



June 22 to July 8

NORWEGIAN O-HOLIDAY 2012

EXPERIENCE THE BEAUTIFUL MOUNTAINS, FJORDS AND
COASTAL AREA (ARCHIPELAGO) OF SOUTHERN NORWAY



12 competitions in 17 days

O-FESTIVALEN
Beitostølen
June 22 to June 24



FJORD-O WEST
Voss
June 25 to June 28



SØRLANDSGALOPPEN
Kristiansand
3 July to 8 July



O-FESTIVALEN

Beitostølen – Mountains at the foot of Jotunheimen



A mix of mountain and low land terrain, open pine forest, mountain marshes, beautiful scenery, invites to high speed and good visibility. Technical and fun courses for all age classes. The maps were used for 2010 Norwegian Championships

Well known for both World Cup in Cross-Country and Biathlon and the season opening in cross-country skiing the last 26 years. Plenty of summer activities: hiking, biking, family activities.

Hotels, apartments, cabins and camping- all within walking distance from arena.
www.summer.beitostolen.com



Fri 22 June	Middle distance
Sat 23 June	Long distance
Sun 24 June	Relay for youth, men and women Middle distance individual for all ages



FJORD-O WEST

Voss – The westcoast fjords and mountains



Mon 25 June	Middle distance, Storåsen
Tue 26 June	Long distance, Herresåsen
Wed 27 June	Middle distance, Sonvesåsen
Thu 28 June	Sprint, Bømoen

Voss is located in the heart of Fjord Norway, between the famous fjords Sognefjorden and Hardangerfjorden. Known to have the best west coast mountain terrain: good visibility, open pine forest, high speed, partially hilly, mountain marshes, beautiful scenery.

What to do:

- Family activities: rafting, hiking, biking,
- Hosts the exciting “Extremesport week” June 24 to July 1, www.ekstremesportveko.com
- Explore the Nærøyfjorden – a World Heritage Site: www.heritageadventures.no
- 80 min driving by car to Bergen/70 hour by train



SØRLANDSGALOPPEN

Kristiansand – Bathing & fishing on the sunny coast



Tue 3 July	Race "On the Island"
Wed 4 July	Activity Day: Kristiansand Zoo and Amusement Park
Thu 5 July	Market day in the city and SprintProlouge
Fri 6 July	Race 1 Middle distance
Sat 7 July	Race 2 Long distance
Sun 8 July	Race 3 Middle distance, chasing start

The coastal terrain around the city of Kristiansand will offer lots of challenging route-choices and map reading. Parts of the terrains have very good runability, there are areas with a lot of big and narrow paths. In other parts you will meet hilly terrain with some narrow valleys and small and high cliffs.

What to do:

- Special Youth o-camp, 15-18 years
- Trainings, activities, challenges, games and a lot of fun, own tent area
- The zoo "Dyreparken" with pool and activity camp



www.sorlandsgaloppen.no/2012