

Odsherred, Denmark 2024 **16-20 May 2024**

BULLETIN #2

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

Organizers	Allerød Orienteringsklub, Denmark
Event Director	Bjarke Sucksdorff, eventdirector@mtbocamp.dk
Webpage	http://mtbocamp.dk
Facebook	https://www.facebook.com/mtbocamp/
E-mail	info@mtbocamp.dk
Sponsors	 

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WELCOME

The organizing team warmly welcomes you to the 2024 edition of "Danish MTBO camp". It has become a tradition with a season opening training camp in Denmark offering maps and course-setting of the highest standard. The 2024 event will not let you down! We have found 7 forests that never hosted any MTBO event before, so you will be racing and training in virgin MTBO terrain, not even known by the Danish participants!

On behalf of the organizing team, we welcome you to the Northwestern part of Zealand, Denmark.

Please remember that this is a TRAINING CAMP, including technical training sessions. These, in combination with examples of typical Danish landscapes, makes participation in MTBO Camp 2024 the ideal preparation for World Masters MTBO Championship, which is to take place in Denmark in August.

VENUE

Denmark

Situated in southern Scandinavia, the Kingdom of Denmark covers an area of 42,916 square kilometers and with a population of 5.9 million, the population density is 132 per square kilometer. You will discover Denmark to be a well-organized, friendly and safe country to visit. Denmark has a temperate climate. Average daily temperature in May is 12 to 13°C. More info: www.dmi.dk.

Odsherred – Northwestern Zealand

Odsherred's breathtaking ice age landscape surrounded by a long coastline with delicious sandy beaches provides the perfect setting for active experiences in nature. Enjoy the magnificent views and gain new insights in a very special corner of Zealand, where the connection between landscape, history, art, culture and local foods can be experienced authentically like nowhere else in Denmark.



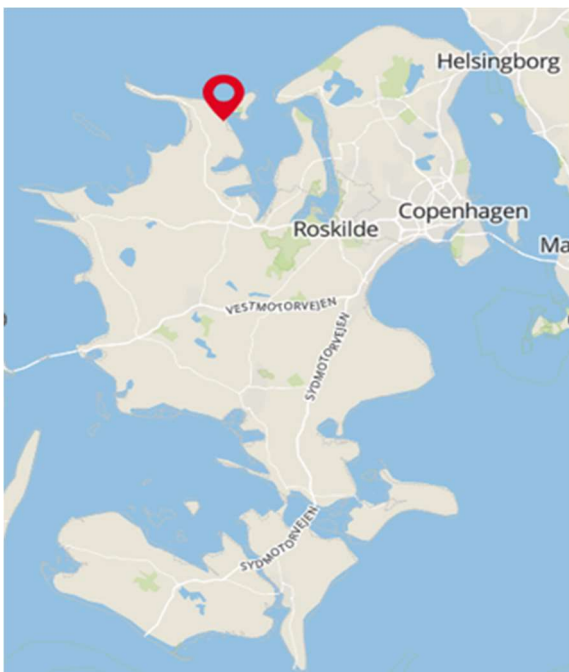
EVENT CENTER AND GENERAL MAP

EVENT CENTER

The event center will be at Anneberg Kulturpark, Annebergparken 26A, DK-4500 Nykøbing Sjælland.

[Link to Anneberg Kulturpark](#)

Important note: There are 3 towns in Denmark named Nykøbing. It is therefore important to remember the suffix “Sjælland”, which might be abbreviated “Sj” or even “S”. “Sjælland” is Danish for Zealand.



GPS coordinates for event center

N55.908794, E011.661800°

N55° 54.528300, E011° 39.708000

N55° 54' 31.6584" E011° 39' 42.48"



The event is located in buildings from 1915 that were previously part of Nykøbing Sjælland’s Psychiatric Hospital. Today you can experience art, culture and history at the center.

Art

Inside Anneberg Kulturpark’s main building you will find exhibitions and outside you can experience "17 Goals on My Mind" - 17 sculptures, each showing an interpretation of one of the UN's 17 global goals for sustainable development. The sculptures are permanently installed and have been created by a total of 21 renowned artists from different parts of the world. [Art - Anneberg Kulturpark](#)

What else to like

At the event center you can also find:



Micro-brewery

Modern micro-brewery focusing on creativity, hops and the use of local ingredients.

