

PUBLIC TRAININGS – DETAILED INFORMATION

Application:

- fill in the google **form here**: <https://forms.gle/2ktevu3HiKVBfhma7>, deadline is **28th June**
- trainings are available during the whole woc week (**3. - 10. 7.**)

Payment:

- in a fan-shop in the arenas, where you will get the map (cash or credit card)
- **price is 40 CZK** per one map, which was ordered in advance, there is a chance to buy a map which wasn't ordered through the form, but the price is 60 CZK and the number is limited

Courses:

- **A** - elite, physically challenging, difficult navigation, M21 level
- **B** - shorter elite, M16 level
- **C** - short, for masters, not long, not hilly, difficult navigation, WM55 level
- **D** - easy, MW12 level
- see the distances further in this document

Map with all the trainings and WOC arenas:

- <https://cutt.ly/on0HdYr>

Control flags:

- plastic flag with control code and WOC logo
- in some areas of the trainings, you can find other flags which don't belong to WOC trainings

Contact information:

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TI VRCHBĚLÁ



Terrain:

- Open land with scattered trees and bushes, partly forest with a number of pits.

Discipline:

- middle

Parking:

- <https://mapy.cz/s/nebepebala>
- 50.5234856N, 14.7778256E

Start:

- 50 m
- <https://mapy.cz/s/kenapeleju>
- 50.5239814N, 14.7781383E

Finish:

- 250 m
- <https://mapy.cz/s/huvecozovu>
- 50.5234164N, 14.7744458E

Parameters of the courses:

	length (km)	climb (m)	controls
A	4,3	100	23
B	3,3	70	16
C	3,1	60	16
D	2,1	40	6

Map:

- Vrchbělá, 1 : 7 500, e = 5 m, A4, mapped by Jiří Vištejn, © ČSOS

T2 SELSKÁ ROKLE



Terrain:

- Majestic sandstone rocks.

Discipline:

- middle

Parking:

- <https://mapy.cz/s/cafecateju>
- 50.5862339N, 14.6244014E **parking is not on the map!** (<https://mapy.cz/s/kulojamoru>)
- second parking: <https://mapy.cz/s/lajoajumu>
- second parking: 50.5850792N, 14.6296253E

Start:

- **1,5 km**, 70 m climb (<https://mapy.cz/s/kulojamoru>)
- <https://mapy.cz/s/bunedapono>
- 50.5857872N, 14.6057564E

Finish:

- 1,5 km
- <https://mapy.cz/s/lupumecapo>
- 50.5846564N, 14.6051608E

Parameters of the courses:

	length (km)	climb (m)	controls
A	3,8	350	20
B	3,1	200	12
C	2,3	220	14
D	1,7	75	7

Map:

- Selská rokle, 1 : **7 500**, e = 5 m, A4, mapped by Tom Novák, © DOK

T3 LESNÍ HOTEL



Terrain:

- Relatively flat forest with a number of knolls and cliffs.

Discipline:

- middle

Parking:

- <https://mapy.cz/s/lugegakocu>
- 50.5603614N, 14.6708906E

- second parking: <https://mapy.cz/s/fosapuseco>
- second parking: 50.5581122N, 14.6685408E

Start:

- 500 m
- <https://mapy.cz/s/jekeluneno>
- 50.5625522N, 14.6770567E

Finish:

- 100 m
- <https://mapy.cz/s/gevuraseje>
- 50.5599894N, 14.6729439E

Parameters of the courses:

	length (km)	climb (m)	controls
A	6,3	170	23
B	3,5	80	14
C	3,2	70	15
D	2,5	40	8

Map:

- Lesní hotel, 1 : 10 000, e = 5 m, A4, mapped by Tom Novák, © DOK

T4 ZAHÁJÍ



Terrain:

- Sandstone paradise... or hell :D.

