



BULLETIN #2

25 - 30 August 2026 DRUSKININKAI / LAZDIJAI / PRIENAI

Training camp #3

August 21 2026



orienteering.it



WELCOME

Welcome to the third training camp in preparation for the European Orienteering Championships 2026 in Lithuania.

This camp is the best possible opportunity to prepare for the championship. It offers athletes, coaches, and teams a unique chance to experience relevant terrain, test technical and physical readiness, and gain valuable insight into the conditions that will be faced during the EOC 2026.

At the end of the camp, selection races will be held to provide an important competitive benchmark and an excellent opportunity for athletes to prove their readiness.

This training camp also brings something new: participants will have the chance to train and compete in two new terrains.

We are excited to welcome you to Lithuania and hope this camp will be an important step in your journey towards a successful European Championships.



1. ORGANISATION AND CONTACT

Organisers:

Lithuanian Orienteering Federation

Training camp contacts:

Phone: (Rokas Lipnickas) +37062209271

Phone: (Vilius Aleliūnas) +37062024554

Email: trainings@eoc2026.lt

Join WhatsApp group: [WhatsApp group](#)

General contacts:

Phone: +370 620 245554

Email: info@eoc2026.lt

Website: eoc2026.lt

Facebook: facebook.com/eoc2026

Instagram: instagram.com/eoc26/

Organising Team:

Event Director: Vilius Aleliūnas

Trainings: Rokas Lipnickas, Adomas Traubas

Maps: Egidijus Kukenys, Saulius Kireilis, Gintas Kvietkus, Vytautas Tamulionis, Audrius Smilgius



Partners and sponsors:



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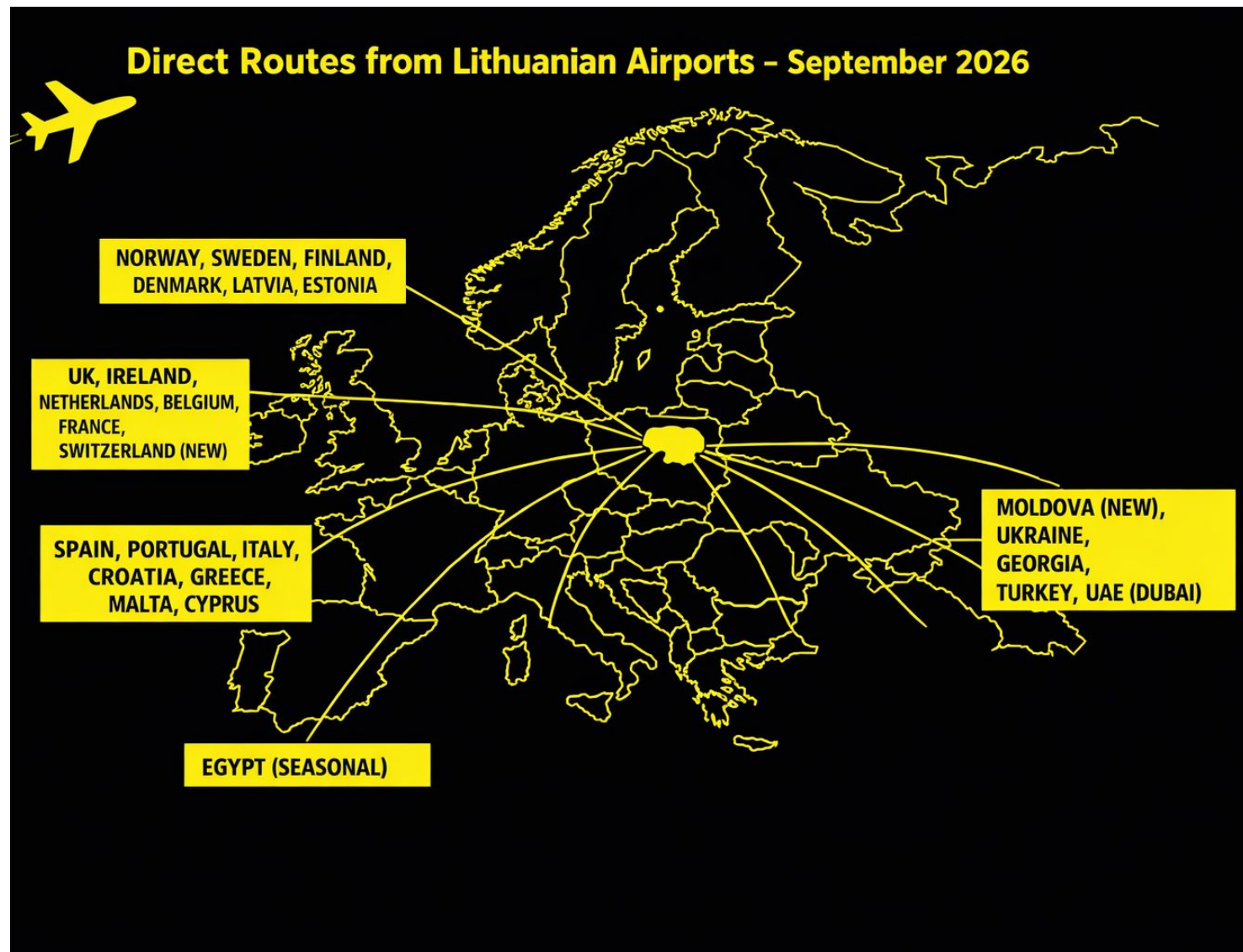
Aprèsport