Deeper Roots is constantly trying to push the boundaries for what beer can be...



- seriøs nydelse -

Ice cream

Isøre Is manufactures exclusive quality ice cream, 100% organic and using milk from grass-fed cows.



HOW TO GET TO NYKØBING SJÆLLAND

Nykøbing Sjælland is easily accessible by plane, train, bus and car.

AIRPORTS

- Copenhagen International Airport (CPH), Denmark, 102 km from Nykøbing Sjælland
- Malmö airport (MMX) (swedavia.se/malmo) with flights from Stockholm operated by SAS and Norwegian, 154 km from Nykøbing Sjælland

TRAINS

- Train from Copenhagen Airport via Copenhagen Central Station to Nykøbing Sjælland 2 times per hour. Travel time around 2 h 30 min. Please check Google or <http://journeyplanner.dk/> (in English).

BY CAR

It is easy to travel by car to Nykøbing Sjælland. Access: Route 21 and 225.

Good connections to Denmark from:

- Sweden: Ferry from Helsingborg to Helsingør: Ferry company: Øresundslinjen (Helsingør-Nykøbing Sjælland: 135 km)
 - <https://www.oresundslinjen.se/bokning#/trip-details>
- Germany: Ferry from Rostock or Puttgarten: Ferry company: Scandlines (Rødby-Nykøbing Sjælland: 204 km, Gedser-Nykøbing Sjælland: 195 km)
 - <https://www.scandlines.dk/billetter/billettyper-og-priser/gedser-rostock.aspx> or
 - <https://www.scandlines.dk/billetter/billettyper-og-priser/rodby-puttgarten.aspx>

Germany: By car from the German-Danish border in Padborg across the Great Belt Bridge: 294 km

PRELIMINARY PROGRAM

Date	Location	Details
Thursday 16 May 2024	Anneberg Kulturpark and Grønnehave skov Put & ride: 17:00-19:00	Sprint
Friday 17 May 2024	Kårup Start: 10:00	Middle distance
	Kårup	Technical training
Saturday 18 May 2024	Ellinge Lyng/Jyderup skov Start: 10:00	Long distance
	Jyderup, afternoon	Technical training
Sunday 19 May 2024	Different forests, start and finish in Anneberg Kulturpark Start: 10:00	Høker, ultra-long distance
	Evening	Social event including prize giving at the event center
Monday 20 May 2024	Ulkerup and Annebjerg skov. Finish in Anneberg Kulturpark Put & ride: 9:00-11:00	Middle distance

Distances for all events will be published later.



DISTANCES



All events will take place max. 30 km from the event center.

ENTRY

Entry will open no later than 15 November 2023.

The ordinary registration period ends 31 March 2024

Later registration is accepted against an increased entry fee, see below.

Your entry is only valid when full payment has been received.

Members of Danish orienteering clubs must register in "O-service", so that payment can be handled through this. All other participants must make their entry on the event website: <http://mtbocamp.dk/mtbo-camp-2024/signup/>

Fill in the required information. Entries will be published on the webpage regularly.

Number of participants is limited to 300. Reserve your spot by signing up early.


CLASSES and COURSES

Your entry class apply for sprint, middle and long competitions. You cannot change from one class to another during the camp.

The ultra-long race, “Høkeren”, will be available in four variants, and you sign up for one of these independently of which class you have signed up for for the rest of the camp.

There will be one course for each technical training session.

