



Oksbøl, Denmark
19th April – 23rd April 2023

Bulletin #3

MTBO Camp is an early season event, with a lot of MTBO, socializing, high-intensity competitions and low-intensity technical trainings.

Organizers:	Navet Mountain bike Orienteering club
Event Director:	Jørn Svensen/Bjarne Hoffmann
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Welcome

Welcome to the MTBO camp. The organizing team warmly welcomes you to this 2023 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 2023 event will not let you down! On behalf of the organizing team, we welcome you to the South Western part of Jutland Denmark.

We also want to remind you that this is a TRAINING CAMP, including several types of technical trainings. Included: Sprint training, Stamp-training, over speed training, free order/route choice training, medley-training.

Jørn Svensen and Bjarne Hoffmann

Event Directors

Organization:

Club: Navet Mountainbike Orienteering Club

Event Director: Jørn Svensen/Bjarne Hoffmann

Course setters: Bjarne Hoffmann, Jan Møller, Johan MacLassen, Nicolai Nielsen, Jørn Svensen

Map maker: Erik Flarup, Bjarne Hoffmann, Johan MacLassen, Jørn Svensen

Event staff: Of course a lot of members from our club.

Venue/Event center

**Ho Ferie- og Aktivitetscenter
Hovej 4 - 6857 Blåvand**

At arrival at the center, you should follow the signs from the main entrance to the camp office. The camp office is manned the following hours:

Wednesday 19 April: At the venue Nymindesgab Camp. 1530-1830.

Thursday 20 April: (0900-1200 at the venue Blåbjerg) and 1800-2000.

Friday 21 April: 0800-0900 and 1800-2000

Saturday 22 April: 1800-2000

Sunday 23 April: 0630-0800

Highlights of South Western part of Jutland

The South Western part of Jutland offers unique nature areas, art and culture, all in a class of their own, and of course lots of attractions you should not miss out on.

The experiences are lined up for you and we have gathered some of the highlights for you to explore, on this page

VisitDenmark 

For more information: [15 vestjyske oplevelser som bør prøves - VisitDenmark](#)

Participants at the camp will get 20 % discount on all museums [Besøg Vardemuseerne og opdag den skjulte Vestkyst](#) during your visit. We can recommend Tirpitz, which is only 4 km from the event center.

Accommodation

The camp organizer is not responsible for the accommodation for the participants.

There is discount on the accommodation, at the event center. You can get 10% off normal price with the code MTBO.

Terms:

Code: MTBO

Discount: 10%

Stay dates: 11/4-25/4 2023

Book before: 25/4 2023

Book it at this

link: <https://www.danland.dk/feriecentre/ho/> or <https://www.dancenter.com/.../southend.../blavand-ho/39926/>

Price giving

There will be no price for winning our races. Except the honor of course. Instead, we have decided to make a lottery of all our sponsored gifts.

The lottery will go on Saturday afternoon 1415 at the event area just after the Ultra long distance.

To win the prices you must be present at the lottery.

Rules / Doping

All participants must use a bell on their bike throughout the camp. No bell no start.

If you don't have a bell on our bike, the organizers have purchased 50 bells for bikes and you can buy one when you sign in for the camp. 4 Euro/30 DKR.



Riding off the tracks is in general strictly forbidden.

However, in the following areas it is allowed to ride off track.

Riding off tracks in areas with symbol 824, open land (orange)



Riding off tracks in areas with symbol 826, rough open land (orange with white dots).

The narrow linear trace through the terrain, it is also allowed to ride.

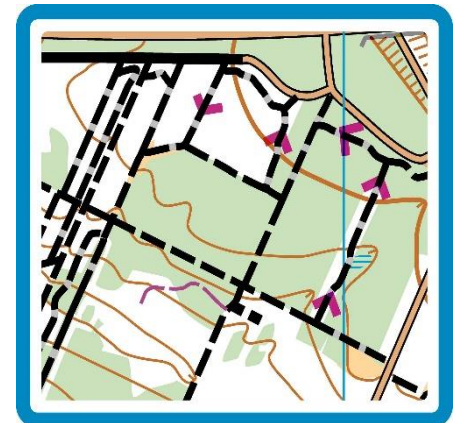


Forested area (White with black dots) 825-1.



