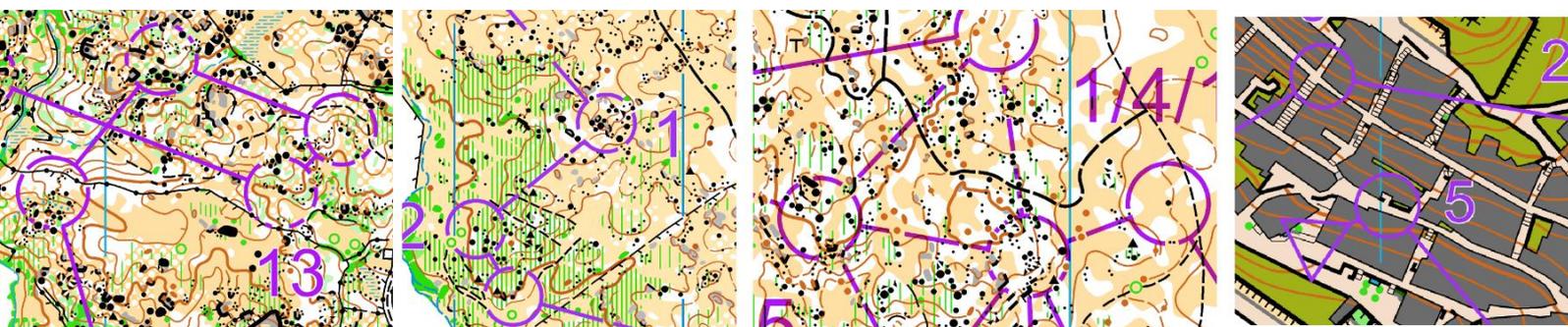


# Training Camp NAOM



# 2023



## General information

### Accommodation recommendation



Monte Filipe

We recommend you to stay at our partner hotel Monte Filipe Hotel and Spa. Perfect located hotel with 32minutes as longest drive to any training or NAOM stage of 2023. Check it out here: [Monte Filipe - Monte Filipe Hotel Atrações](#)

### Maps

Maps are professionally printed on waterproof paper.

They are made by Raquel Costa (T4,T6,T9,T13,T15,T18,T21,T26,)

and Tiago Aires (T13,T18,T19,T26,T29,T34)

***Don't use any old maps or without agreement with the organization since it is extremely sensitive and tricky with landowners' authorizations in the area. One wrong step and we can lose the access for that map forever.***

### Night Orienteering

Because of landowners' authorizations and due to the fact that there are cows on many of the maps it is only a few maps that are available for night trainings. Please respect this otherwise we may not be welcome back to the map at all.

For 2023 these maps are ok to run night on:

- T4 Póvoa e Meadas (sprint and forest sprints)
- T19A Herdade do Pereiro –Intervalls
- T19B Herdade do Pereiro –Moment Course
- T29 A Joucel -Middle
- T29B A Joucel -Relay

### When can you train in the area?

Trainings are available January to March.

## Control marking

In the forest the controls are marked with a red stick with the control code in black.

In the city it is no markings.



## Price and payment

6 Euros/ map.

You can pay by bank transfer for this account

(Grupo desportivo dos 4 caminhos):

Montepio Geral

IBAN: PT50 0036 0295 9910 0001 1772 7

SWIFT CODE BIC: MPIOPTPL

Send the proof of the payment to [delgado.anacarolina@gmail.com](mailto:delgado.anacarolina@gmail.com)

Do you want a invoice? Then you fill in Yes in the ordering form below.