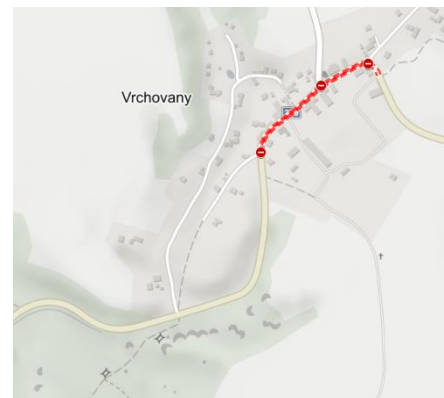
Discipline:

- rocky sprint

Parking:

- <https://mapy.cz/s/malunedeme>
- 50.5492608N, 14.5681694E

Warning! There is a closed road in Vrchovany. You have to get to the parking from the west.



Start, Finish:

- 200 m, 25 m climb
- <https://mapy.cz/s/lezurobuto>
- 50.5478650N, 14.5654231E

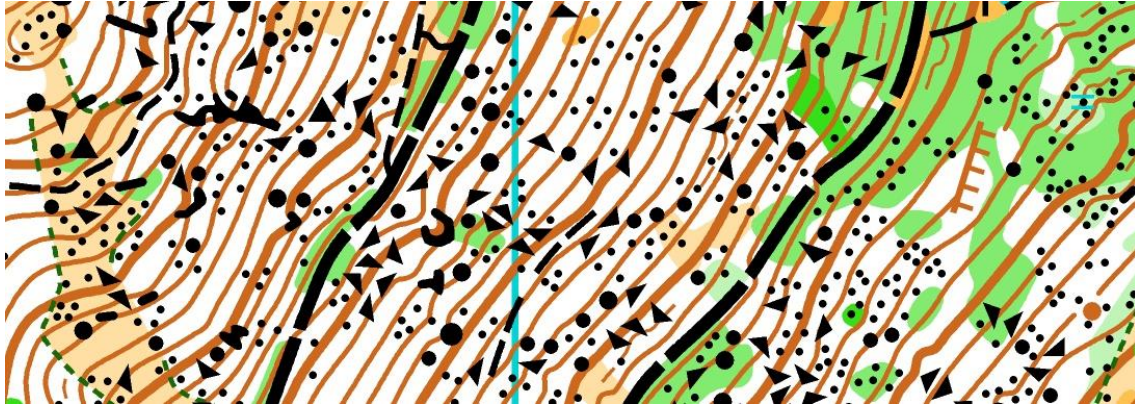
Parameters of the courses:

	length (km)	climb (m)	controls
A	2,9	275	17
B	2,2	170	12
C	1,6	190	12
D	1,9	75	7

Map:

- Zahájí, 1 : 7 500, e = 5 m, A4, mapped by Tom Novák, © DKP

T5 ŠPIČÁK



Terrain:

- Very hilly forest covered with stones and beech thickets.

Discipline:

- longer middle

Parking:

- <https://mapy.cz/s/fanokamono>
- 50.7599789N, 15.2722197E

Start:

- 600 m, 100 m climb!
- <https://mapy.cz/s/pugebanaro>
- 50.7546819N, 15.2779572E

Finish:

- 50 m

Parameters of the courses:

	length (km)	climb (m)	controls
A	5,5	300	19
B	3,8	220	11
C	2,6	160	14
D	1,8	60	7

Map:

- Špičák, 1 : 10 000, e = 5 m, A4, mapped by Matěj Klusáček and Jiří Vištejn, © ČSOS

T6 KAROLÍNA



Terrain:

- Deep valleys of different shapes with sandstone rocks.

Discipline:

- long

Parking:

- <https://mapy.cz/s/pukafenoca>
- 50.5994344N, 14.6476661E

Start, Finish:

- 500 m, 35 m climb
- <https://mapy.cz/s/naluzepalo>
- 50.6007128N, 14.6511528E

Parameters of the courses:

	length (km)	climb (m)	controls
A	9,2	650	20
B	4,6	270	11
C	4,5	280	11
D	2,4	125	6

Map:

- Karolína, 1 : 10 000, e = 5 m, A4, mapped by Tom Novák, © DOK

We are looking forward to meeting you in Czechia! Good luck in the forest.