



MTBO CAMP

Northern Zeeland

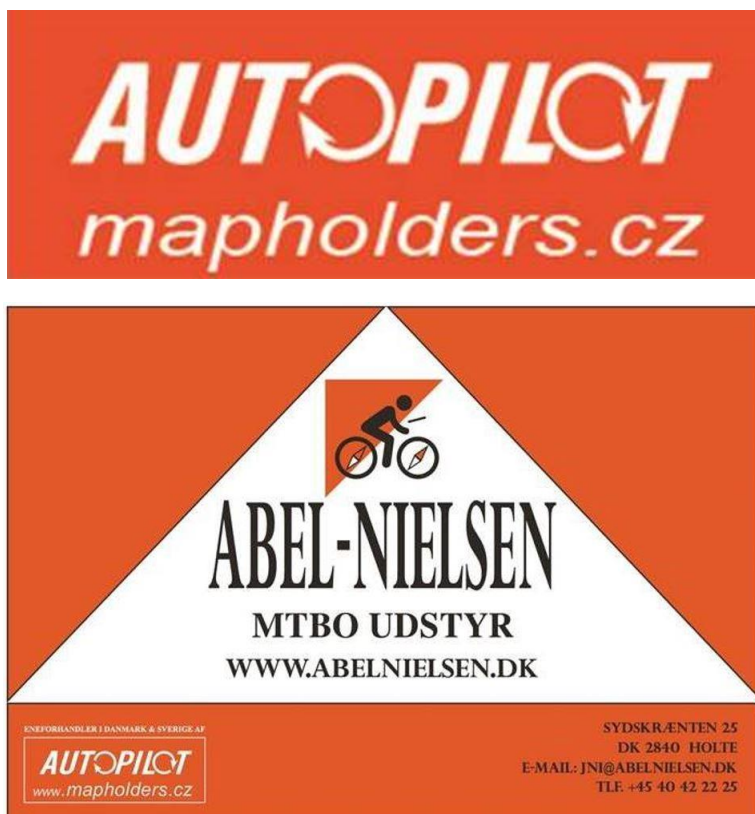
8 – 12 April 2022

Bulletin #4

DANISH MTBO CAMP



Thank you to our sponsors:





ToppTOPO_{A/S}



Contents

1. Welcome	5
2. Organization Officials	5
3. Venue Event center	5
4. Event Center & opening hours	7
5. Rules / Doping	7
6. Program	8
7. Classes	9
8. Maps	9
9. Competition information	10
Welcome training: 8/4 2022, Sprint	10
Camp Race 1: 9/4 2022, Long distance	11
Camp Race 2: 9/4 2022, Crying Mile	14
Camp Race 3: 10/4 2022, Middle distance	15
Camp Race 4: 10/4 2022, Sprint	18
Camp Race 5: 11/4 2022, Ultra long distance	21
Camp Race 6: 12/4 2022, Middle distance	23
Training: 12/4 2022	24
10. Time keeping system	25
11. Socializing	25
12. Health care, first aid	25
13. Transportation	25
14. Covid 19	25
15. Bike mechanics	25
16. Meals	26



1. Welcome

The MTBO-camp organizing team warmly welcomes you to 2022 edition of “Danish MTBO camp”. It has become a tradition with a season-opening training camp in Denmark offering mapping and course-setting of the highest standard. The 2022-event will not let you down!

Moreover, this event will give you a unique opportunity to optimize your training before the next WRE races and European MTBO Championships May 2022.

On behalf of the organizing team,

Tove Andersen & Jan Eg Pedersen, Event directors

2. Organization | Officials

Event Directors | Point of Contact:

Tove Andersen, OK Øst Birkerød - eventdirector@mtbocamp.dk

Jan Eg Pedersen, OK Øst Birkerød - competitiondirector@mtbocamp.dk

3. Venue | Event center

The event center is situated at SANKT HELENE HOLIDAY CENTER.

Address:

Sankt Helene Holiday Center

Bygmarken 30

DK-3220 Tisvildeleje

www.helene.dk

Phone: +45 48709850

Sankt Helene Holiday Center is easily accessible by car and public transport.

Within a short distance you will find restaurants and some shops. In the event center you will find free Wi-Fi, bike wash facilities, bike storage etc.

You will also within a short distance find the “Danish Riviera” with miles of sandy beaches. The weather in Tisvilde in early April is mostly dry; April is the month with least rain. Average temperatures are 10 degrees in daytime, 3 during night, and an average of 6-8 hours of sunshine daily.

However weather may shift with short notice, and days with subzero temperatures and snow has occurred, although rare.



Sankt Helene Center



“Danish Riviera”



4. Event Center & opening hours

Friday 8/4 2022:

Event center opens at Sankt Helene: 15-21

On arrival you have to register at the event center to get your bib no. and start packet.

