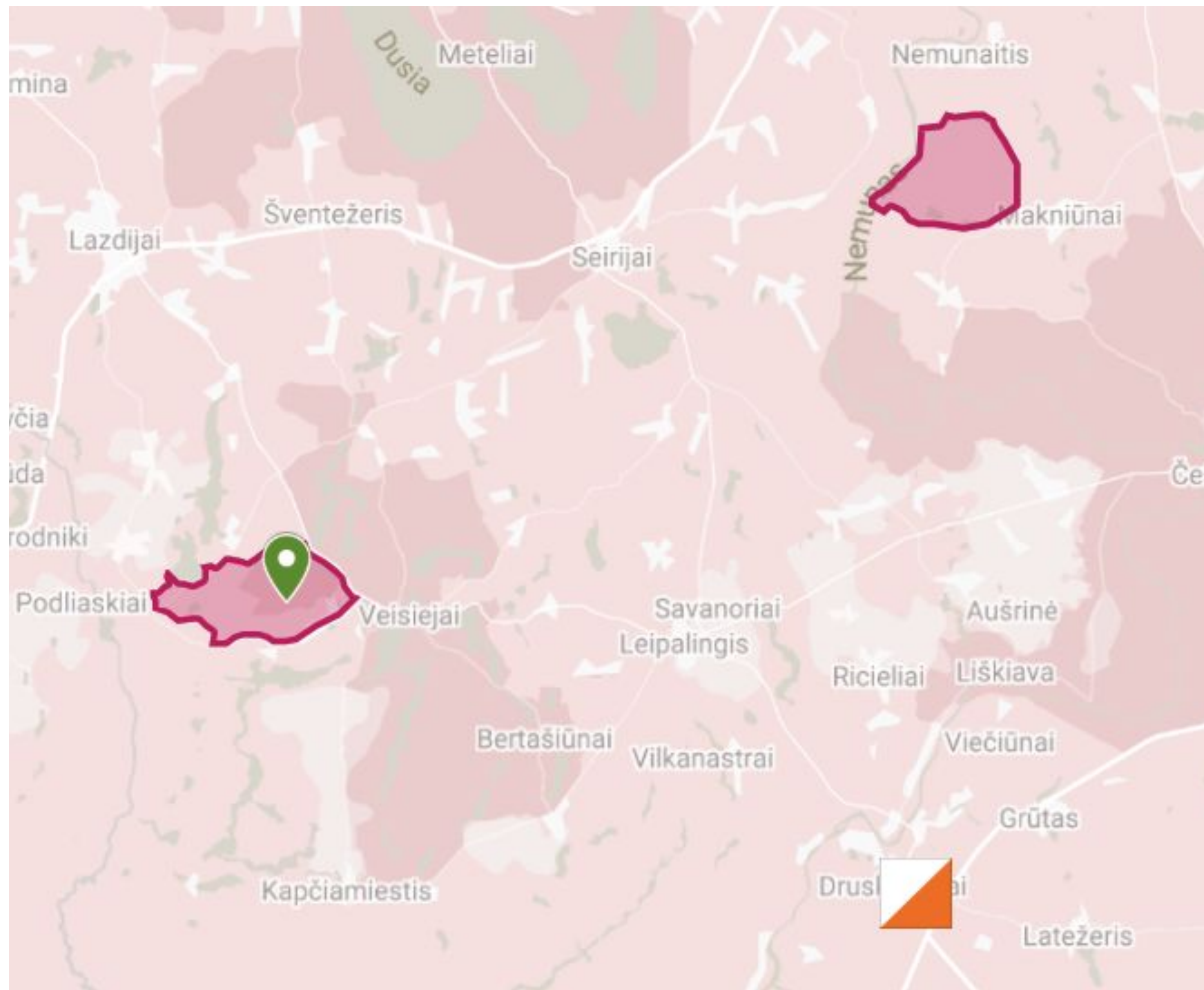
[Embargoed Areas for EOC 2026](#)

[Embargoed Areas EOC 2026 Google maps](#)

Embargoed areas and detailed descriptions can be found via the Google Maps link above. According to the IOF Competition Rules (§26.5), these areas are strictly out of bounds for all potential EOC 2026 athletes, team officials, and any other persons who, through knowledge of the terrain, may influence the outcome of the competitions.

All embargoed areas are **strict embargo**. This means that any access is forbidden, regardless of whether it involves an orienteering activity or not. Entering these areas with or without a map — even for a walk, a jog, or a casual visit — is strictly prohibited.

The areas marked in **red** on the map are completely embargoed. No orienteering activities, training, coaching visits, or any other presence is allowed unless explicitly permitted by the organizer. This rule applies to all potential competitors and team members, including athletes, coaches, team leaders, medical staff, and any others with a potential connection to a team.

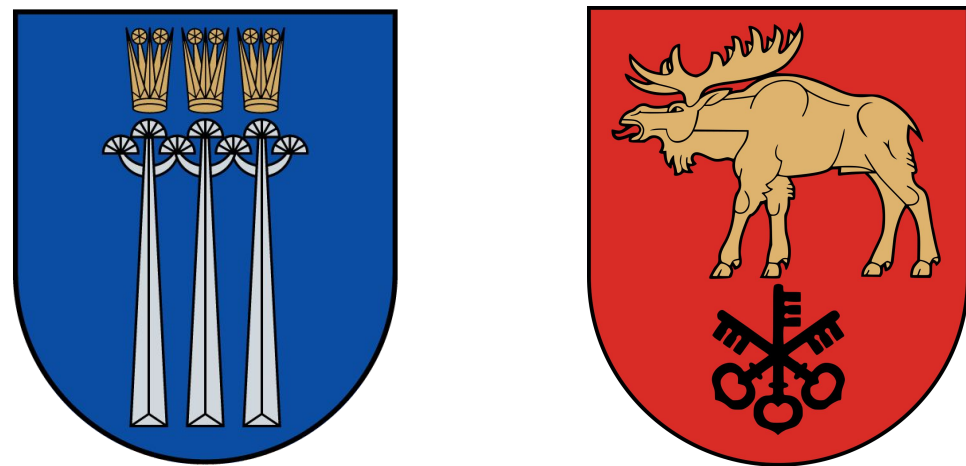


9. CAR RENT

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