








MTBO CAMP

2025 - Småland - Sweden - by Nybro OK & Lessebo OK

29 May -1 june 2025

BULLETIN #2.0

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

Organizers	 Lessebo OK  Nybro OK
Event Director	Sonny Myrefelt, eventdirector@mtbocamp.dk
Webpage	http://mtbocamp.dk
Facebook	https://www.facebook.com/mtbocamp/
E-mail	info@mtbocamp.dk
Sponsors	 DESTINATION KOSTA EN GLASKLAR UPPLEVELSE  KALMAR KUVERT TILLVERKNING • TRYCK • KUVERT • FÖRPACKNINGAR  CRAFT  Sam's Cykel  AUTOPILOT Sweden Kartstfäll MTBO/Multisport



MTBO i Glasriket



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MTBO i Glasriket



WELCOME

The organizing team warmly welcomes you to the 2025 special, Swedish edition of MTBO camp. It has become a tradition with a season opening training camp offering maps and course-setting of the highest standard. The 2025 event will not let you down! We have found and mapped new, virgin MTBO terrains in nice typical Smålands terrain just around Kosta -Lessebo-Orrefors and Målerås.

On behalf of the organizing team, we welcome you to the Southeast of Sweden, the center of the kingdom of Glass, Glasriket.

Lessebo and Nybro Municipality wish you a pleasant stay and would like to show you the area's opportunities with the following summary text from Lessebo Municipality.

The area around Lessebo offers a rich sports and outdoor life with plenty of opportunities for both exercise and recreation. You can find several sports facilities here, including a popular athletics stadium in Skruv and the newly built Craft Arena in Kosta, which houses sports such as handball, table tennis, martial arts, paddle tennis, bowling and boules. Lessebo kommun has an active community life where sports such as football, athletics, table tennis, orienteering and tug-of-war engage both young and old.

For those who like outdoor life, there are beautiful hiking and cycling trails. One of them is Utvandrarleden, which takes visitors through Småland's nature and historical sites. Good fishing opportunities, inviting swimming lakes and exercise trails with lightning make it easy to be active all year round. You can also find peace and quiet in untouched nature. In Lessebo kommun there is every opportunity for an active lifestyle for both residents and visitors.

VENUE

Sweden

Situated in Scandinavia, the Kingdom of Sweden covers an area of 528,000 square kilometers and with a population of 10,5 million, the population density is 22 per square kilometer. You will discover Sweden to be a well-organized, friendly and safe country to visit. Sweden is so long that its northern parts may still be covered in snow when the southern end is in bloom. More than two-thirds of the land area is covered in forest and there are nearly 100,000 lakes. The south of Sweden has an average daily temperature 16,6 ° C in the end of May. More info: [Väder i Kosta, Lessebo \(smhi.se\)](#)

Småland

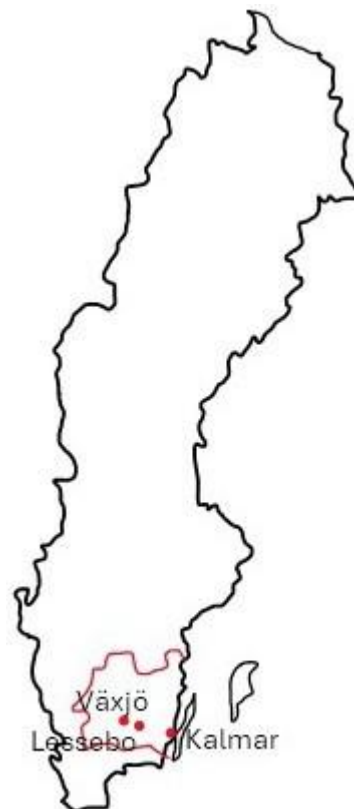
Småland is one of 25 landscape in Sweden and is situated in the southeast of Sweden.

Kingdom of Glass- southeast Sweden

Småland's Kingdom of Glass has been creating magic since 1742. The unique art glass is famous worldwide and the craft can be found in many Swedish homes. Here you meet the craftsmen and artists. [Experience the Kingdom of Glass - Kingdom of Glass \(glasriket.se\)](#)

At most glassworks, it is fine to step into the cabin and take part in the work. And maybe try the noble art of glassblowing yourself.

You can also shop for unique glass, sometimes at bargain prices.