2. TRAINING CAMP PROGRAMME

DAY	DATE	TIME	EVENT	MAP	PARKING	LIVELOX
Tuesday	August 25	From 15:00	Intro	Raitininkai - Apsingė new	54.236361, 24.120819	LINK
Wednesday	August 26	10:30 - 12:30	Mass start training (SportIdent)	Prienų šilas	54.591329, 23.921907	LINK
		From 15:00	Middle distance training	Trako Mikyčių	54.215106, 23.622439	LINK
Thursday	August 27	10:00 - 13:30	Middle distance training (SportIdent)	Trako Mikyčių	54.215106, 23.622439	LINK
		From 15:00	Contours	Švendubrė	54.016406, 23.970265	LINK
Friday	August 28	From 10:30	Model	Subartonys	54.213132, 24.173623	LINK
Saturday	August 29	From 10:00	EOC selection races, middle distance	Varčia	54.332283, 24.219777	LINK
Sunday	August 30	From 9:00	EOC selection races, long distance	Varčia	54.332283, 24.219777	LINK

3. VENUE, ACCESS & TRANSPORTAT



Druskininkai will host the 2nd official training camp for the European Orienteering Championships 2026, a picturesque resort town in southern Lithuania with a population of around 12,000.

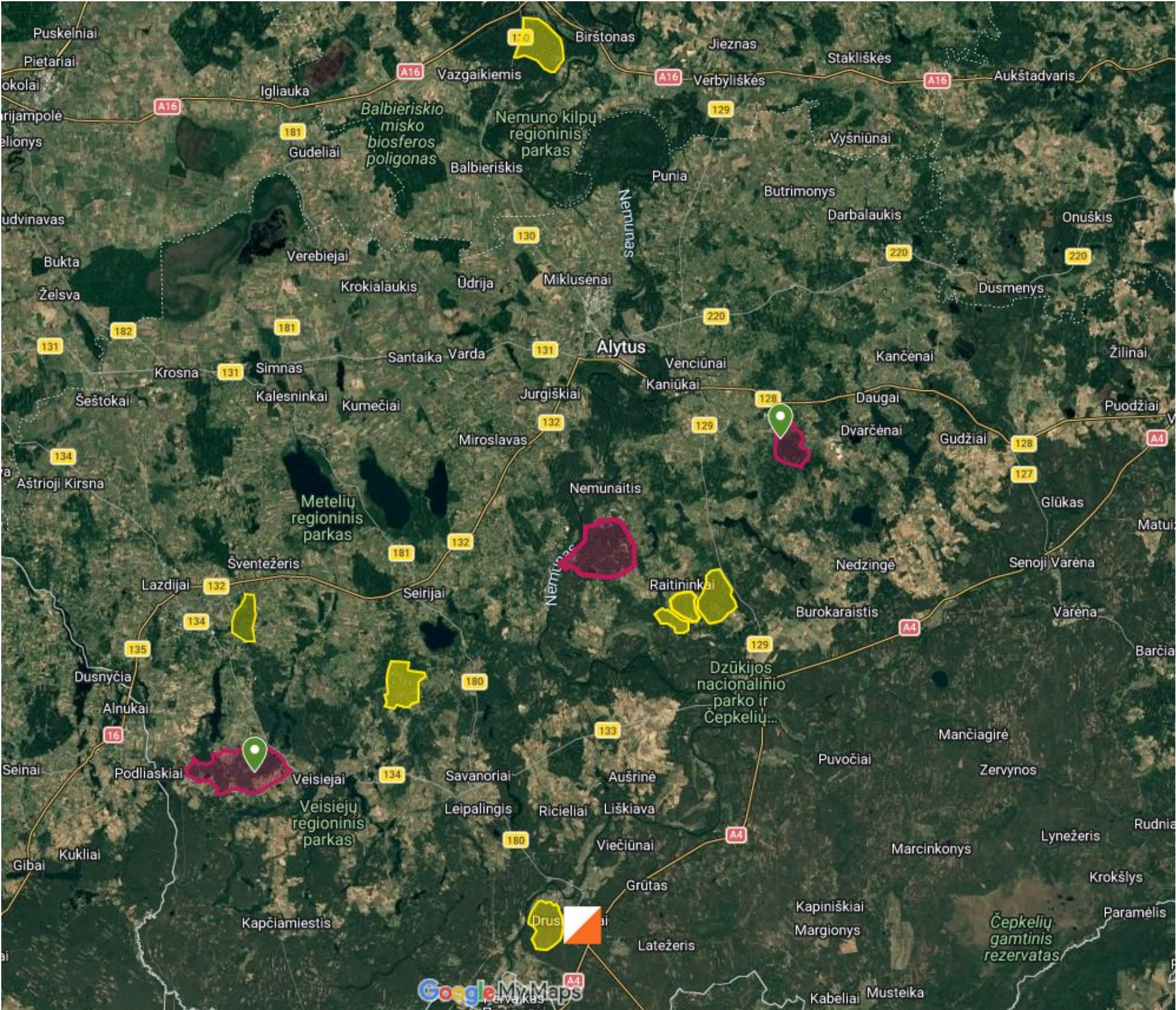
Druskininkai is known for its tranquil natural surroundings, mineral springs, and wellness traditions dating back to the 19th century. Nestled between vast forests, lakes, and the Nemunas River, the town offers a perfect blend of nature and modern leisure. Visitors can enjoy scenic landscapes, cultural landmarks, and a variety of outdoor activities year-round. With its rich nature, compact infrastructure, and