Saturday 9/4 2022:

Sankt Helene 8-8,45 & 19-21

Sunday 10/4 2022:

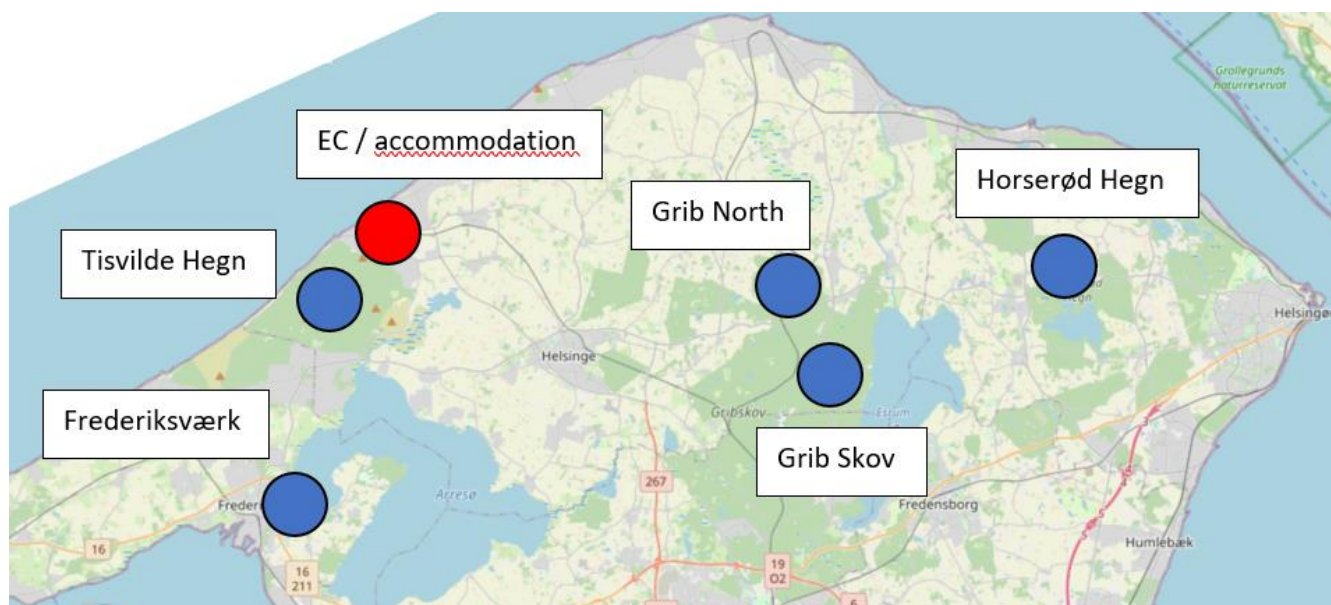
Sankt Helene 8-9 & 20-21

Monday 11/4 2022:

Sankt Helene 16-17

Tuesday 12/4 2022:

Sankt Helene from 13-14.30



You can rent or buy map boards. Rental price is 50 DKK/day, contact Jørgen Nielsen, jni@abelnielsen.dk, phone +45 40422225. You can also find him at the event center Friday from 19-20 and Saturday from 19-21.

5. Rules / Doping

The MTBO CAMP 2022 will be organized in accordance to the 2022 IOF MTB Orienteering Rules.

Competition Rules are available here:

<https://orienteering.sport/mtbo/competition-rules/>

- Riding off tracks is generally forbidden.
- Riding off tracks in areas with symbol 839, open land (orange) or 839-3 forested area (black dots) is permitted.



- If MTB tracks are unidirectional, riding direction is marked with purple arrow. One way direction must be respected.
- During all races it is mandatory to have a bell on your bike to warn other people and fellow competitors. You may buy one at EC, 3€. It is also mandatory to ride with your bib no. to identify you in case of violation of the rules.
- You have to ride in the right hand side of roads, tracks and trails and you have to give way for riders if you enter a track bigger than the one you are riding on. If the tracks are of equally size you have to give way for riders coming from your right hand side.
- Doping is strictly prohibited.
- Violation of the rules may, if done deliberately, results in exclusion from the camp without compensation.

The organizers will not be liable for any health insurance for participants. It is recommended that all participants arrange their own personal health insurance. Participation is at own risk.

Sales of any kind are not allowed at the competitions or at the Event Center unless you have made an agreement with the organizers.

