

CAMP COURLAND

TRAINING IN KURZEME REGION

After several years the idea of elite orienteering training camp is born. Welcome to Camp Courland! The first edition of Camp Courland will be held in connection with WRE Kurzemes Pavasaris and some of the very best Latvian terrains located around Ventspils. Ventspils has large areas of unique and technically demanding terrain. High speed orienteering through areas very rich in details and varying vegetation will be the perfect challenge.

ORGANIZERS

Orienteering club Saldus

Team

Technical manager	Oskars Zērnis
Course setter	Rūdolfs Zērnis
Media support	Emils Zērnis

Camp home page - <https://pavasaris.lv/lv/campcourland>

LOCATION

Camp Courland 2024 will be held in areas around Ventspils.

PROGRAM

03.04.2024

1. Training 4 – Jaunupe W Intro
2. Training 2 – Cirpstene Diamond

04.04.2024

1. Training 5 – Jaunupe E 0-intervals
2. Training 2 – Piejūras kempings Middle

05.04.2024

1. Training 3 – Cirpstene Middle
2. Kurzemes Pavasaris model event

06.04.2024

1. Kurzemes Pavasaris Middle (WRE)
2. Kurzemes Pavasaris Sprint

07.04.2024

1. Kurzemes Pavasaris Long

CAMP
COURLAND

KURZEMES
PAVASARIS

TERRAIN

Technically demanding sand dune terrain at the coastline of the Baltic Sea where EOC2008 was held. Terrain is varying from distinct landforms to areas rich in details. Mostly coniferous forest with excellent or good runnability. Some areas have reduced runnability due to dense spruce, juniper vegetation, and fallen trees. Some terrains are covered with several larger and small marshes with varying runnability. Almost no forestry work has been done and no clearings can be found in the training areas.

TRAINING AREAS

OVERVIEW – VENTSPILS

This year's training camp will focus on technical orienteering in the very best areas of Ventspils. Course setting is done keeping in mind the slogan – nice orienteering.

TRAINING	MAP	THEME	PREVIEW
1	Cirpstene	Middle	HERE
2	Cirpstene	Diamond	HERE
3	Piejūras kempings	Middle	HERE
4	Ziemeļjaunupe W	Intro	HERE
5	Ziemeļjaunupe E	0-intervals	HERE

LOCATION OF TRAININGS

GOOGLE MAPS – [TRAINING LOCATIONS](#)

OTHER TRAININGS IN KURZEME

OK Saldus has plenty of maps in the region of Kurzeme offering any kind of challenges starting from fantastic coastline terrains to greener and demanding inland terrains. We dare to say that many classic Baltic terrains still can offer the concept of nice orienteering. Try it!

If your club or company is interested in other areas let us know and we will provide more trainings and maps. We are also open to the Do-It-Yourself concept of training camps – play with ocad files and make any kind of training based on your needs. See contact information on the last page.

TRAINING 1 & 2 CIRPSTENE

MAP

Cirpstene 2010, minor updates 2023

Author: L.Malankovs

Scale: 1:10 000 Contours: 2.5m

DESCRIPTION

This training will test your contour reading skills. Cirpstene is known for its very detailed dune terrain with countless depressions and hills. Runnability and visibility is mostly very good but there will be parts with dense forest making the navigation a nice challenge. Two courses are available in this area – middle distance suitable for interval start and a *diamond* course for mass start sessions.

COURSE

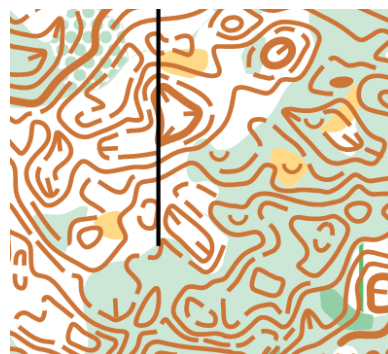
Course setter: Rudolfs Zernis

Course 1: 6.5km course with middle distance character

Course 2: 8.1km *diamond* course

Controls: Ribbons

MAP SAMPLE



TRAINING 3 PIEJŪRAS KEMPINGS

MAP

Piejūras kempings 2016, minor updates 2023

Author: L. Malankovs

Scale: 1:10 000 Contours: 2.5m

DESCRIPTION

Special area besides Ventspils city. Course is planned in the open area of Ventspils sand dunes offering the experience of orienteering in a desert. In this training you will see far ahead and nothing except the sandy ground will decrease the speed. At first it may seem easy but it can be tricky to estimate the right distance in such an open area with all the features.