orienteering-friendly terrain, Druskininkai is an excellent location for top-level orienteering competitions. The proximity of competition areas to the town center will create a vibrant championship atmosphere and ensure easy access for both athletes and spectators.

Druskininkai already welcomed the global orienteering community back in 2006 when it hosted the Junior World Orienteering Championships. Now, 20 years later, we invite you to return to this beautiful town for another unforgettable week of world-class orienteering. Our partner autonuoma.com offers you the widest selection of minibuses and cars for rent.

From Vilnius Airport – 130 km, 1 hour 40 minutes drive
From Kaunas Airport – 115 km, 1 hour 30 minutes drive
From Riga Airport – 293 km, 3 hours 40 minutes drive

3.1. TRAINING CAMP AREAS

MAP	LOCATION
Apsingė new	Intro training with flags will be held in new Apsingė forest. It is 30 minutes driving from Druskininkai.
Švendubrė	O-technique training with contours will be organised in Švendubrė forest. It is 5 minutes walking Druskininkai.
Prienų šilas	Mass start training with be held in Prienų šilas forest. It is 70 minutes driving from Druskininkai.
Subartonys	Model event before EOC selection races will be organised in Subartonys forest. It is 30 minutes driving from Druskininkai.
Trako Mikyčių	Two middle distance trainings will be organised in this forest. It is 45 minutes driving from Druskininkai.