6. Program

Date	Stage	Race format	Forest	Location	Distance from EC	Comment	First start
April 8th		Welcome Sprint, training	Sankt Helene	Sankt Helene	0 Km	See: "Welcome sprint"	16-20
April 9th	1	Long	Tisvilde Hegn	Tisvildeleje	4 Km	Camp race 1 MS+YG+WRE	10
April 9th	2	Crying Mile	Tisvilde Hegn	Tisvildeleje	1 Km	Camp race 2 Put & Ride	15:30-17
April 10th	3	Middle	Risby Vang. Klosteris Hegn	Elsinore	38 Km	Camp race 3 MS+YG+WRE	10
April 10th	4	Sprint	Frederiksvaerk skovene	Frederiksvaerk	14 Km	Camp race 4	15-17 See instruction
April 11th	5	Ultra long	Grib Skov	Esbønderup	23 Km	Camp race 5	10
April 11th		Banquet		Event Center	0 Km		18:00 *
April 12th	6	Short middle	Grib North	Esbønderup	23 Km	Camp race 6	10-12
April 12th		Training	Grib Skov Søsken	Nødebo	28 km	No time recording	13-15



We encourage participants to download the o-track app and register. Maps and courses will be available on o-track where you can upload your route choice if you track your race yourself using a gps watch.

For all camp races there will be live results on liveresultat.orientering.se

* Only after prior registration.

7. Classes

Classes	
ME	WE
MW-12	
M14	W14
M17	W17
M20	W20
M35	W35
M40	W40
M45	W45
M50	W50
M55	W55
M60	W60
M65	W65
M70	W70
M75	W75
M80	W80
M85	W85

8. Maps

The maps are produced in accordance with the International Standard for Mountain Bike Orienteering Maps ISMTBOM 2022. Maps are printed on water resistant paper.



9. Competition information

Welcome training: 8/4 2022, Sprint

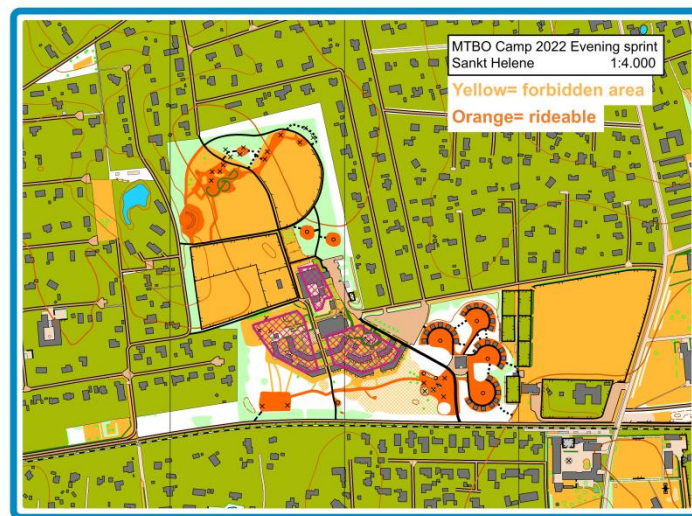
Sankt Helene Holiday Center, Bygmarken 30, DK-3220 Tisvildeleje

A very short sprint on the premises of Sankt Helene.

Map scale 1:4.000. The course is 1,6km. The terrain mainly consists of paved roads and grass paths/fields. Riding in orange areas (symbol 839) is permitted. Riding off-track is prohibited. There is a forbidden area covering part of the Holiday Center (see map).

Please watch out for other riders and guests at the Holiday Center. Show respect and slow down when necessary.

We use SI touchfree (short distance), you will get your time result, but there will be no common result list for all participants. Maps and SI card reading in event office.





Camp Race 1: 9/4 2022, Long distance

WRE, World Masters Series and Young Guns Series

Event Center at the Venue

Open from 9:15 to 10:30

Distances:

Event Center to Venue: 3,8km

Venue: Naturrum Tisvildeleje, Hovedgaden 112, 3220 Tisvildeleje (56.05515,12.05751)

Parking: Close to Venue

Venue to Start: 300 m.

Venue to Finish: 300 m.

Terrain

The terrain is moderately hilly with mixed forest and a network of paths and tracks. The surface is sandy, making some tracks heavy to ride, but tracks are mostly dry and fast. There is a MTB track marked with grey/black. Parts of the track may be marked as unidirectional on the map using violet arrows. This must be respected.

Marshals

There will be marshals in the terrain to record violations of the rules.

Map

Map: Tisvilde Hegn, revised 2022

Map size: 30 x 40 cm (A3). Map turn for all classes except M/W12, M14 and M85.

Map scale: ME and WE 1:15.000. Other classes 1:10.000

Contour interval: 2,5 meters

Signatures: ISMTBOM 2022. Note these signatures:



Allowed bike direction



Visually wide track, but with a narrow path in the middle or on side



Off-track riding is allowed



Gray under the black line for meandering tracks

IMPORTANT: If violet directional arrows are drawn on the MTB track on the race map, these must be followed. UNCONDITIONALLY. Driving in opposite direction these arrows will lead to disqualification.

Start procedure

First start 10:00.

SI-clear and check are found outside start boxes. There are 3 start boxes. Which you enter 3 minutes before time start. In box 1 your start bib and SI-number are confirmed by the start staff. In box 2 a map is displayed. In box 3 you take your map (it is your responsibility to take the correct map). After time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

M/W12 and M14 have free start order between 10 and 12 and their own starting row.

Late starting contact the start staff at the late starting row.