MTB tracks is mapped with grey/black. If MTB tracks are unidirectional, riding direction is marked with purple arrows. One way direction must be respected.

Violation of these rules may, if done deliberately, result 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 is not allowed at the competitions or at the Event Center unless you have made an agreement with the organizers.

Doping is strictly prohibited.

Program

Date	Terrain	Distance from EC
19 April	Nymindegab camp. Sprint.	38 km
20 April	Morning: Blåbjerg. Long distance (Young Guns World Series, World Masters Series)	32 km
	Afternoon: Blåbjerg. Technical Training	32 km
21 April	Morning: Bordrup. Sprint training.	5 km
	Afternoon: Vrøgum/Ål plantage. Middle distance (Young Guns World Series, World Masters Series)	12 km
22 April	Ultra Long distance. Fanø	40 km
23 April	Morning: Sdr. Heden Varde. Middle distance/technical training.	27 km

Classes

These classes apply to the ordinary classes in the international competitions and your entry applies for all these competitions. You cannot change from one class to another during the Camp.

Course	Class	Day 1 sprint, Nymindegab	Day 2 long, Blåbjerg	Day 2 training, Blåbjerg	Day 3 sprint, Bordrup	Day 3 middle, Vrøgum/Aal	Day 4 Ultra, Fanø	Day 5, Sdr. Heden
1	ME	7.8/28k	23.67/32k	12 km	5.8/17k	14.51/26k	51.98/39k	11.86/32k
2	WE, MJ, M35, M40/M45	6.7/22k	19.42/30k	12 km	5.8/17k	12.29/24k	51.98/39k	11.86/32k
3	MY, M50/M55	6.2/20k	17.65/26k	12 km	5.69/15k	11.08/ 22k	34.32/25K	11.86/32k
4	WJ, W35, W40/W45, M60/M65	5.5/19k	14.42/24k	12 km	5.69/15k	9.54/ 18k	34.32/25k	11.86/32k
5	WY, W50/W55, W60/W65, W70+/M70+	4.7/17	11.53/17k	12 km	5.45/14	8.53/15k	27.25/ 23k	11.86/32k
6	W-14/M-14	n/a	n/a	n/a	n/a	n/a	n/a	n/a
7	W-12/W-12	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Competition information

Races Thursday, 20th of April (Long distance Blåbjerg) and Friday, 21st of April (Middle distance Vrøgum/Ål plantage) will be a part of Young Guns World and World Masters Series.

Terrain

WED 19th April

Sprint: Nymindegab camp.

No entry in the camp before 1530.

Venue: <https://goo.gl/maps/tZ6uEA3hZKtQtFc46>

Direction: Signs outside the camp on Vesterhavsvej.

Map: Nymindegab Camp 2023 1:5000, 2,5 m A3 size. Map turn on course 1-4.

Start: 1700-1900. Free start. All riders must be finish at **1945**.

Toilets: At the event/parking area.

Distance parking-event area: 0 M.

Distance to start: 0 M.

Participants should pay special attention to oncoming traffic on paths and around buildings.

Warm up is only outside the camp



THU 20th April

Long distance: Blåbjerg

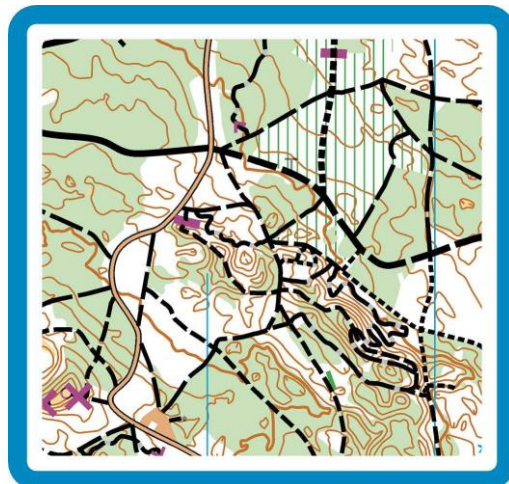
Venue:

<https://goo.gl/maps/BM4EkAmnVR3ytw5UA>

Direction: Signs on road Blåbjergvej, 6830 Nr. Nebel.