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

Høker variant	Estimated winning time, minutes
Long	120
Very long	150
Ultra long	180
Exorbitantly long, including a touch of 	240

Courses	
1	ME
2	WE, M20, M35, M40
3	M17, M50
4	W20, W35, W40, M60
5	W17, W50, W60, M70
6	W14, M14, W70, M80, W80
7	MW12

FEES and PAYMENT

Complete MTBO CAMP	M/W-14	M/W-20	M/W 21-
Entry fee until 31 March 2024	€ 20 DKK 150	€ 80 DKK 600	€ 110 DKK 825
Entry fee until 30 April 2024	€ 30 DKK 225	€ 95 DKK 710	€ 125 DKK 940
Late entry after 30 April 2024	€ 40 DKK 300	€ 110 DKK 825	€ 145 DKK 1090
SI card - rental for entire camp	€ 20 DKK 150	€ 20 DKK 150	€ 20 DKK 150
Map holder - rental for entire camp	€ 20 DKK 150	€ 20 DKK 150	€ 20 DKK 150

Single races, price per race	M/W-14	M/W-20	M/W 21-
Entry fee until 31 March 2024			
Sprint	€ 5 (DKK 35)	€ 10 (DKK 75)	€ 20 (DKK 150)
Middle and long	€ 7 (DKK 50)	€ 25 (DKK 185)	€ 30 (DKK 225)
Høker	€ 8 (DKK 60)	€ 30 (DKK 225)	€ 40 (DKK 300)
Entry fee until 30 April 2024			
Sprint	€ 7 (DKK 50)	€ 15 (DKK 110)	€ 25 (DKK 185)
Middle and long	€ 10 (DKK 75)	€ 30 (DKK 225)	€ 35 (DKK 260)
Høker	€ 12 (DKK 90)	€ 35 (DKK 260)	€ 45 (DKK 335)
Late entry after 30 April 2024			
Sprint	€ 10 (DKK 75)	€ 20 (DKK 150)	€ 30 (DKK 225)
Middle and long	€ 12 (DKK 90)	€ 35 (DKK 260)	€ 40 (DKK 300)
Høker	€ 14 (DKK 105)	€ 40 (DKK 300)	€ 50 (DKK 375)
SI card - rental for single race	€ 5 (DKK 35)	€ 5 (DKK 35)	€ 5 (DKK 35)
Map holder - rental for single race	€ 5 (DKK 35)	€ 5 (DKK 35)	€ 5 (DKK 35)

PAYMENT INSTRUCTIONS

Members of Danish orienteering clubs:

Payment will be handled automatically when signed up via O-service.

All other participants:

Name: Allerød Orienteringsklub

Address: Sandholmgårdsvej 43, 3450, Denmark

Bank: Nordea

Reg. nr.: 2348 Account: 0747 222 568

IBAN: DK 8420 0007 4722 2568

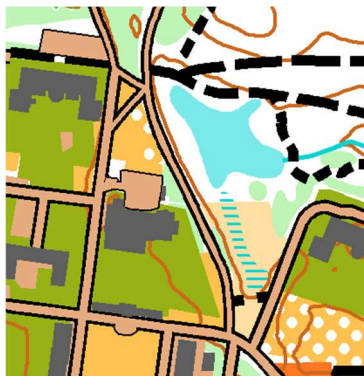
SWIFT: NDEADKKK

Participants pay the fee to their own bank, if relevant

MAPS

As the camp takes place in virgin MTBO terrain, all maps are currently under construction.

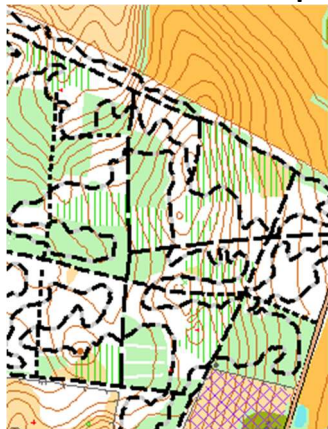
Sprint: Grønnehave – Anneberg Kulturpark



Long distance: Ellinge lyng – Jyderup



Middle distance: Kårup



Middle distance: Anneberg - Ulkerup



TIME KEEPING SYSTEM

SPORTident touchfree (SIAC) will be used in competitions. All competitors will have to use an SI Card. Rental of SI cards will be possible. Traditional SPORTident cards can of course be used but are slower to use than their touchfree counterparts.

ONE DAY PARTICIPATION

You can of course choose just to participate a single day, just to try our sport. Open courses are the same as those for the competitions.