Finish procedure

Finish SI box will be at the finish line. **The SI box is not contactless.**

Maximum time is 3 hours.

All participants must register for the finish, regardless of whether they have completed the course or not.

Map collection

Maps will be collected and will be delivered after last start at Venue.

Refreshment

Only at Venue

Toilets

At Venue

Medical facilities

At Venue

Organization Camp Race 1

Event leader: Inger Kirkegaard, Tisvilde Hegn OK

Course setter: Klaus Olsen, Tisvilde Hegn OK

Course control: Jan Eg Pedersen, OK ØST

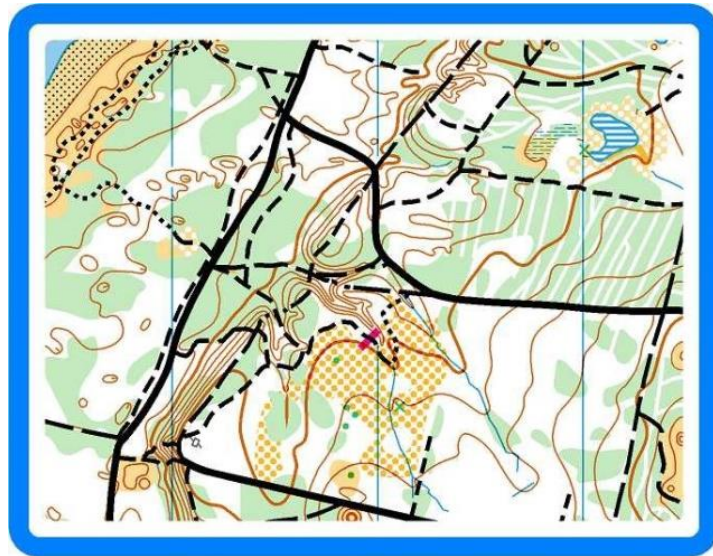
Event adviser: Jan Eg Pedersen

Jury: Charlie Somers Cocks, Nermin Fenmen and Wolf Eberle

Classes	Length (km) Shortest sensible	Length(km) Straight line	Total climb (m)	Controls (number of)	Winning time (min)
M21	34,9	28,0	270	22	105-115
W21	31,5	25,5	265	19	105-115
M20		22,3		18	84-92
W20		19,8		18	84-92
M17		10,9		10	70-75
W17		10,9		10	70-75
M35		24,3		19	105-115
M40/M45		24,3		19	105-115
M50/M55		23,7		18	105-115
M60/M65		22,3		18	105-115
M70		17,7		16	105-115
M75		12,5		12	105-115
M85		9,1		13	105-115



W40/W45	19,8	18	105-115
W50/W55	19,8	18	105-115
W60/W65	17,7	16	105-115
W70	12,5	12	105-115
W75	10,9	10	105-115
M14	9,1	13	65-75
M/W12	6,0	11	45-55

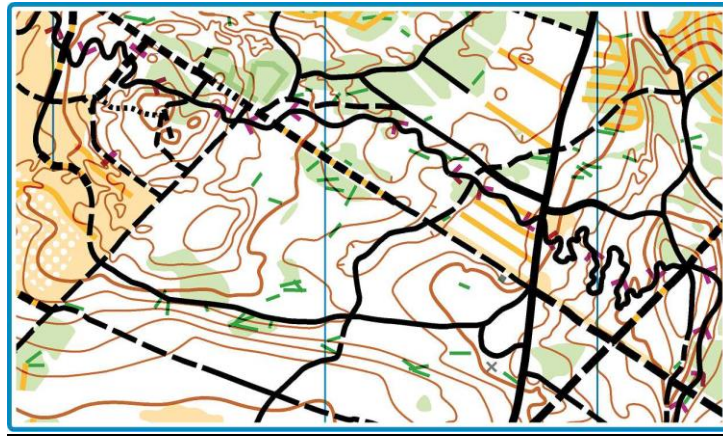




Camp Race 2: 9/4 2022, Crying Mile

Tisvilde Hegn North.

Hilly area with an abundance of small to medium sized tracks and paths, some are unidirectional.



Venue: 56.0561707, 12.0875944. Hovedgaden 2 / Skovporten 3220 Tisvildeleje.

Coming from Event Centre, follow yellow marking.

Coming from large p-place (Camp race 1, GPS 56,05655*N, 12.06052*Ø.) follow Tisvilde main road ca. 2 km. going east. Turn right at big o-flag, and follow yellow markings.

Start time: 15:30–17:00, 30 second interval, Put & Ride

Start: 30 meters from time start to start point.

Finish: 200 meters from finish to SI card reading. Follow red/white marking.

Map: Scale 1:3.000, contour interval 2,5 meters, size A4, revised March 2022

Course: 2170 meters, 16 controls

Controls will be in the forest until 18:00.



Camp Race 3: 10/4 2022, Middle distance

WRE, World Masters and Young Guns Series.

