

PM – “Idrefjällveckans 3-days”

Idrefjällens OK invites everyone to the 51st “Idrefjällveckan”, which will be held only a few days after the Orienteering World Cup Idre Fjäll 2025 is held in the same area.



We will use the same arena as during the Orienteering World Cup, which means that the 3-day competition will use Arena Ostliften during all three competition days.

Idrefjällveckan 3-day consists of three competitions held over three days.

PROGRAM / START TIMES / OPENING HOURS SKI LIFTS

Tuesday June 24	Middle distance	first start 10.50	10.00-16.00
Wednesday June 25	Middle distance	first start 10.50	10.00-16.00
Thursday June 26	Long distance	first start 10.50	10.00-16.00

ARENA

Arena Ostliften for all three days/stages.

OVERVIEW PARKING/LIFTS/PEDESTRIAN/CYCLE PATH

SKI LIFTS

The lifts will take you from Idre Fjäll to Arena Ostliften via Gondola down to the arena via Ostliften.

There is a parking at the Gondola which are marked on the overview map.

Parking at your own accommodation at Idre Fjäll is of course the most convenient, then you can take a walk or bike to the lift station or to Arena Ostliften via the pedestrian / cycle path marked on the overview map.

LIFT PASS - STRAPS FOR THE LIFT

Everyone needs a lift pass (straps) to ride the ski lifts, and this pass can be picked up at the Event Centre, which you will find in the ‘Vistet’ room at Idre Fjäll. We will also have organisers at the Gondola, to hand out ski lift passes from 9.45-11.30 on Tuesday 24/6.

WALK/CYCLE TO THE ARENA OSTLIFTEN

The second and perhaps most convenient option is to walk or cycle to Arena Ostliften. The distance is about 1500-2500 metres depending on where you live in the cabin village. It is signposted from the south-eastern part of Idre Fjäll (see separate overview map on Eventor, also available at the Event Centre).

For those with special needs, there is a limited possibility to park at the arena.

The overview map will give you a good idea of the different options, where the car parks are located at the lift stations and the walking and cycling route to Arena Ostliften

EVENT CENTRE – OPENING HOURS

Ons 25/6

17.30-19.00

DALACUPEN & DALARNAS JUNIORCUP

Stage 1, on 24 June 2025, is a competition in the Dalacup and Dalarnas Juniorcup 2025. The Dalacup is for the classes HD14 and HD16 while the Dalarnas Juniorcup is for the classes HD18 and HD20.

NUMBER BIBS

Classes H16, D16, H14 and D14 must wear a bib on stage 1. Self-service at the start. Bring your own safety pins.

COURSE LENGTHS

According to SOFT's recommendations for each distance. Exact course lengths are published on the website and Eventor but also in the end of this Bulletin 1.

FIRST START / CHASE START / OPEN COURSES

First start all three days is **10.50**.

On stage 3 of Idrefjällveckan 3-days we have chasing starts in all competition classes HD14-HD65

OPEN COURSES

Open courses can be bought at the Arena from 10.00-12.30 (Thursday until 11.30).

Start of the open courses from 10.30 - 13.00 (Thursday until 12.00).

TERRAIN DESCRIPTIONS

Stage 1 - The first stage will be a varied start to the 3-day races. The visibility in the terrain is mostly good to very good and the accessibility. There are rocky areas in some places that slow down the speed slightly. The gradient is moderate in the current map area.

Stage-2 - The second stage is similar to day -1 although there are some differences in some places. There is a great deal of detail in places, which requires careful orientation. Moderate hills.

Stage-3 - On the final day there is a chasing start for classes HD14 to HD65. Now the longer courses enter a forest area that offers high speed, even if the hill is tangible. Visibility and accessibility are now good to very good.

For all days, the shorter and easier courses will be offered nice areas with handrails

RIVER BRUNNAN – CROSSING THE RIVER IS PROHIBITED EXCEPT AT THE FOOTBRIDGES

On day 2 and day 3, the Brunnan river crosses the competition area. This river is only allowed to pass via the paths that exist and are marked on the map. There is no signpost to indicate that the river is a prohibited area but officials are in the area to ensure compliance.

ROAD PASSAGE

On both day 2 (Wednesday 25 June) and day 3 (Thursday 26 June) there will be a road crossing as below. Signage along the road will advise drivers to drive carefully.

Wednesday 25 June - All courses, except the shortest, will cross the road twice. Thursday 26 June - The road will be crossed several times for the longer courses and run alongside for the shortest courses. We urge runners to be careful and to run along the roadside

WHITE SECTION

Artificial paths have been created and these concern HD10, HD12, Inskolning, and Vit 2,0. These are marked with white ribbons on the terrain. The artificial path is not marked on the control description.