MTBO i Glasriket



EVENT CENTER AND GENERAL MAP

EVENT CENTER



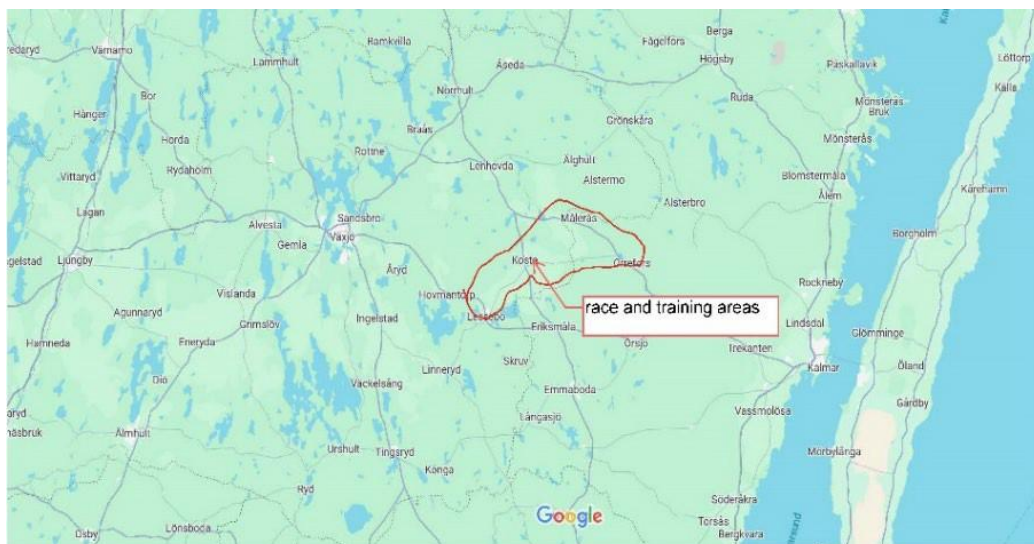
The event center will be at Kosta Lodge, Stora vägen 2, 365 43 Kosta, Sweden.

[Kosta Lodge - stugor, konferens, ställplats & fiske mitt i Glasriket](https://maps.app.goo.gl/Le6aVv4EURhSCbEr7)

<https://maps.app.goo.gl/Le6aVv4EURhSCbEr7>

Kosta is situated 73 km west from Kalmar, 40 km from Nybro and 48 km east from Växjö.

The race area and training areas will be held in the area shown in the picture, red line surrounding the areas.



What else to like

At the proximity of event center, you can also find:

DESTINATION **KOSTA** EN GLASKLAR UPPLEVELSE

[Destination - Kosta | \(destinationkosta.se\)](https://destinationkosta.se)





MTBO i Glasrieket

ORREFORS  | KostaBoda



Kosta Boda offers inspiring art glass and contemporary interior design objects derived from Swedish design tradition. Targeting modern lifestyle, the progressive assortment delivers premium products integral to everyday use. Did you know? The furnaces at the Kosta glassworks have been lit since 1742.



Kosta Outlet

[Kosta Outlet i Småland - upp till 70% billigare](#)



Målerås Glasbruk

[Målerås - Crystal handmade in Sweden - Unique form of art glass \(maleras.se\).](#)

“When the first furnace was lit in Målerås 1890, an epoch started where the knowledge and pride in producing fine work has continued through the generations. Målerås Glassworks creates both top quality household glassware and a unique form of art glass. Kristallshopens’ opening hours 10.00-16.00. MTBO participants receive a 20% discount in the shop.



Orranäs Glasbruk

[Orranäs Glasbruk - Glass Art from Småland, Sweden \(orranasglasbruk.se\).](#)



Craft Arena which was recently built contains arenas for several indoor sports and gyms. Here you can rent an activity such as bowling during your stay.





MTBO i Glasriket



HOW TO GET TO KOSTA

Kosta is accessible by plane, train, bus and car.

Directions by train:

From Gothenburg to Lessebo (SJ Regionaltåg) 3 h 8 min, direct train.

From Malmö to Lessebo (Öresundståg) 2 h 22 min, direct train.

From Stockholm to Alvesta SJ 3 h 6 min, change in Alvesta to Lessebo 33 min, total traveltime 3 h 49 min.

Distance from Lessebo to Kosta: 15 km by taxi 14 min.

By Air

From Arlanda to Kalmar – KLR Kalmar-Öland Airport to Kosta 1 h (7 mil).

From Kastrup – CPH – Copenhagen Airport to Kosta 3 h (27 mil).