Klosteris Hegn and Risby Vang

Venue and parking: Venue and parking is located on a meadow in the northern part of Klosteris Hegn.

Distance from EC approx. 30 km.

Coordinates: 56.0739066, 12.4347599 Havreholmvej 31, 3100 Hornbæk

Start: All courses: 3 km. Follow the markings.

Finish: In the forest. For read-out: follow the markings 200 meters to the tent in the venue.



Map: Klosteris Hegn and Risby Vang

Map scale: 1:10.000, contour interval: 2,5 m.

Map size: 30 x 42 cm

Revised: January-February 2022

Schedule of the day

09.00 Venue opens

09.45 Put'n'ride start in classes M/W12 and M/W 14 opens



10.00 First start all other classes

14.30 Venue closes

Courses:

Course	Class	Distance	Controls	Map turn
1	ME	22,5	22	1
2	WE	21,1	22	1
3	M20 / M35 / M40	20,1	21	1
4	M17 / M45 / W20 / W35	17,3	19	1
5	M50 / W 17	16,8	17	1
6	M55 / W40 / W45	16,1	19	1
7	M60 / M65	15,5	13	1
8	M70 / W50 / W55 / W60	13,1	11	0
9	M75 / M80 / M85 / W65 / W70 / W75 / W80	9,7	11	0
10	M14 / W14	8,5	9	0
11	M/W 12	6,4	10	0

Terrain description:

Typical North Sealand forest, mostly deciduous forest. Mostly gravel roads in a mix of minor tracks and paths. A part of the minor tracks are horse tracks. They can after a rainy period be very slowly to ride on. The minor tracks can in some parts be difficult to see and follow due to leaves on the ground. The forest is mostly flat. The forest is used by horse riders - take care.

The two forests are divided by a road with a lot of traffic (relevant for course 1-6). There are controls at each side of the road. The first control will stop your time and then you have 3 minutes to pass the road. The control on the other side of the road will start you time again. The road has to be passed twice. Take care of the traffic.

Water

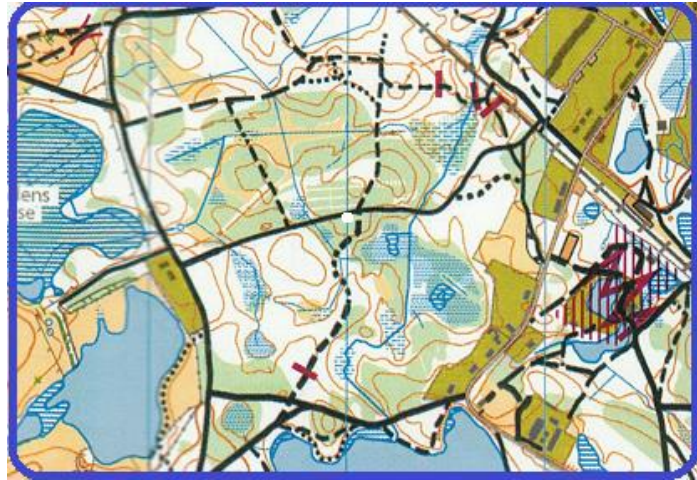
No water in the arena. Bring your own.

Organizer: Helsingør SOK

Course setter: Laus Seir Hansen

Event adviser: Jan Eg Pedersen

Jury: Charlie Somers Cocks, Nermin Fenmen and Wolf Eberle





Camp Race 4: 10/4 2022, Sprint

Map: Frederiksværk, revised 2022

Map scale 1:5.000 & 1:7.500, contour interval: 2,5 m

Terrain is partly hilly urban forest with a dense network of paths and tracks in a deciduous forest; part of the race crosses a residential neighborhood with public roads. In rainy periods some paths may be slippery. Keep in mind that you must give way for traffic from right, and drive in the right side.

Western part of the forest is heavily used by the public. Take care and follow traffic rules, even in forest.

Parking: Frederiksværk is a city with an abundant number of p-places. See map.

Toilet, see map: In Noord shopping mall, Nørregade 38, 3300 Frederiksværk (500 m)
Jernbanegade 2A ("Paraplyen"), 3300 Frederiksværk (400 m)

No Toilet at starts.



*"Stævneplads"=venue.

Meeting place/venue: Kirkegade 8, 3300 Frederiksværk. 55°58'23.5"N 12°01'24.9"E.

Start 1: Distance 40 m. Green/white markings. Start time 15-15.20: put and ride, 1 min. interval.