## How to order trainings?

Fill this form <https://forms.gle/qCtq1sSed6rUbaNU6>

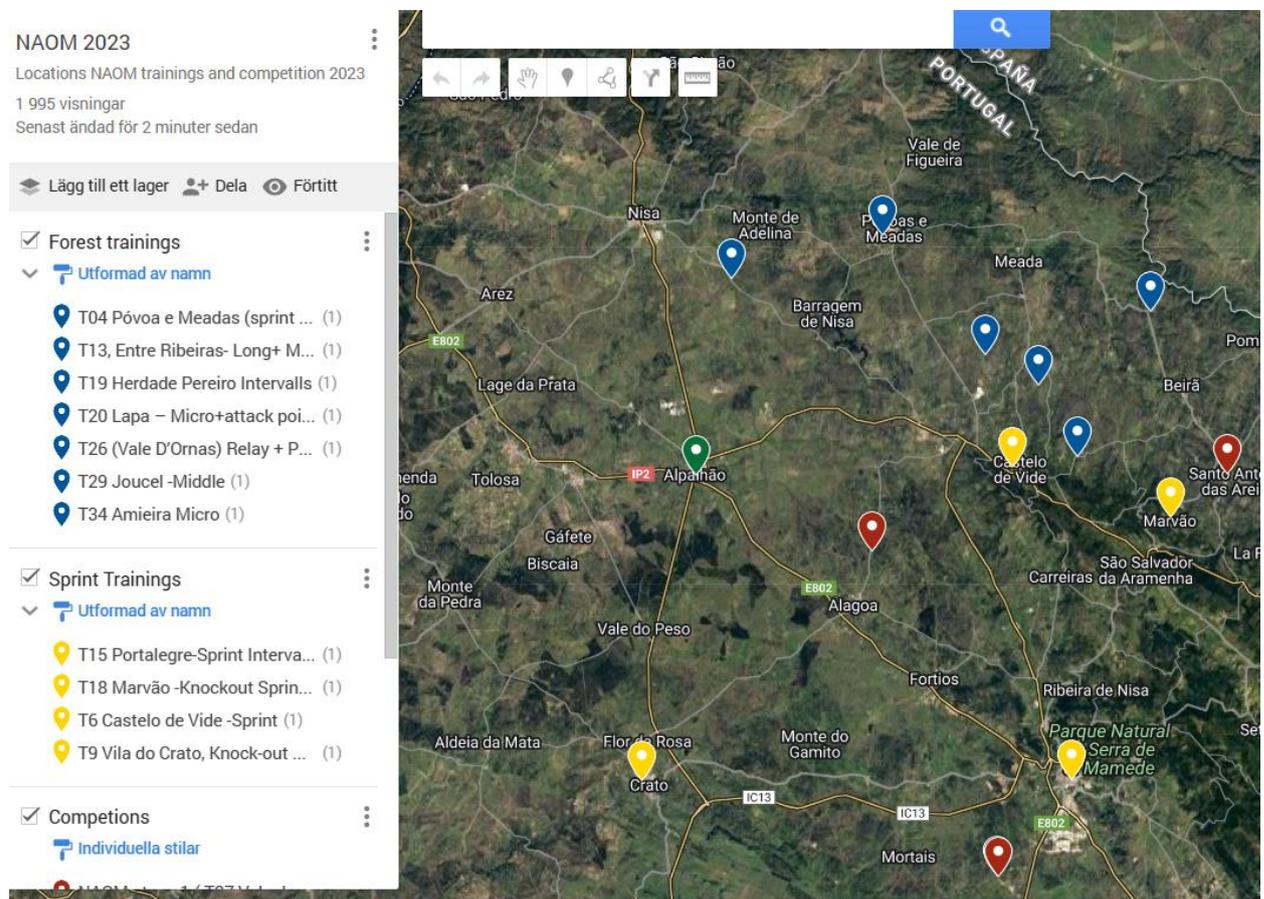
(We need to make arrangements with each landowner for each group so we need to know when you are planning to come each area and how many at least 2 weeks before your arrival.)

## LIVELOX

For those who want to analyze their performances, all trainings will be uploaded on Livelox. You get a Password when picking the maps.