Distance:

Stockholm – Kosta 41 mil – 4 h 42 min

Jönköping – Kosta 15 mil – 1 h 56 min

Lund – Kosta 22 mil – 2 h 42 min

Halmstad – Kosta 18 mil – 2 h 24 min

AIRPORTS

- Kalmar-Öland airport. [Startsida - Kalmar Öland Airport \(kalmarolandairport.se\)](http://Startsida - Kalmar Öland Airport (kalmarolandairport.se))
- Malmö Sturup airport.
- Copenhagen airport Kastrup.

BY CAR TO SWEDEN

Good connections to Sweden from:

Denmark: Ferry from Helsingör to Helsingborg: Ferry company: Øresundslinjen. You can also take Oresund bridge between Copenhagen and Malmö.

Finland: Ferry from Helsingfors to Stockholm.

Germany: Ferry from Rostock to Trelleborg.

Germany: By car from the German-Danish border in Padborg across the Great Belt Bridge and further east crossing Denmark to the Oresund bridge and Malmö. From Malmö to Kosta 230 km.

Polen: Ferry from Gdynia to Karlskrona. From Karlskrona by car to Kosta 85 km.



MTBO i Glasriket



PRELIMINARY PROGRAM

Date	Location	Details
Thursday 29 May 2025	Kosta Lodge Arena	Competition Long distance, WMS YGWS, Svenska Cupen, Svenska Veterancupen. First start 09.30
	Arena glass factory Målerås	Technical training, afternoon
Friday 30 May 2025	Kosta Lodge Arena	Competition Sprint distance, WMS YGWS, Svenska Cupen, Svenska Veterancupen. First start 09.30
	Arena Orranäs, Orrefors	Technical training, afternoon
Saturday 31 May 2025	Kosta Lodge Arena, Kosta-Målerås-Kosta	Training Ultra long distance a.k.a. "Høkeren", first start 09.30
	Evening	Social event including prize giving at the Craft Arena,
Sunday 1 June 2025	Arena Hackebackeskolan, Lessebo	Competition Middle distance, Svenska Veterancupen. First start 10.00

DISTANCES

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

ENTRY

Entry will open no later than 15 November 2024.

The ordinary registration period ends 31 March 2025

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

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

Members of Swedish orienteering clubs must register in Eventor so that payment can be handled through this. All other participants must make their entry on the event website: <http://mtbocamp.dk/mtbo-camp-2025/signup/>

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

CLASSES and COURSE LENGTH

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

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

There will be one course/class for each technical training session.



MTBO i Glasriket



Classes	
Long-, Sprint- and Middle distance	
M10	W10
M12	W12
M14	W14
M16	W16
M17-20	W17-20
M21	W21
M35	W35
M40	W40
M45	W45
M50	W50
M55	W55
M60	W60
M65	W65
M70	W70
M75	W75
M80	W80
M85	W85
H90	D90
Open Short	
Open Middle	
Open Long	

Ultra long -please choose among (despite of class)
Easy
Long
Very long
Ultra long



COURSE LENGTHS

Classes and preliminary course lengths stated as straight and shortest route

Thursday 29 May long distance, Arena Kosta Lodge

Class	Course straight line (km)	Course shortest route (km)
H21	27	39,8
D21	22,7	34,0
H17-20	22,3	33,9
D17-20	17,8	26,2
H16	14,3	20,7
D16	11,4	18,2
H14	7,5	10,3
D14	7,5	10,3
H12	4,7	6,7
D12	4,7	6,7
H10	4,7	6,7
D10	4,7	6,7
H35	22,7	34,0
D35	17,8	26,2
H40	22,7	34,0
D40	17,8	26,2
H45	22,7	34,0
D45	17,8	26,2
H50	22,3	33,9
D50	15,6	24,2
H55	22,3	33,9
D55	15,6	24,2
H60	18	27,5
D60	14,3	20,7
H65	18	27,5
D65	11,4	18,2
H70	15,6	24,2
D70	10,2	14,5
H75	14,3	20,7
D75	7,5	10,3
H80	7,3	9,7
D80	4,7	6,7
H85	4,7	6,7
D85	4,7	6,7
H90	4,7	6,7
D90	4,7	6,7
open long	18	27,5
open middle	11,4	18,2
open short	4,7	6,7



Map section is not to scale

The long distance is decided in the terrain area east of Kosta. The area contains several smaller lakes that must be passed. There are wooden bridges that can be used, these are one-way, we have officials deployed to check that this is followed. In the area there are several smaller paths and most have been cleared and prepared for the competitions. In the northern competition area there are sections with asphalt and fast gravel roads. The terrain area is slightly hilly with good visibility.