[Training camp #3 EOC 2026 Google maps](#)

4. EMBARGOED AREAS

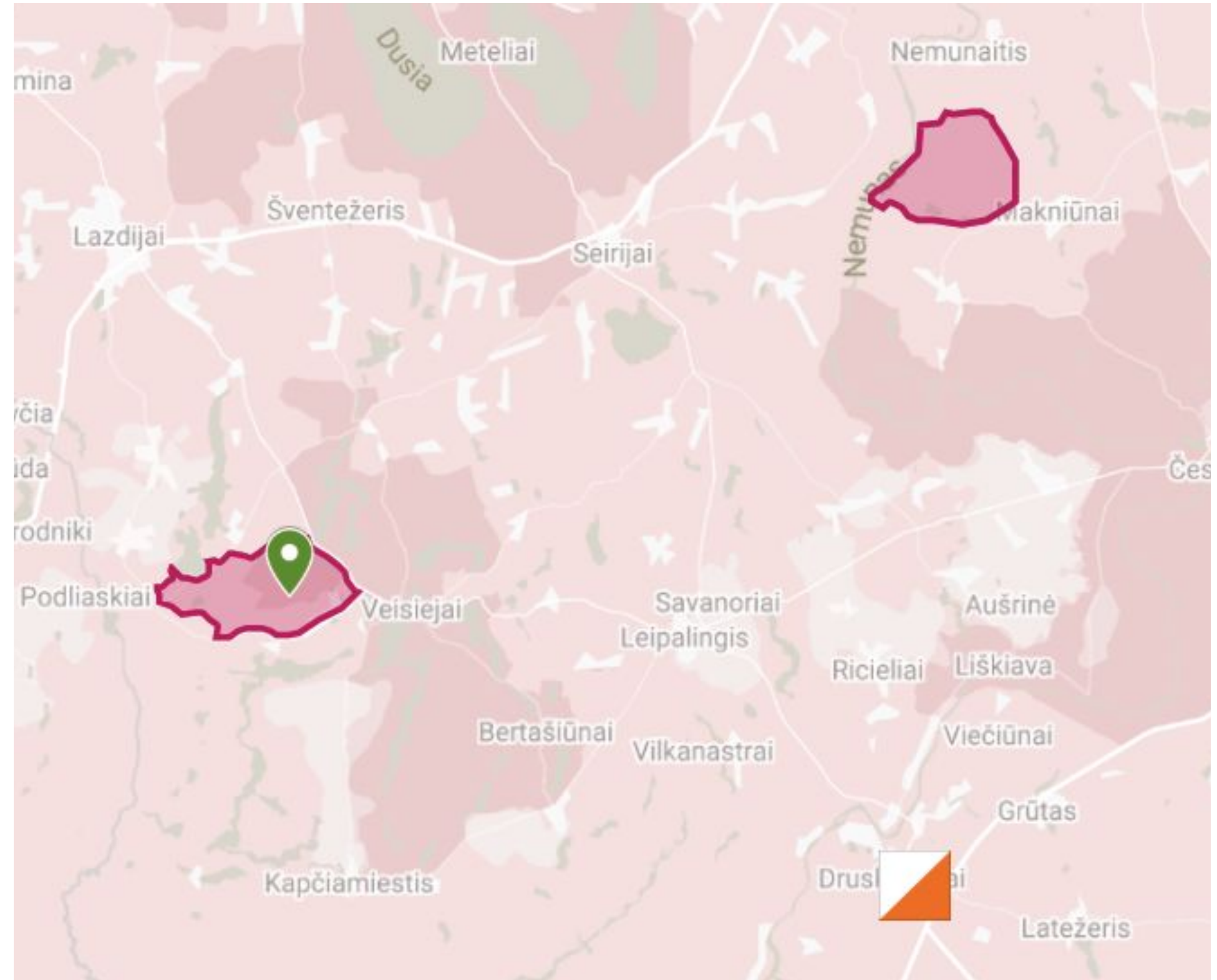
Embargoed Areas for EOC 2026

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.