Map: Blåbjerg 2023 1:10000, 2,5 m A3 size. Map turn on course 1-3.

Start: 1000-1230. Follow the startlist.



Follow Red/White/Blue tape to the start.

All riders must be finish at **1530**.

Toilets: At the event area.

Distance parking-event area: 400-800 M.

Distance to start: 100 M

A part of the World Masters and Young Guns Series.

THU 20th April

Training: Blåbjerg

Venue:

<https://goo.gl/maps/BM4EkAmnVR3ytw5UA>

Direction: Signs on road Blåbjergvej, 6830 Nr. Nebel.

Map: Blåbjerg 2023 1:10000, 2,5 m A4/A3 size.

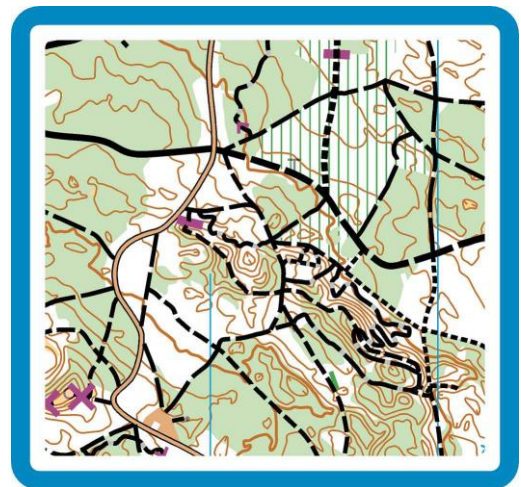
Open: 1400-1600. Free start.

Training Focus: Map contact. Short and long.

Toilets: At the event area.

Distance parking-event area: 400-800 M.

Distance to start: 100 M



FRI 21st April

Training: Bordrup

Venue:

<https://goo.gl/maps/sb1K5Cck62j7qR5MA>

Direction: Signs on Blåvandvej nr 431. 6840 Oksbøl.

Map: Bordrup 2023 1:7500, 2,5 m A4. Map turn on course 1-5.

Start: 0900-1100 Free start. All riders must be finish at **1130**.

Follow Red/White/Blue tape to the start.



Training Focus: Sprint training.

Toilets: No toilets.

Distance parking-event area: 1000 M.

Distance to start: 700 M

Bordrup Plantage is an exercise area. And during the MTBO CAMP there will be an exercise. Do not enter the competition area from other directions than stated in this Bulletin.

FRI 21st April

Middle distance: Vrøgum/Ål
plantage

Venue:

<https://goo.gl/maps/eaWK7jj3WnApW2zW7>

Direction: Signs on Strandvejen 2, 6840 Oksbøl.

Map: Vrøgum/Ål plantage 2023 1:10000, 2,5 m
A4/A3 size.



Start: 1400-1600. Follow the startlist. All riders must be finish at **1730**.

Start 1: Follow Red/White/Blue tape

Start 2: Is just besides the event area.

Toilets: At the event/parking area.

