

Controls

All controls are marked in the terrain with yellow and white ribbons carrying code numbers.



Difficulty levels

Yellow (Easy)

Younger runners, beginners, and for basic confidence.

Follows distinct objects (paths, roads, streams). Controls located on or near paths. Short, safe legs.

Violet (Medium)

Used to leaving the path and navigating independently.

Requires compass navigation, but always features clear catching features behind the control. FOCUS: Last attack point.

Black (Hard/elite)

Experienced orienteers, juniors and seniors.

Maximum technical difficulty without catching features. Requires precise compass work, advanced contour reading, and no catching support.

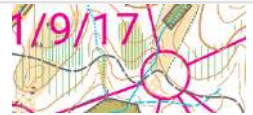
Training overview

#	Session	Area / Map	Difficulty levels
1	<u>Diamond</u>	Chan da Tjörn S	Yellow, Violet, Black
2	<u>Diamond</u>	Galiñeiro	Yellow, Violet, Black
3	<u>Relay</u>	Chan da Tjörn	Yellow, Violet, Black
4	<u>Middle distance</u>	Chan da tjörn NW	Yellow, Violet, Black
5	<u>Middle distance</u>	Alto de Corroubelo	Yellow, Violet, Black
6	<u>Middle distance</u>	Galiñeiro	Yellow, Violet, Black
7	<u>Long distance</u>	Chan da Tjörn	Yellow, Violet, Black
8	<u>Multitechnique</u>	Chan da tjörn W	Yellow, Violet, Black
9	<u>Night orienteering</u>	Alto de Corroubelo	Yellow, Violet, Black
10	<u>control picking</u>	Chan da tjörn NE	Yellow, Violet, Black
11	<u>O-intervals</u>	Chan da Tjörn	Black
12	<u>Multi-purpose</u>	Chan da tjörn NW	Yellow, Violet, Black
13	<u>Cruise - OL</u>	Alto do Groba	Black
14	<u>Sprint</u>	Panxon	Yellow, Violet, Black
15	<u>Sprint intervals</u>	Panxon	Black

Trainings

1. Diamond – Chan da Tjärn S

Map maker: Jennie Börjesson Eriksson



Loops from a central control. Focus on fast mental transitions, direction and precision between controls in fast-running terrain with moderate climb. Two variants (1 & 2) for each course.

Difficulty	Distance	Controls	Climb
Yellow	3,8 km	9	75 m
Violet	4,2 km	15	100 m
Black	5,3 km	17	140 m

 Parking: <https://maps.app.goo.gl/mrV8yknzGind7eUZ8>

2. Diamond - Galiñeiro



Technical challenge. 6 variants on Black (A-F), 2 variants on Violet (A-B), and 1 course for Yellow.

Difficulty	Distance	Controls	Climb
Yellow	2,3 km	13	135 m
Violet	3,8 km	19	225 m
Black	4,8 km	23	265 m

 Parking: <https://maps.app.goo.gl/yEX4WNWGtPtBJnHQ9>

3. Relay – Chan da Tjärn

Map maker: Jennie Börjesson Eriksson



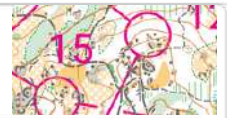
Forked relay training for mass start to practice independent decision-making when other runners are around. Varied terrain with moderate elevation. Three variants (A, B, C) for each course.

Difficulty	Distance	Controls	Climb
Yellow	2,3 km	9	55 m
Violet	4,3 km	13	110 m
Black	6,7 km	20	130 m

 Parking: <https://maps.app.goo.gl/c9JffSLA14LiWFwD8>

4. Middle distance — Chan da tjärn NW

Map maker: Jennie Börjesson Eriksson



Classic middle distance in an area with dense terrain details and frequent direction changes. Plenty of shortcut options on Black and Violet courses.

Difficulty	Distance	Controls	Climb
Yellow	2,5 km	12	95 m
Violet	4,9 km	19	180 m
Black	5,9 km	22	190 m

Parking: <https://maps.app.goo.gl/JBxHbf4xqUXSshwo6>

5. Middle distance — Alto de Corroubelo

Map maker: Mikael Rodríguez-Domínguez, revised 2026 by Jennie Börjesson Eriksson



Fast running terrain demanding intense focus and pace changes as intense map reading mixes with denser green sections. Moderate climb.

Difficulty	Distance	Controls	Climb
Yellow	2,0 km	9	40 m
Violet	4,6 km	13	165 m
Black	5,4 km	17	130 m

Parking: <https://maps.app.goo.gl/LLw3Ec2hdn7vUjjQA>

6. Middle distance · Galiñeiro



Challenging Middle distance where it's important to keep an eye on the compass, but also think about route choices.