5. ENTRIES AND FEES

5.1 ENTRY FEES

- Full training package - 40 EUR (6 trainings)
- One training - 9 eur
- Training package does not include the entry fee to the EOC selection races.
- EOC selection race - 20 eur / per day

5.2 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.

5.3 REMINDER

All payments must be made by bank transfer to the bank account provided.

Individuals or organisations that require an invoice for payment should contact trainings@eoc2026.lt.

We would also like to remind you to inform us after the training camp about the trainings you carried out and the maps you used, especially any training sessions or map use that were not included in the official training camp programme.



6. GENERAL INFORMATION

6.1 PUNCHING SYSTEM

During training camp 2 trainings will be held with SportIdent system. SportIdent SiAir+ system will be used in trainings. Is it possible to rent SportIdent card from organisers. All other trainings will be without any timing (only control flags in the forest).

6.2 GPS TRACKING

After every training you can upload your GPS route to Livelox.

6.3 CONTROL FLAGS

There are many different control flags in the area, so be careful.

6.4 CLOTHING

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

6.5 START TIMES

Start times are indicated in the program. A start list will be used for the middle distance session with SportIdent. Registered teams have to reserve start time slot. Mass start training will start with men mass start 10:30 and women mass start 10:40. For the other sessions, you may choose your own start time. The time limit is 1.5 hours for the middle distance and one-man relay training.

6.6 MAPS

It is possible to collect all maps for all training sessions at once during the Intro Training or at another preferred time. Please arrange the details with Event Director Vilius Aleliūnas by email or message. For the other training sessions, maps will be available at the designated parking location only for one hour from the beginning of the training time slot, except for the Model and SportIdent sessions.

6.7 OTHER

Night training is not permitted.

Please also keep in mind that many of the training sessions take place in protected natural areas. We kindly ask all participants to respect the environment, stay on the designated routes where applicable, and help us protect and preserve nature.

7. MAPS AND CONTROL DESCRIPTIONS

7.1 Maps and map makers

Discipline	Scale / Contour interval	Specification	Map maker
Prienų šilas	1 : 10000 / 2.5 m	ISOM2017-2	Saulius Kireilis
Apsingė new	1 : 10000 / 2.5 m	ISOM2017-2	Audrius Smilgius
Švendubrė	1 : 10000 / 2.5 m	ISOM2017-2	Egidijus Kukenys
Subartonys	1 : 10000 / 2.5 m and 1 : 15000 / 2.5 m	ISOM2017-2	Gintas Kvietkus
Trako Mikyčių	1 : 10000 / 2.5 m	ISOM2017-2	Vytautas Tamulionis



7.2 Maps printing

All maps (except model) will be laser-printed on waterproof Teslin paper and will be in A4 format. Model maps will be printed using a laser printer on SYLVAMO Pro-Design 100 g/m² paper and placed in transparent 100-micron LDPE plastic bags.

7.3 Old maps

- [Prienų šilas](#)
- [Subartonys](#)
- [Švendubrė](#)
- [Trako Mikyčių](#)

8. COURSES

Date	Training	Course	Length (km)	Climb (m)	No. controls	Timing	Scale	Distance to start
2026.08.25	Intro training	Men	7.2	165	21	Flags (30x30)	1:10000, 2.5 m	2 km
		Women	45.9	130	17	Flags (30x30)	1:10000, 2.5 m	2 km
2026.08.26	Mass start	One man relay	2 x 3.1-3.3	160	24	SportIdent	1:10000, 2.5 m	0.02 km
	Middle distance	Men	6.3	155	19	Flags (30x30)	1:10000, 2.5 m	0.9 km
		Women	5.4	115	15	Flags (30x30)	1:10000, 2.5 m	0.02 km
2026.08.27	Middle distance	Men	7.3	140	24	SportIdent	1:10000, 2.5 m	0.1 km
		Women	5.8	110	19	SportIdent	1:10000, 2.5 m	0.1 km
	Contours	Long	8.4	220	21	Flags (30x30)	1:10000, 2.5 m	0.6 km
		Short	6.7	170	16	Flags (30x30)	1:10000, 2.5 m	0.6 km
2026.08.28	Model	Men	5.9	90	16	Flags (30x30)	1:10000, 2.5 m	0.8 km
		Women	4.9	65	12	Flags (30x30)	1:10000, 2.5 m	0.8 km
		All controls	-	-	17	Flags (30x30)	1:10000 / 1:15000, 2.5 m	0.8 km