Map scale 1: 15,000 and in some classes 1:10,000, equidistance 2.5 m. Map format A3. See also final info in bulletin 3.



MTBO i Glasriket



Friday 30 may sprint distance, Arena Kosta Lodge

Class	Course straight line (km)	Chourse shortest route (km)
H21	6,6	9,2
D21	5,8	8,1
H17-20	5,8	8,1
D17-20	4,9	6,3
H16	4,9	6,3
D16	4,2	5,4
H14	2,9	3,6
D14	2,9	3,6
H12	2,1	2,6
D12	2,1	2,6
H10	2,1	2,6
D10	2,1	2,6
H35	5,8	8,1
D35	4,9	6,3
H40	5,8	8,1
D40	4,9	6,3
H45	5,8	8,1
D45	4,9	6,3
H50	5,6	7,4
D50	4,2	5,4
H55	5,6	7,4
D55	4,2	5,4
H60	4,9	6,3
D60	4,1	5,3
H65	4,9	6,3
D65	3,9	5,2
H70	4,1	5,3
D70	2,9	3,6
H75	3,9	5,2
D75	2,9	3,6
H80	2,9	3,6
D80	2,1	2,6
H85	2,9	3,6
D85	2,1	2,6
H90	2,1	2,6
D90	2,1	2,6
open long	4,9	6,3
open middle	4,2	5,4
open short	3,9	5,2



Map section is not to scale

The sprint distance is decided in and around Kosta community. The competition area is slightly hilly and contains fast cycling paths and roads, although there are exceptions. The competition area is not closed to traffic, which is why everyone must be observant of traffic and residents moving around in the village. You must obey the officials' instructions otherwise there is a risk that you will be disqualified. The area contains some fences that can be passed at openings marked on the map. Map scale 1:7500 and for some classes 1:5 000 equidistance 2.5m, map format A3.

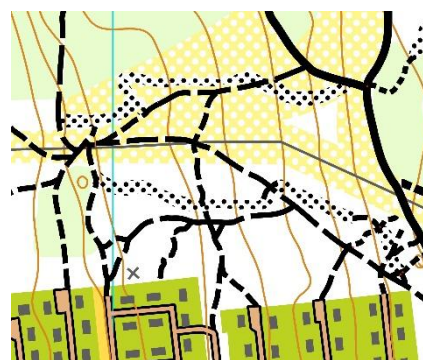


MTBO i Glasriket



Sunday 1 June middle, Arena Hackebackeskolan Lessebo

Class	Course straight line (km)	Chourse shortest route (km)
H21	12,9	18,7
D21	10,6	15,1
H17-20	10,6	15,1
D17-20	9,8	13,7
H16	8,2	11,1
D16	7,2	10,4
H14	5,5	7,4
D14	3,6	4,6
H12	3,4	4,1
D12	3,4	4,1
H10	3,4	4,1
D10	3,4	4,1
H35	10,6	15,1
D35	8,2	11,1
H40	10,6	15,1
D40	8,2	11,1
H45	10,6	15,1
D45	8,2	11,1
H50	9,8	13,7
D50	7,2	10,4
H55	9,8	13,7
D55	7,2	10,4
H60	9,2	13,0
D60	7	9,5
H65	9,2	13,0
D65	6,2	9,0
H70	8,2	11,1
D70	5,5	7,4
H75	7,2	10,4
D75	5,5	7,4
H80	3,6	4,6
D80	3,4	4,1
H85	3,4	4,1
D85	3,4	4,1
H90	3,4	4,1
D90	3,4	4,1
open long	9,2	13,0
open middle	7,2	10,4
open short	3,6	4,6



Map section is not to scale

The middle distance is decided about 10 km west of Kosta in Lessebo. Arena in the immediate vicinity of Hackebackeskolan. The competition area is moderately hilly containing gravel roads, paths and streets. In the area there are newly made disc golf courses where paths are starting to form but are largely made up of trampled ground, which has been mapped with symbol 825.2 where it is allowed to cycle. Map scale 1:10 000, equidistance 2.5 m.



**MTBO i
Glasriket**



The Trainings

Thursday 29 may

Thursday afternoon there is memory training in Målerås. Start and finish are at Målerås glassworks. There are control flags placed with code numbers. No punching is present at the controls, only start and finish punching are used. The course is posted on UsynligO so anyone who wants to can use the app and thereby get punching and split times. Uploading to livelox can be done by those who wish. The course is posted on Livelox. One way to do the memory training is to run in pairs where you take turns remembering the distance for every other checkpoint. The track length straight is preliminarily 7.2 km so for those of you who want longer can take one of which but then you change memory controls.