Difficulty	Distance	Controls	Climb
Yellow	2,2 km	12	100 m
Violet	3,4 km	16	200 m
Black	4,4 km	23	265 m

Parking: <https://maps.app.goo.gl/DTnqRkuhUqbh3Xgg7>

7. Long distance — Chan da Tjärn

Map maker: Jennie Börjesson Eriksson



Test run the H21 course or open courses from the Galicia O-meeting 2025. Long-distance session focusing on route choice (around vs. straight) and physical endurance over longer legs.

Difficulty	Distance	Controls	Climb
Yellow	2,5 km	7	35 m
Violet	5,8 km	11	125 m
Black	13,0 km	21	420 m

Parking: <https://maps.app.goo.gl/JBxHbf4xqUXSshwo6>

8. Multitechnique — Chan da tjärn W

Map maker: Jennie Börjesson Eriksson



A course divided into sections with shifting technical tasks: contours-only, corridor, compass leg, and control picking on the same course. Technical runnability and moderate climb.

Difficulty	Distance	Controls	Climb
Yellow	3,0 km	8	110 m
Violet	5,1 km	14	140 m
Black	7,7 km	19	230 m

 Parking: <https://maps.app.goo.gl/c9JffSLA14LiWFwD8>

9. Night orienteering — Alto de Corroubelo

Map maker: Mikael Rodríguez-Domínguez, revised 2026 by Jennie Börjesson Eriksson



Orienteering in the dark with a headlamp, requiring high precision compass skills, distance estimation, and continuous map contact. Fast terrain with small detail features.

Difficulty	Distance	Controls 9	Climb
Yellow	3,4 km	10	95 m
Violet	5,8 km	14	205 m
Black	7,9 km		250 m

 Parking: <https://maps.app.goo.gl/Wd2PoQMPBoTKuRQc8>

10. Caza-Controls — Chan da tjärn NE

Map maker: Jennie Börjesson Eriksson



High control density over short distances. Focus on fast navigation, immediate exit directions, and constant proactive map reading.

Difficulty	Distance	Controls	Climb
Yellow	2,1 km	15	80 m
Violet	4,4 km	20	250 m
Black	5,9 km	36	400 m

 Parking: <https://maps.app.goo.gl/KnxwkQTdEsJtFeGk7>

11. O-intervals — Chan da Tjärn

Map maker: Jennie Börjesson Eriksson



Divided into 4 intervals of ~1 km with rest in between. Trains the ability to navigate at high race pace. Black difficulty level only.

Difficulty	Distance	Controls	Climb
Black	4,6 km	25	240 m

 Parking: <https://maps.app.goo.gl/AZug2hdTXDnhqHVq5>

12. Multi-purpose — Chan da tjärn NW

Map maker: Jennie Börjesson Eriksson

A tough course featuring several legs with at least 2-3 distinct route choices, mixed with easier legs.



Difficulty	Distance	Controls	Climb
Yellow	2,3 km	9	130 m
Violet	4,8 km	11	250 m
Black	7,8 km	24	350 m

 Parking: <https://maps.app.goo.gl/c9JffSLA14LiWfWd8>

13. Cruise-OL — Alto da Groba

Map maker: Jennie Börjesson Eriksson

Calm and methodical session focused on smooth map reading, constant flow and contour tracking without stress. Black level only. Will you enjoy stunning views or battle your compass in thick fog?



Difficulty	Distance	Controls	Climb
Black	6,6 km	26	235 m

 Parking: <https://maps.app.goo.gl/PZtEjvMPR2vUZY4d6>

14. Sprint — Panxon

Map maker: Jennie Börjesson Eriksson & Xael Chamorro García

High pace, quick decisions and route choices in urban surroundings combining old town centers, parks and residential areas. Gentle slope.



Difficulty	Distance	Controls	Climb
Yellow	1,5 km	11	10 m
Violet	2,5 km	19	15 m
Black	3,5 km	23	30 m

 Parking: <https://maps.app.goo.gl/nZfJ859ZqAaC2ib49>

15. Sprint intervals — Panxon

Map maker: Jennie Börjesson Eriksson & Xael Chamorro García

5 sprint intervals designed to recreate the feeling of a relay. Fast running in built-up areas. Three variants (A, B, C). Black difficulty level only.



Difficulty	Distance	Controls	Climb
Black	5,5 km	22	45 m

 Parking: <https://maps.app.goo.gl/zkgD8gK6nJXzpNqC8>