9. TRAININGS INFORMATION

9.1 Intro training

Date: 2026 August 25th

Time: from 15:00

Parking: [Google Link](#)

Timing: no timing, only control flags

Map: Raitininkai (new Apsingė), 1:10000, 2.5 m, A.Smilgius

Livelox: [LINK](#)

Courses: Men and Women

Start procedure: Free start in any time

9.2 Mass start

Date: 2026 August 26th

Time: 10:00 - 12:45 (possible readout)

Parking: [Google Link](#)

Timing: SportIdent

Map: Prienų šilas, 1:10000, 2.5 m, S.Kireilis

Livelox: [LINK](#)

Courses: Mass start, forked one man relay

Start procedure: Mass start men 10:30, women 10:40

Results: [LINK](#)

Remarks: The map is printed on both sides. After completing the first part, take a 5-minute break and then restart. After restarting, remember to punch the START control.

9.3 Middle distance training

Date: 2026 August 26th

Time: 15:00

Parking: [Google Link](#)

Timing: No timing, control flags

Map: Trako Mikyčių, 1:10000, 2.5 m, V.Tamulionis

Livelox: [LINK](#)

Courses: Middle distance (men and women)

Start procedure: Free start in any time

9.4 Middle distance training

Date: 2026 August 27th

Time: 10:00 - 13:00 (possible read out)

Parking: [Google Link](#)

Timing: SportIdent

Map: Trako Mikyčių, 1:10000, 2.5 m, V.Tamulionis

Livelox: [LINK](#)

Courses: Middle distance (men and women)

Start procedure: [Specific start time \(need to book your time\)](#)

Results: [LINK](#)

9.5 Contours

Date: 2026 August 27th

Time: From 15:00

Parking: [Google Link](#)

Timing: No timing, control flags

Map: Švendubrė, 1:10000, 2.5 m, E.Kukenys

Livelox: [LINK](#)

Courses: Long (men) and short (women)

Start procedure: Free start in any time. Controls will be in forest till 18:30

9.6 Model

Date: 2026 August 28th

Time: 10:30 - 13:30

Parking: [Google Link](#)

Timing: No timing, control flags

Map: Subartonys, 1:10000 / 1:15000, 2.5 m, G.Kvietkus

Livelox: [LINK](#)

Courses: Middle distance (men and women) / All controls

Start procedure: Free start in any time

10. CAR RENT

Our partner autonuoma.com offers you the widest selection of minibuses and cars for rent. You can book directly on their website or contact dovydas@autonuoma.com for assistance.