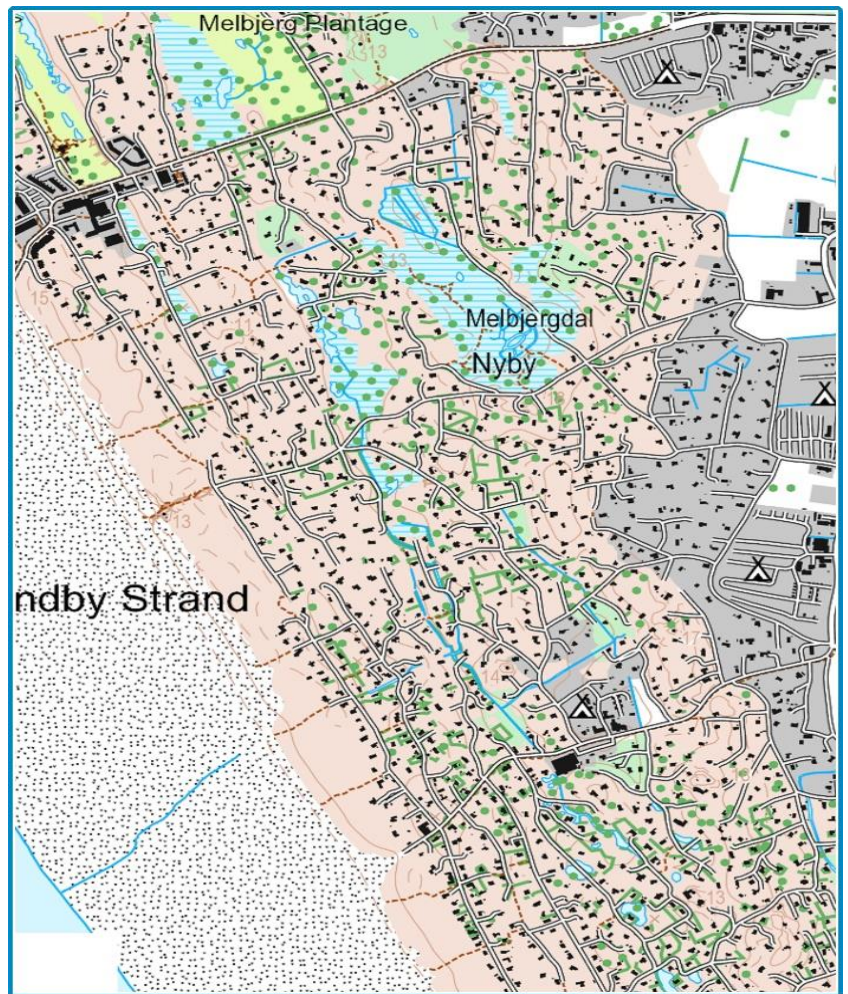
Distance parking-event area: 0 M.

Distance to start 1: 3000 M. Course 1-4

Distance to start 2: 200 M. Course 5.

A part of the World Masters and Young Guns Series.

SAT 22nd April
Ultra Long distance:
Fanø



Venue: <https://goo.gl/maps/Nd2JUeG28iuwqhBWA>

In this spot there is 300 parking lots. But if all places are occupied, it is your own responsibility to find another parking spot. So make sure you arrive with loads of time to find a parking spot.

Direction: Signs at the crossing of Adgangsvejen/Toldbodvej/Dokvej 6700 Esbjerg.

Map: Fanø. Different scales, 2,5 M.

Start: Mass start for all classes at the same time.

All riders must be finish at **1400**.

Short course: Scales are 1:15000/1:25000/1:15000. Be aware that the course is a mix of free order and mandatory controls. So look careful on the map, so you are sure you will punch all controls on your way.

Middle Course: Scales are 1:15000/1:25000/1:15000. Be aware that the course is a mix of free order and mandatory controls. So look careful on the map, so you are sure you will punch all controls on your way.

Long Course: Scales are 1:18000/1:25000/1:20000. Be aware that the course is a mix of free order and mandatory controls several times. So look careful on the map, so you are sure you will punch all controls on your way.

All courses will be very simple in the beginning. But be cautious, it will change soon enough. All courses will have free order. There will be map changes on all courses. All maps are handed out at the start. Make sure you bring all your maps with you to the finish.

You will all have a long leg on the beach. Don't worry it is easy to ride. But let's hope the wind is coming from South West.

IMPORTANT

In order to make this mass start a success, you should plan your arrival at the port.

You must be ready for the departure from Esbjerg port at 0930.

Make sure you find a parking lot, and make sure to be ready at the port at least 45 min before departure time 0930. This to make sure the organizers have time to register you, to receive your luggage and to clear/reset your SI unit.

The organizers will bring your extra luggage to the finish area.

As soon as we get the permission to enter the ferry, please follow the organizers instructions, and stay in the group that you have been placed in. The organizers will be on the ferry to hand out the maps during the crossing (12 minutes). The organizers will collect outerwear at the ferry and bring it to the finish area.

Your start time for the race will be when the ferry comes ashore to Fanø.