Friday 30 May

On Friday afternoon, there is a road choice exercise in Orrefors. Start and finish are at Orranäs Glassworks. There are control flags placed with code numbers. No punching is present at the controls, only start and finish punching are used. The course is posted on UsynligO so anyone who wants to can use the app and thereby get punching and split times. Uploading to livelox can be done by those who wish. The course is posted on Livelox. One way to run the route selection training is to drive in pairs and choose different route choices. The person who is first at the control then waits for their training buddy before making the next route choice. The track is 9.1 km straight so for those of you who want longer can drive one of which even then with the alternative route choice.

Saturday 1 june

Saturday it's time for "Hökeren" i.e. Ultra long distance. Start and finish are at Kosta Lodge. The start is as a mass start but then divided into group starts. Start time is obtained via the group start but finish punching is done by each individual. Also for this training, only control flags with code numbers without punching are used. The course is posted on UsynligO so that anyone who wants to can use the app and thereby get punching and split times that can be used when comparing with other participants who use UsynligO. . Uploading to livelox can be done by those who wish. The course is posted on Livelox. Course lengths are preliminary

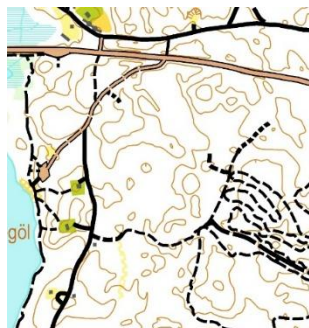


MTBO i Glasriket



Thursday 29 may

Memory training in Målerås takes place in a varied terrain area with both buildings, forest roads and nice smaller paths. Map scale 1:7500 equidistance 2.5 m. Slight hills. Course length straight line preliminary 7,2 km



Map section is not to scale

Friday 30 May

Route selection training in Orrefors between the towns of Orrefors and Flygsfors. The terrain is gently hilly, featuring smaller paths, streets, and gravel roads. You choose which choices you want to make against each other. Map scale 1:10,000, equidistance 2.5 m. Course length straight line preliminary 9,1 km.

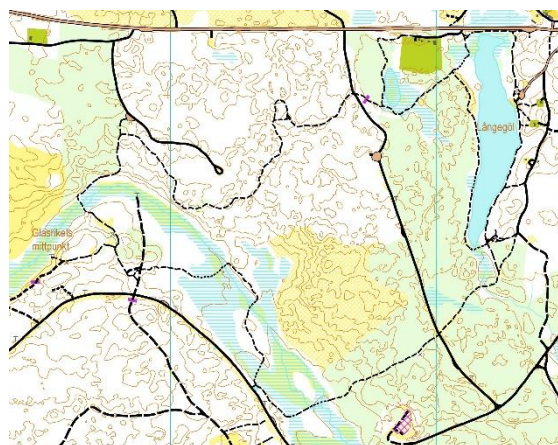


Map section is not to scale

Saturday 31 May Ultra long

	Preliminary	Preliminary
Class	Course straight line	Course shortest route
Ultra long	42,2	65,0
Very long	33,8	53,5
long	23,9	39,0
easy	11,8	16,5

Ultra long distance is decided in the area east and northeast of Kosta up to Målerås. The area is slightly hilly and contains many fast gravel roads and nice hiking trails. The map area is continuous and the map is an MTBO map according to the latest norm. Preliminary map scale 1:15000 and 1:20000, equidistance 2.5 m



Map section is not to scale



MTBO i Glasriket



FEES and PAYMENT

To be able to handle those who wish to register for only the competitions, all participants must make registrations for each desired competition and ultra long. For those of you who wish to participate in the entire MTBO camp, in addition to registration for the competition and ultra long, registration must also be made for participation in the entire camp. This is added as an additional service in Thursday's registration that you tick off. There will be a small deduction to participate in the entire Camp, except that participation in the trainings is included.