11. SPORT EQUIPMENT

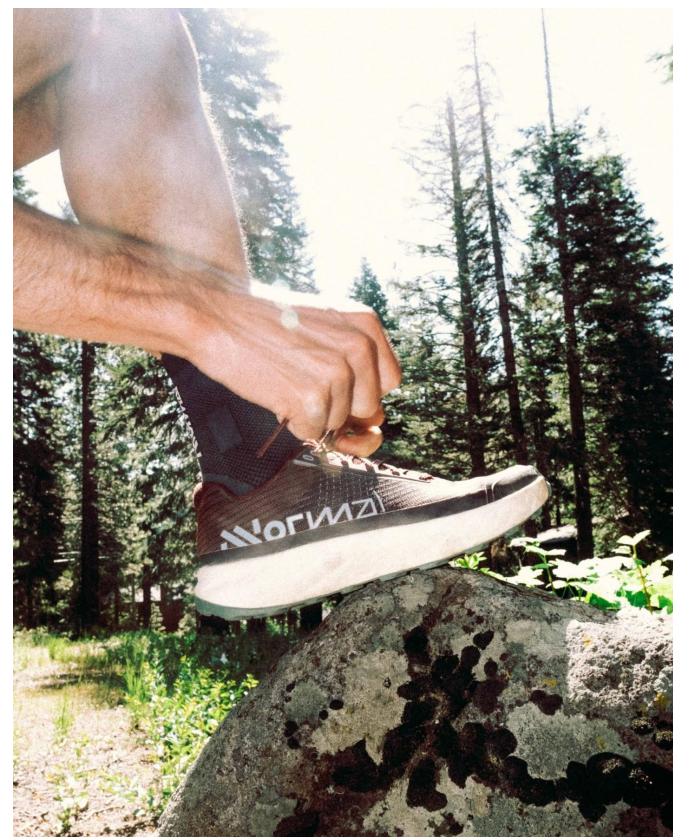
Our partner **S-Sportas** is a loyal supporter and long-time fan of orienteering.

Unfortunately, it will not be possible to purchase products directly at the training locations or at the Selection Races. However, throughout the week you can order any products you need online, and your order can be delivered to you at a training session or at the Selection Races.

Visit the online store: <https://s-sportas.lt/>

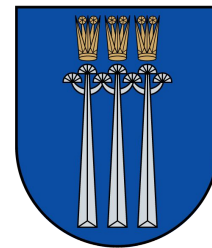
Use the discount code **EOC2026** to receive **20% off** your order.

Please note that the discount does not apply to **Garmin, Wahoo, Arkray, or SportIdent** products.



PARTNERS AND SPONSORS

INSTITUTIONAL PARTNERS



SPONSORS

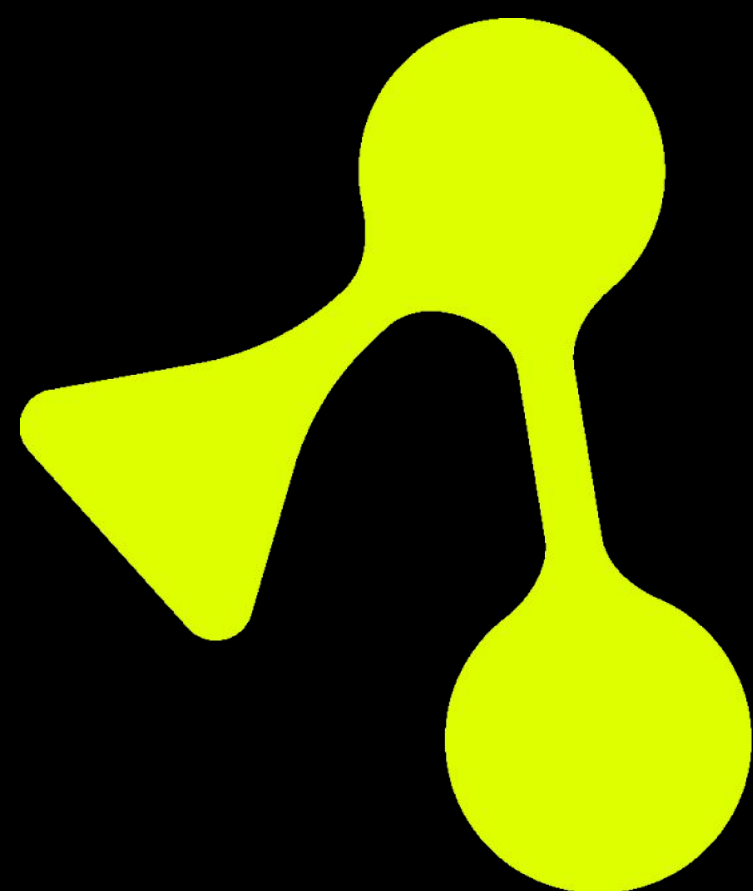


PROVIDERS



ORGANISERS





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European Orienteering Championships