SOCIAL EVENT and PRIZE GIVING

We hope to see you at the social event, which will take place Sunday evening at the event center. A delicious 2-course menu will be served: DKK 200

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

The lottery will take place Sunday evening at the event center. To win the prizes you must be present at the lottery.

VISA

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

TOURIST INFORMATION

Please visit the tourist office at www.visitodsherred.com



ACCOMMODATION

The camp organizers are not responsible for the accommodation. We have arranged discounts as stated below. You are responsible for ordering and paying the accommodation you prefer.

HOTEL AT THE EVENT CENTER



The hotel at Anneberg Kulturpark offers MTBO Camp participants a 4-nights' stay (Thursday-Monday, no daily cleaning) for 3.000 DKK per room in a 2-person shared double room. Booking is done via e-mail: info@annebergkulturpark.dk. **The offer is only valid until 23 March, so ensure your room by booking now!**

HOTEL HØJBYSØ



The hotel is located 6 km from the event center. A room for two persons incl. breakfast is DKK 975 per night. The hotel offers a 10% discount if you book directly – <https://www.hotelhoejbysoe.dk/> - use the code MTBOCamp in the comment field.

HOLIDAY HOUSES

Nykøbing Sjælland is situated in Denmark's largest area for holiday houses, and plenty of operators are ready to help you: <https://www.visitodsherred.com/explore/accommodation-cid19/holiday-house-agencies-cid26>
When booking through feriepartner.dk/odsherred or feriepartner.de/odsherred and typing "MTBO2024" in the Comment field you will get bed linen and a bike map(!) for free.

DORMITORY

Unfortunately, we will not be able to offer dormitory accommodation.

CAMPING

There are several camping grounds in the area. See them all at <https://www.visitodsherred.com/explore/accommodation-cid19/camping-sites-cid24>

AUTOCAMPER

Autocampers can stay at Nykøbing Sjælland marina, 1 km from the event center. Price in 2023: DKK 180 per 24 hours, including electricity and shower. Booking in advance is not possible.

EATING

The hotel at Anneberg Kulturpark offers all meals, banquet included, from Thursday evening to Monday morning for the price of DKK 1250. Tickets for individual meals (either breakfast and DIY lunch pack or one-course dinner): DKK 200.

Deadline for ordering meals: 30 April 2024 – link : https://mtbocamp.dk/mtbo-camp-2024/food_service/

(ON THE CONDITION THAT MINIMUM 50 PERSONS SIGN UP)

	Breakfast and DIY lunch pack	One-course dinner
Thursday		x
Friday	x	x
Saturday	x	x
Sunday	x	Social event, see above
Monday	x	

MTBO – MICHELINS TO BE OBSERVED

This year we have chosen a venue with two Michelin restaurants well worth a visit.

DRAGSHOLM SLOT

– Right next to the Kårup venue

Dragsholm Slot's gourmet restaurant, Dragsholm Slot Gourmet, works with ambition and innovation to create Nordic gourmet cuisine that is completely up to date.

The castle's kitchen is frequently celebrated in Denmark and abroad as one of the most innovative gourmet restaurants in the Nordic region. The castle kitchen was awarded a Michelin star in The Michelin Guide Nordic in 2017 and all years since then.

We recommend booking as soon as possible – Link:

[Dragsholm Slot | Gastronomi | Ophold | Møder | Selskaber \(dragsholm-slot.dk\)](https://dragsholm-slot.dk)

**MOTA**

Is situated at the event center.

MOTA is Latin American and slang for cannabis; something that chef Claus Henriksen was one of the first in Denmark to adopt in his cooking in collaboration with local farmer Søren Wiuff.

In July 2022, a new and epoch-making chapter was added to the restaurant's still short history with the award of a Michelin star - just eight months after opening!

We recommend booking as soon as possible – Link:

[Restaurant MOTA i Odsherred - Claus Henriksens nye Michelinrestaurant \(restaurant-mota.com\)](https://restaurant-mota.com)





MORE INFORMATION

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

Facebook <https://www.facebook.com/mtbocamp/>
(Please visit and “like” to get updated information)



BULLETINS

#3 will be published end April 2024