Complete MTBO CAMP	M/W-16	M/W-20	M/W 21-
Entry fee until 31 March 2025	€ 20 SEK 230	€ 110 SEK 1250	€ 110 SEK 1250
Entry fee until 30 April 2025	€ 30 SEK 340	€ 125 SEK 1440	€ 125 SEK 1440
Late entry after 30 April 2025	€ 40 SEK 450	€ 145 SEK 1670	€ 145 SEK 1670
SI card - rental for entire camp	€ 20 SEK 230	€ 20 SEK 230	€ 20 SEK 230
Map holder - rental for entire camp	€ 20 SEK 230	€ 20 SEK 230	€ 20 SEK 230

Single races, price per race	M/W-16	M/W-20	M/W 21-
Entry fee until 31 March 2025			
Sprint	€ 9 SEK 100	€ 27 SEK 300	€ 27 SEK 300
Middle	€ 9 SEK 100	€ 19 SEK 210	€ 19 SEK 210
Long	€ 9 SEK 100	€ 27 SEK 300	€ 27 SEK 300
Ultra long	€ 9 SEK 100	€ 40 SEK 450	€ 40 SEK 450
Entry fee until 30 April 2025			
Sprint	€ 12 SEK 125	€ 34 SEK 370	€ 34 SEK 370
Middle	€ 12 SEK 125	€ 23 SEK 260	€ 23 SEK 260
Long	€ 12 SEK 125	€ 34 SEK 370	€ 34 SEK 370
Ultra long	€ 12 SEK 125	€ 45 SEK 510	€ 45 SEK 510
Late entry after 30 April 2025			
Sprint	€ 14 SEK 150	€ 41 SEK 450	€ 41 SEK 450
Middle	€ 14 SEK 150	€ 29 SEK 315	€ 28 SEK 315
Long	€ 14 SEK 150	€ 41 SEK 450	€ 41 SEK 450
Ultra long	€ 14 SEK 150	€ 50 SEK 570	€ 50 SEK 570
SI card – rental for single race	€ 5 SEK 50	€ 5 SEK 50	€ 5 SEK 50
Map holder – rental for single race	€ 5 SEK 50	€ 5 SEK 50	€ 5 SEK 50



MTBO i Glasriket



PAYMENT INSTRUCTIONS

Members of Swedish orienteering clubs:

Payment will be handled automatically when signed up via Eventor.

All other participants:

Name: Lessebo Orienteringsklubb Bankgiro 5818-8525

IBAN SE79 8000 0816 9547 3600 1910 BIC SWEDSESS

Participants pay the fee to their own bank, if relevant

MAPS

Some examples are shown next to classes in this bulletin. Scale, format and map flipping will be announced in the next bulletin

TIME KEEPING SYSTEM

SPORTident touchfree (SIAC) will be used in the three competitions. All competitors will have to use an SI Card. Rental of SI cards will be possible. Traditional SPORTident cards cannot be used. The trainings will use UsynligO as time keeping system. You can read more about UsynligO via this link [UsynligO](#). Read up on how it can download the app on your mobile phone and how it works.

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 Saturday evening in Craft Arena nearby the Event Center.

If you want food, a Taco Buffet is served at the price of 30€. Ordered separately via the website MTBO Camp 2025 and Eventor (Sweden).

VISA

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

ACCOMMODATION

The camp organizers are not responsible for the accommodation. You are responsible for ordering and paying the accommodation you prefer.



**MTBO i
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ACCOMODATION AT THE EVENT CENTER KOSTA LODGE



Kosta Lodge is located in the middle of Småland's glass kingdom, close to one of Sweden's oldest glass factories. Guests come to us to experience, live and feel good. Kosta Lodge is the event center. [Kosta Lodge - cabins, conference, pitch & fishing in the middle of the Kingdom of Glass](#)

Use code **"MTBO25"** to get a 20% discount!



KOSTA BODA ART HOTEL

**KOSTA
BODA**
ART HOTEL
SWEDEN

[Kosta Boda art Hotel](#)

The Hotel is located 1,5 km from the event center. Kosta Boda Art Hotel is the hotel that explodes in colour, form and pleasure. A unique design hotel, decorated by the designers at Kosta Boda and a celebration of Swedish glass art. Book through their website and use code **"MTBO25"** to get a 15% discount



MTBO i Glasriket



CAMPING

There are several camping grounds in the area. See them all at [Camping - Glass Kingdom \(glasriket.se\)](#)

AUTOCAMPER

Autocampers can stay at Kosta Lodge at the Event Center.

EATING

There are several local restaurants nearby that you can search online. We will return with more information regarding breakfast.

Here are some examples of restaurants nearby:

Kosta Lodge offers a restaurant with breakfast

Kosta Boda Art Hotel offers a restaurant.

Kosta Outlet offers a restaurant.

Målerås Bistro offer salad, lunch of the day & coffee 149 SEK
Between 11:00-14:00

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 May 2025