## Maps locations

### [NAOM 2023](#)



NAOM 2023  
Locations NAOM trainings and competition 2023  
1 995 visningar  
Senast ändrad för 2 minuter sedan

Lägg till ett lager + Dela Ö Förtitt

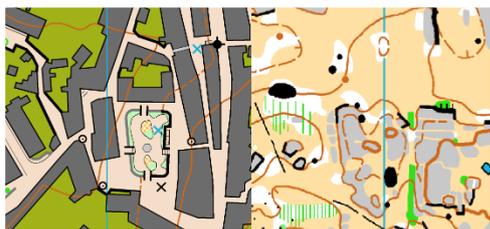
- Forest trainings
  - Utformad av namn
    - T04 Póvoa e Meadas (sprint ... (1)
    - T13, Entre Ribeiras- Long+ M... (1)
    - T19 Herdade Pereiro Intervalls (1)
    - T20 Lapa – Micro+attack poi... (1)
    - T26 (Vale D'Ormas) Relay + P... (1)
    - T29 Joucel -Middle (1)
    - T34 Amieira Micro (1)
- Sprint Trainings
  - Utformad av namn
    - T15 Portalegre-Sprint Interva... (1)
    - T18 Marvão -Knockout Sprin... (1)
    - T6 Castelo de Vide -Sprint (1)
    - T9 Vila do Crato, Knock-out ... (1)
- Competitions
  - Individuella stilar

## Special needs?

Contact William Lind, [lindwilliam@hotmail.com](mailto:lindwilliam@hotmail.com) +46737662167



## Forest trainings



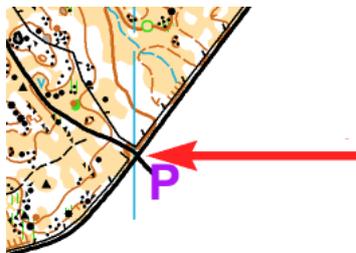
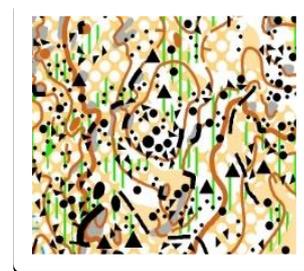
**T4 Póvoa e Meadas (sprint and forest sprints)**  
4,6km (38 controls)

One forest sprint and one urban sprint on the same map in scale 1:5000. Can you change your technique?

**T13 A, Entre Ribeiras –Middle 7,4km (20 controls)**

This training is all about keeping a good concentration and a bit more challenging to run straight then the terrains on for example T13 A. Try work on being ahead in your navigation. What is the next feature you will see?

**The training will be available after 12 of February.**

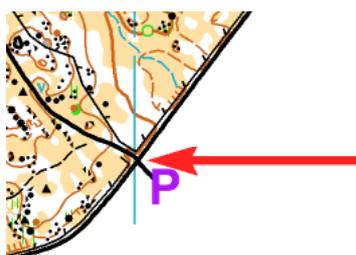


Enter the map only from this gate (you can climb it if it's closed).

**T13 B Entre Ribeiras – Long 9,6km (15 controls)**

Three long relevant intervals the only training in this package that is in scale 1:15 000. So take the chance! The key is to find a good rhythm and make sure to not get stuck in the greens.

**The training will be available after 12 of February.**



Enter the map only from this gate (you can climb it if it's closed).

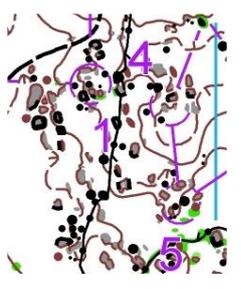


## T19A Herdade do Pereiro –Intervals 7,5km (27 controls)

Competition map from 2022, open land with scattered olive trees with some rocky and vegetation details is perfect for you to practice your focus and contact with the map. It is 4 intervals try to make the best of each on of them.

## T19B Herdade do Pereiro –Moment course 5,4km (20 controls)

Competition map from 2022. A moment course with control picking and corridor to keep focus maybe you is reedy for an extra challenge with the headlamp?

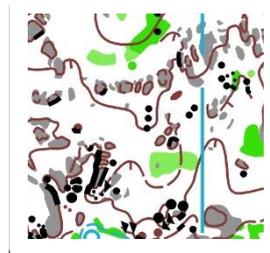


## T20A Lapa- Control picking 4,8km(31controls)

A map with only some vegetation. We have taken away all colours except the green ones you really can't cross. It is a fast and detailed map. Scale 1:7500. Perfect to work on your in and out behaviours.