Start 2: Distance 1,25 km, follow yellow markings. Start time 15.00–17.00, put and ride



Courses:

Class	Number	Distance	Controls	Scale	Map size	2 sided map	Start	Start lane	Course nr.
M/W 12	2	2,1 km	15	1:4.000	A4	Yes	1	--	9
W14	0	2,5 km	13	1:4.000	A4	Yes	1	--	8
W17	7	4,6 km	14	1:5.000	A3	Yes	2	3	5
W20	6	5,8 km	18	1:5.000	A3	Yes	2	2	2
W21/WE	38	5,8 km	18	1:5.000	A3	Yes	2	2	2
W35	0	---	-----	-----	-----	-----	-----	---	---
W40+W45	10	5,0 km	14	1:5.000	A3	Yes	2	2	4
W50+W55	16	4,6 km	14	1:5.000	A3	Yes	2	3	5
W60+W65	11	4,1 km	15	1:5.000	A3	Yes	2	4	5
W70	1	2,5 km	13	1:4.000	A3	Yes	1	---	7
W75	0	----	-----	-----	-----	-----	-----	---	---
M14	3	2,5 km	13	1:4.000	A4	Yes	1	---	8
M17	6	5,0 km	14	1:5.000	A3	Yes	2	2	4
M20	5	5,9 km	21	1:5.000	A3	Yes	2	1	1
M21/ME	43	5,9 km	21	1:5.000	A3	Yes	2	1	1
M35	2	5,9 km	21	1:5.000	A3	Yes	2	1	1
M40+M45	15	5,5 km	18	1:5.000	A3	Yes	2	1	3
M50+M55	41	5,0 km	14	1:5.000	A3	Yes	2	3	4
M60+M65	36	4,6 km	14	1:5.000	A3	Yes	2	4	5
M70	11	4,1 km	15	1:5.000	A3	Yes	2	4	6
M75	5	4,1 km	15	1:5.000	A3	Yes	2	4	6
M80	0	----	-----	-----	-----	-----	-----	---	---
M85	0	----	-----	-----	-----	-----	-----	---	---

There will be separate result lists for each class even though more classes ride the same course.

Control/timekeeping: Electronic registration, Sport Ident., touch free short distance 30 cm
(Check the acoustic/light signal if it fails: punch)

Start 1: Follow instructions from staff.

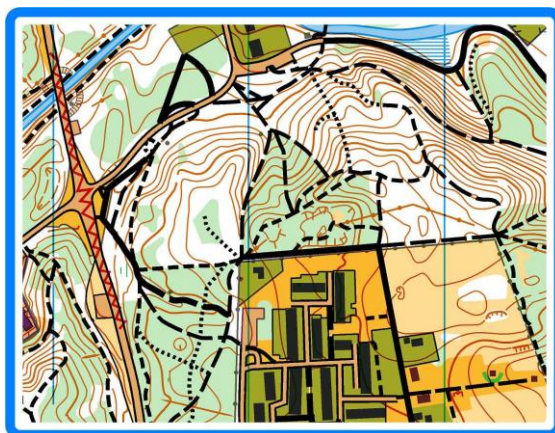
Start 2

Before entering start box: clear & check

Start box 1: 3 minutes before start, control of SI card number

Start box 2: 2 minutes to start

Start box 3: 1 minute to start, pick up the map from relevant box, rider is responsible for picking up the correct map. Remember to punch start control and finish control as these controls are not touch free.





Organizer: OK ØST Birkerød.

Course setter: Jes Steen

Course control: Jan Hausner, OK ØST, Birkerød.



Camp Race 5: 11/4 2022, Ultra long distance

Map: Grib Skov. Revised 2021&22.

Typical Danish forest with mixed vegetation, moderately hilly. Abundance of gravel roads, and some small and medium sized tracks. Due to the use of heavy machines in the forest, minor tracks may have changed character or be difficult to see. In opposition to previously ultra long distance races there is almost no asphalt. A big part of the forest is included in a planned national park and is forbidden area. Further there are rare birds' nests scattered around, hence many tracks are forbidden as well. We strongly urge you to obey these rules.

Venue and parking: GPS 56,03929*N 12,34407*Ø og Frederiksværksvej 12B,3230 Græsted

We encourage sharing transportation because of limited parking space and for environmental reasons.

Hence we advise you to arrive in due time. If parking lot is full when you arrive, there are several options on Frederiksværksvej (road 205) within a distance of < 2 km in western direction from Venue,

SI reading on venue

Toilet at venue

Tap water at venue.

Medical service at venue. Call EC.

Organisation: OK ØST Birkerød.

Course setter: Jan Eg

Course control: Jes Steen, Tove Andersen.

Start 2: MW12, W14, M14, W70+, M80+:

Venue to start 2 (course 4+5): 1,6 km.

Finish to venue/SI card reading: 1.250 m

Participants (7) will be guided (from marked spot on venue) to start 2, (crossing road) leaving at 9.45

At start 2: Clear & check and control of SI card number.

Course 4: Map delivery, backside up: 9.55. Map turn: 9.59. Start 10.00.

Course 5: Map delivery, backside up: 10.00. Map turn: 10.04. Start 10.05.

Staff will stay at start 2/finish point area and guide participants (children) back to Venue.