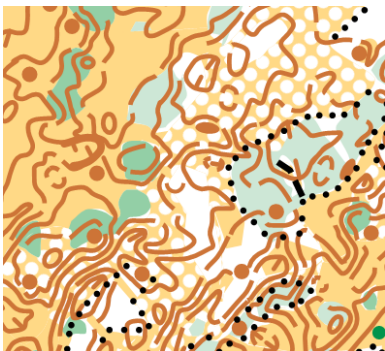
COURSE

Course setter: Rudolfs Zernis

6.3km course with middle distance character

Controls: Ribbons

MAP SAMPLE



TRAINING 4 ZIEMEĻJAUNUPE W

MAP

Ziemeļjaunupe R 2016, minor updates 2023

Author: L. Malankovs

Scale: 1:10 000 Contours: 2.5m

DESCRIPTION

Ziemeļjaunupe – experience the feeling of Nordic terrain without stones. Ziemeļjaunupe is a unique area with small hills and marshes everywhere. This training should be used as intro session when arriving in Ventspils. Course is planned in the western part of Ziemeļjaunupe having a mix of detailed areas and flatter parts. Runability on this training is very good. Get into the map since the features can be quite small sometimes.

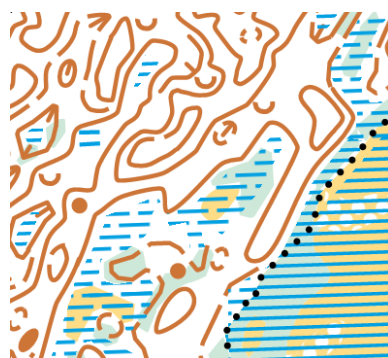
COURSE

Course setter: Rudolfs Zernis

7.5km course with middle distance character

Controls: Ribbons

MAP SAMPLE



TRAINING 5 ZIEMEĻJAUNUPE E

MAP

Ziemeļjaunupe A 2016, minor updates 2023

Author: L. Malankovs

Scale: 1:10 000 Contours: 2.5m

DESCRIPTION

Another session in *Nordic Latvia* Ziemeļjaunupe – pure, wild and demanding. This session will use the very best parts of the area. Seven 0-intervals are on the menu. Full speed, stay sharp and make no mistakes.

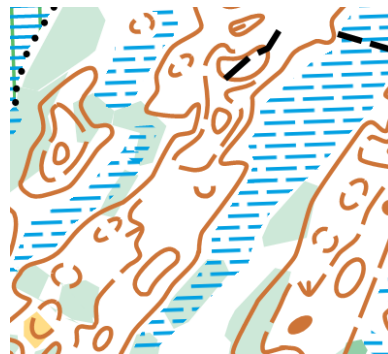
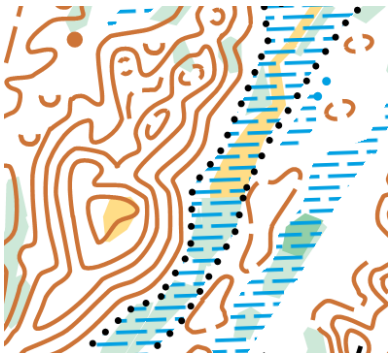
COURSE

Course setter: Rudolfs Zernis

7x1-1.5km o-intervals (7,6km total)

Controls: Ribbons

MAP SAMPLE





ENTRY FEE

Fee per training is 5eur per map. Contact the organizers if you are interested in organizing individual training (using Ocad files) or need extra help for training arrangements (setting out controls, using SportIdent).

ORGANIZER AND BANK ACCOUNT DETAILS

Orienteering club "Saldus"
Kalnsetas street 6-1, Saldus, LV-3801
Registration number: 50008089151

Bank account info:

Bank: Swedbank
Bank account: LV77HABA0551009645960
BIC/S.W.I.F.T.: HABALV22

ACCOMODATION AND CATERING

There are several hotels, hostels and guest houses available in Ventpils city and region. Venstpils is also known as a popular tourist destination with plenty of attractions and things to-do. Additional information about tourism and other options can be found on <https://www.visitventspils.com/>

Our recommendation for accommodation is the central camping of Ventpils [*Piejūras Kempings*](#)

Other accommodation options can be found through global sites – *Booking* and *AirBnB*

TRAVELLING

Many flights to Riga Airport (RIX). Especially good connection to the Northern countries Sweden, Finland, Norway. Different direct flights are carried out by AirBaltic, Norwegian, Finnair, Ryanair.

ANY QUESTIONS?

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