IT IS IMPORTANT TO FOLLOW THE INSTRUCTIONS FROM THE STAFF AT THE FERRY.
DO NOT LEAVE THE FERRY BEFORE TOLD SO.

As soon as you leave the ferry, there will be organizers to guide you in the correct direction, this to avoid all riders racing inside the local city.

AT THE ISLAND OF FANØ, THERE ARE MANY RESTRICTION OF WHERE TO RIDE AND NOT RIDE. FOLLOW THOSE RESTRICTION AND EVERYBODY WILL HAVE A GOOD RACE. THE LOCAL AUTHORITIES (Police, Forest owners, Community) WILL BE AT SEVERAL PLACES AT THE ISLAND TO CONTROL OUR RACE. REMEMBER THAT TRAFIC RULES MUST BE FOLLOWED

After the race you can choose to stay at the island. The ferry ticket has no specific return time, but it is your own responsibility to get back to Esbjerg.

Remember that the ticket to the ferry is included in the camp entry.

Underneath link to the Ferry company.

[Oplev FANØLINJEN! | Fanø \(fanoelinjen.dk\)](https://fanoelinjen.dk)

All organizers will be on the specific ferry departure 0930. So if you are not on the Ferry at that specific departure. You have to buy a ticket yourselves. And at arrival at Fanø you must drive to the finish area

<https://goo.gl/maps/aLh4NmQMG8jxgUUw6>

to get your map.



SUN 23rd April

Middle distance/technical
training: Sdr. Heden

Venue: <https://goo.gl/maps/xoXZk9iT5BTUC16A>

Direction: Søndermarksvej 475. Alslev Møllevej mod syd.

Map: Sdr. Heden 2023 1:10000, 2,5 m A3.



Start: 0900-1100. There is no start list.

Training Focus: Single track/Stamp training/Sprint flow. Instruction on the maps.

Toilets: No toilets.

All riders must be finish at **1200**.

In the forbidden area on the map, there will be training of dogs. Stay out of that area.

Maps

The maps are produced in accordance with the International Standard for Mountain Bike Orienteering Maps ISMTBOM 2022. All maps (Excepted Fanø map) will be updated March 2023.

Time keeping

SPORTident touchfree short range will be used in competitions/training. All competitors will have to use an SI Card. SI card rental will be possible.

Entry fees and deadlines

The maximum of participant has not been reached. It is now possible to enter on daily basis and participate in all the competitions and trainings.

Timings and prices

Wednesday 19 April - Afternoon sprint. Register: 1630-1730. 20 EUR / 150 DKK

Thursday 20 April - WMS/YGWS race + afternoon training. Register: 0930-1030
40 EUR / 300 DKK

Friday 21 April - Morning training + WMS/YGWS race. Register: 0830-0930
40 EUR / 300 DKK.

Saturday 22 April - Ultra long incl. ferry to and from Fanø
Register: **No later than Friday evening.** 40 EUR / 300 DKK

Sunday 23 April – Middle. Register: 0830-0930. 20 EUR / 150 DKK

SI rental per day: 4 EUR / 30 DKK.

Full camp Wednesday to Sunday: 145 EUR / 1090 DKK

WMS/YGWS + trainings Thursday + Friday: 80 EUR / 600 DKK

Danish riders pay via MobilePay 40446999.

Non-Danish riders cash in EUR.

You can pre-book on e-mail (but it's not necessary): info@mtbocamp.dk

**In case of cancellation of the event due to Corona restrictions.
The organizer will uphold the transfer in the entry fee for
transferring the money back to foreign participants.**

Transportation

The organizers do not offer transportation during the Camp.

Competitors/participants must arrange own transportation.

Organizers will be responsible for Ferry transport to the Ultra long distance.

Entry permits (Visas)

Denmark is a full Schengen member state. Non-Schengen residents may have to apply for a short stay visa.

More information

Webpage <http://www.mtbocamp.dk>

Facebook <https://www.facebook.com/mtbocamp/>

(Please visit and “like” to get regular updated information)



Weather: [Yr - Blåvand - Langtidsvarsel](#)

**Typical Danish spring. Sunny and no wind. Bring your
sunglasses. See you next week.**