Start 1

Venue to start 1 ca. 2,9 km, going west on 205. Ride one by one and stay right for 1,9 km Follow yellow markings. Warm up takes place on a small asphalt road on the way to the start.

Finish to venue: 1.250 m.

Procedures start 1:

Warm up at the designed area, clear and check and join start box 1 20 min prior to start, please be precise, card handling is time consuming.

You may place jackets etc. in in a bag marked with your start time just outside box 1. It will be brought back to venue.

Start box 1, 20 min before start line up one by one with the bikes oblique, so the start no. is visible. The maps are handed out with the back side up.

Turn map front side up, one minute before start, drive at start time.

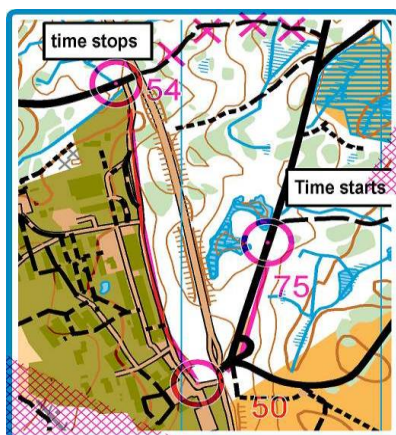


There are 2-3 separate maps. Be careful not to lose your maps during map change. We must not leave any in the forest, and you won't get another.

During the race you have to pass an unguarded railway crossing 3 times. It is marked with warning signs just before, please slow down and watch carefully, trains are pretty frequent, but are honking loudly.

You also have to cross a minor road twice, stop and watch. Follow traffic rules.

A major road is passed after control 54, at which the race is neutralized. Pass (and punch) control 50 and cross the road. Race starts when punching control 75, or 4 minutes after punching control 54. If you spend more than 4 minutes you will lose time. See map:



Course	Length, km	Controls
1	44,2	43
2	36,3	35
3	29,4	26
4	9,5	10
5	7,1	8

All maps are A3, map on one side, 3 separate maps.

All participants must register for the finish, regardless of whether they have completed the course or not.



Camp Race 6: 12/4 2022, Middle distance

Meeting place/venue: GPS 56,03929*N 12,34407*Ø og Frederiksværksvej 12B, 3230 Græsted

We encourage to share transportation because of limited parking space and for environmental reasons (See race 5).

There is one toilet at the parking place.

Terrain: Slightly hilly Danish forest with a mixture of deciduous and coniferous trees, a sparse network of gravel roads and moderate to minor tracks and paths, mostly well ridden. The forest is also used by horse riders, so be careful and give a signal well in advance.

Venue – start: Follow yellow markings 850 m.

First start: 10.00

Start: 30 m. from time start to start point.

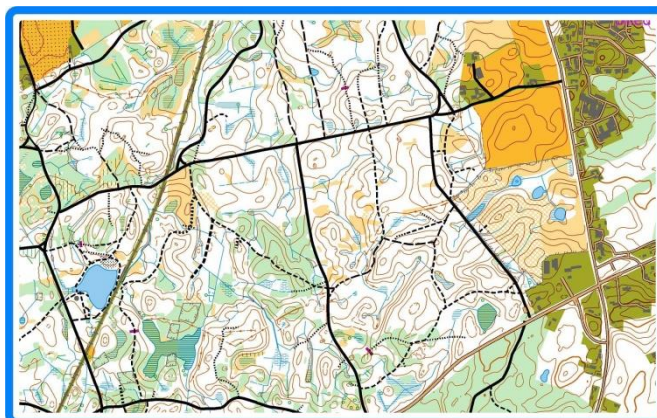
Map: Scale 1: 10.000, contour interval 2,5 m., size A3, revised March 2022

Course no.	Class	Class	Class	Class	Class	Distance/km	Contols
1	M21	M20	M35			14,7	20
2	W21	W20				13,4	19
3	M40	M45	W35			11,7	18
4	M17	W40	W45	M50	M55	9,7	14
5	W17	W50	W55	M60	M65	8,8	13
6	W60	W65	M70	M75		6,6	12
7	W70	W75	M80	M85		5,8	8
8	M14	W14				5	9
9	M/W12					3,8	9

Finish: Follow red/white markings 790 m. from finish point to SI card reading.

During the race you have to pass an unguarded railway crossing several times. It is marked with warning signs just before, please slow down and watch carefully, trains are pretty frequent, but are honking loudly.

Controls will be in the forest until 14:00.





Training: 12/4 2022

Grib Skov Søskoven

Map: Søskoven, 1: 10.000, contour 2,5 m

Course setter: Cæcilie Christoffersen, OK ØST Birkerød

Training Tuesday afternoon is open from 13-15 pm. Parking is the same place as Monday and Tuesday morning (GPS 56,03929*N 12,34407*Ø og Frederiksværksvej 12B,3230 Græsted). We encourage to share transportation because of limited parking space and for environmental reasons. Expect to ride from parking to start of the course. Go south on the Route 227 until the road Hvideportvej on your left side, marked with a o-flag. Down at this road you will arrive to the start of the course. 3,5 km from venue.