CABINS NOT SHOWN ON MAP

There are a few cabins parked on the large storage area near Arena Ostliften. These cabins are not shown on the map

MAP

The map is drawn 2019 - 2025 by Kenneth Kaisajuntti and Per Forsberg according to ISOM 2017.

Printing: Certified digital printing.

Scale: 1:10 000/1:7 500, equidistance 5 m. (Note: Day 3 for classes HD18-HD21 1:15 000)

START

Distance to the start: Day 1 - 1000 m (60 m climb), Day 2 - 200 m, Day 3 - 1000 m.

PUNCHING SYSTEM

SportIdent, SI-Card 5, 6, 8, 9, 10, 11 and SIAC. The Touchfree/AIR function is activated. If the SI-number is missing at the time of registration, the participant is assigned a rental SI-card for SEK 30/day. A fee of SEK 500 will be charged if a hire SI-card is not returned.

FINISH

All three days, the finish will be the same as used during the Orienteering World Cup Idre Fjäll 2025.

FOOD AND DRINKS

Sausages, coffee, tea, sandwiches, drinks, sweets etc. are for sale at the Arena.

SPORT SALES

Letro Sport, Tuesday June 24 and Wednesday June 25.

STRING COURSE AND CHILD CARE

Offered free of charge at the venue each race day.

SHOWER

Showers are not offered at the arenas, but we refer to Idre Fjäll's facilities (for a small fee) and your own accommodation during all competition days.

COMPETITION INFO 3-DAYS

Competition info will be in 'Vistet', at Torget, Idre Fjäll. .

Opening hours: Monday 23 June 08.00-10.00 and 15.00-19.00. Tuesday-Wednesday 24-25 June 17.30-19.00, Thursday at the arena at Competition info... Here you can register for Open courses, handle SI-cards and class changes and also get all other possible information.

AWARD CEREMONIES

Stages 1 and 2: At Torget, Idre Fjäll 17.00. Stage prizes for the top three in HD10-16 and a draw for gift vouchers among all starters. Then you can win great prizes from Idre Fjäll in the form of cottage weeks and weekends. NOTE! To have the chance to win a prize in the raffle, you must be personally present during the prize ceremony in the square!

Stage 3: All participants in HD10-16 will receive a prize directly at the finish in the arena and additional prizes for the top three in HD10-16 directly when each class is completed.

ACTIVITIES IDRE FJÄLL

Idre Fjäll wants to offer everyone who books our activities the opportunity to book with the promotional code **ORIEN2025RIKS** which is valid during the Idrefjäll week 23/6-27/6. The code is the same for everyone at both Riksläger and Idrefjällveckans 3-days.

In addition, we draw a cottage weekend from everyone who has participated in our activities thanks to this promotional code.

Here is the promotional code that applies to some of our activities during Riksläger 2025 and Idrefjällveckan: **ORIEN2025RIKS**.

You enter this code when you book online before the actual payment and it gives a 10% discount on activities during the period 23/6-27/6, only applies online in advance, not drop-in.

Activity	Offers following times
Höghöjdbana grön, blå, röd	Mån 9.30-16, tis-fre 13.30-18
MTB grundkurs junior och vuxen	Junior (10.30-11.50) och vuxen (14.40-16.00) obs! 2 dagar mån-tis eller torsdag fredag, vuxen från 16 år
MTB fortsättningskurs junior och vuxen	Junior (13.10-14.30) och vuxen (14.40-16.00) obs! 2 dagar mån-tis eller torsdag fredag, vuxen från 16 år
MTB Hopp & utförskurs junior & vuxen	Onsdag (10.30-11.50)
Pumptrackkurs junior & vuxen	Onsdag (13-14.20)
Cykling privatlektion/guide 90 min	Onsdag
Cykelklubben 13-15 år	Tis-tor (9-12)
Matvandring på fjället	Tor (9-13)

Read more about summer activities at www.idrefjall.se

TRAINING COURSES – "IDREFJÄLLSOMMAREN"

Idrefjällens OK's training courses 'Idrefjällsommaren' are available from 16 June to the end of October 2025.

The training maps are available for sale via self-service in the Activity Centre at Idre Fjäll.

Digitally printed map with course costs 80 SEK/piece. Plastic pockets cost 5 SEK/piece, also available for self-service in the Activity Centre at Idre Fjäll.

Five different map areas are offered during Idrefjällsommaren 2025 and each area has five courses to choose from:

Burusjön, long	opens 16 June	
Åskvitan, middle	opens 16 June	
Fjället, long	opens 16 June	
Skidstadion, middle	opens 16 June	
Hemmeråsen	opens 16 June	Remark! Only three courses, no easy courses

För mer information www.idrefjallveckan.se

COMPETITION MANAGEMENT & CONTACT

Tävlingsledning	Per Forsberg Björn Alpberg
Banläggare	Jan Sjödin
Kartritare	Kenneth Kaisajuntti Per Forsberg
Tävlingskontrollant	Sven Larsson
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