## T20B Lapa – Attack point 7,2 km (22 controls)

A map with only some vegetation. We have taken away all colours except the green ones you really can't cross. The idea is to force you to have an attack point. The white will therefore offer a big range of runnability so be prepared for that.



## T26A Vale D'Ornas–Diamond 7,6km (29 controls)

New map from NAOM 2022. A masstart training with eight forking's like a Diamond. Make sure you run to all your controls in the right order.



## T26B Vale D'Ornas-Corridor 8,4km(8 controls)

The same new map as T26A. You have many different ways to run this training and you can challenge some friends but start at the same time but make sure to split when you have possibility to do that but taking different directions in the different laps. There is also some possibilities to shorten the course. Your goal is to stay ahead in your navigation and to be precise with the direction.



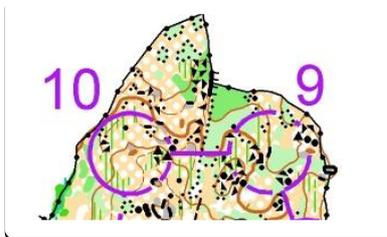
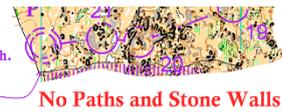
## T27 Vale de lobo-

This year's NAOM Competition map for the first stage 2023. The training will be available after 12 of February.

## T29A Joucel -Middle 6km (21 controls)

One of our favourite areas! We think it's a very good map, fast to slow speed, easy to hard navigation but always fun. No paths and stone walls on the map to make it more challenging.

Entry to parking on the road from south. Be extremely careful and close the gate after you!



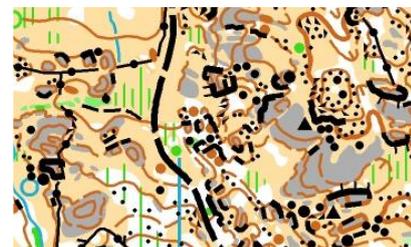
## T29 B Joucel -Relay 6,4km (19-20 controls)

Can you keep it together no matter what the runners do around you? Six forkings are waiting for you and your club.

## T34, Amieira -Micro 4,3km (23 controls)

Scale 1:7500 map change a small area but very nice bare rocks in some parts. The Roma our says that this map was one of Tove Alexanderson's favourites in 2016, ok the vegetation is growing fast and it is not as good as back then but still We think it is fun.

**Note:** This training is not allowed to do on Sundays.





## Sprint trainings



### T6 Castelo de Vide -Sprint ca3,5km (18 controls)

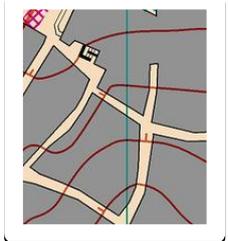
A old sprint that takes you true Castelo de Vide. It is a hilly sprint whit that starts in the modern “town” with straight roads but the biggest parts is in the old town below the castle with more challenging routes. A Map change in the end of the course.

### T9 Crato -Knock-out Sprint Q+QF Ca 3,2km (12 controls) + ca1,5km (8 controls)

Knock out simulation Qualification 3 forking’s → 3 runners start at the same time.

Quarte Final is offered a straight course 6 runners start at the same time.

Booth courses are provided on the same map so don’t look at the wrong course...



### T15 Portalegre -Sprint Intervals ca 4km (18 controls)

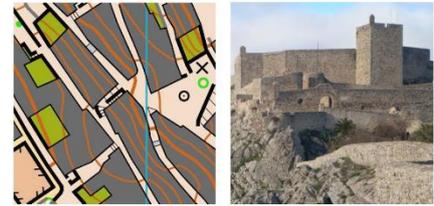
Portalegre is a modern city and not extremely hilly where you have to push hard but at the same time you should try to be ahead and take fast routes.

Can you master the balance? You have three intervals to try to find it.

**T18 Marvão - Knock-out Sprint SF+F** Ca 1,3km (9cotrols) + 1,4km (11 controls)

Competition Map from NAOM 2022.

Straight course, 6 runners start at the same time booth courses on the same map (Back and forward).



**T33 S.Antonio. das Arieas**

New map for NAOM 2023 2nd stage. The training will be available after 12 of February.