Mixed forest, pretty hilly, lot of gravel and old asphalt. (Same forest as part 3 of race 5).

Course length: 12,4 km

Controls: 15, no SI-units, only o-flag.

Map scale: 1:12.500

Focus on training:

Go two together and lead each other through the course. The rider in front is guided by the rider behind, who tells the orientation elements the rider in front has to focus on, on the way to the control. At each control change roles.



10. Time keeping system

SPORTident touch free short range(30 cm) will be used in all competitions.

All competitors will have to use an ActiveCard (SIAC/Slair. Old school SI Cards is also usable, but you will be slower in the forest. SIAC rental (touch free) will be possible. Order and pay upon registration. (30 cm is short, check the acoustic/light signal, if it fails: punch)

11. Socializing

We encourage socializing with your MTBO-friends and discussing the daily races in a shared living room with fireplace open until 11 p.m. every day. A minor café with sales of coffee, beers, water etc. will be open.

During the banquet Monday 11. April at 20:00 there will be a draw with prizes only for people attending. If you are not participating in the banquet you are still welcome to the draw. Prizes are for instance map boards, sport bags MTB Adventure DK travel gift card and other sports equipment.

12. Health care, first aid

At all competitions there will be professional medical persons at the arena, including a heart starter.

By minor accidents, take contact to event director.

In the event of a serious accident requiring immediate assistance call 112 for ambulance.

Emergency reception: Hillerød Hospital, Dyrehavevej 29, Hillerød. Call 1813 in advance.

13. Transportation

The organizers do not offer transportation during the Camp. Competitors/participants must arrange own transportation.

Train from CPH airport: Metro (M2) direction Vanløse, change at Nørreport to: S-train line A, from Nørreport to Hillerød. Change to train 960R direction Tisvildeleje, leave train at Godhavn Station, and walk 400 m.

Train from Copenhagen central station: S-train line A in direction Hillerød. In Hillerød: as mentioned above.

14. Covid 19

Currently there are no covid 19 restrictions in Denmark.

15. Bike mechanics

MTB Tours Nordsjælland, Frydenborgvej 27L, 3400 Hillerød

Monday-Tuesday: closed

Wednesday-Friday: 11-18

Saturday Sunday 9-14

Phone +45 53 89 70 70



16. Meals



We welcome the mountainbike camp to beautiful Tisvildeleje and to Sankt Helene. During the camp our restaurant have following to offer you. Advance reservations are much appreciated but we will do our outmost to accommodate all with or without reservations. Mail your reservation to booking@helene.dk

Scandinavian breakfast buffet DKK 90.00

Served from 7 to 10 am Friday, Saturday, Sunday, Monday and Tuesday

Sandwich for lunch, packed to go. DKK 75.00

To be picked up in the restaurant from 7 to 10 am Friday, Saturday, Sunday and Monday
Must be ordered by 12 noon the day before.

Dinner buffet DKK 225,00

Served from 18 to 20 pm Friday, Saturday and Sunday

The café will be open for "hygge" every evening until 22 pm. Reservations not necessary.

Friday dinner buffet:

Potato-leek soup.

Salad bar with mixed salat, sherry tomatoes, chopped cucumbers, corn, peas, cheese, olives, broccoli, cauliflower and bell peppers. 2 dressings and Caesar salad with parmesan cheese and croutons.
Steamed fish rolls with dill and lemon. Braised pork loin with honey and rosemary.
Chicken sticks. Seasonal vegetables. Roast potatoes. Pearl barley risotto with mushrooms.
Cheese, fruit, bread and butter.

Saturday dinner buffet:

Tomato soup.

Salad bar with mixed salat, sherry tomatoes, chopped cucumbers, corn, peas, cheese, olives, grated carrot, grated beetroot and bell peppers. 2 dressings and broccoli salad with sundried cranberries.
Fried salmon with pesto. Fried cockerel with garlic and thyme. Bolognese sauce. Seasonal vegetables.
Fried rice with vegetables. Steamed whole grain pasta
Cheese, cut fruit with vanilla skyr, bread and butter.

Sunday dinner buffet:

Indian curry soup.

Salad bar with mixed salat, sherry tomatoes, chopped cucumbers, corn, peas, cheese, olives, grated carrot, grated beetroot and bell peppers. 2 dressings. Tomato salad with chopped red onion and feta cheese.
Pasta salad with sundried tomatoes and grill fried zucchini.
Fijata chicken in thai sauce with vegetables. Glazed ham with stewed spinach. Fried cod with mustard sauce. Seasonal vegetables. Fried noodles with vegetables. Roast potatoes with thyme.
Cheese, cut fruit, bread and butter.

Bon appetite

As no one has signed up for dinner at the present moment, Sankt Helene will not arrange dinner buffet.