



Bulletin 1

Long distance competition WRE

Helsinki O-Games, 7.6.2026 Espoo, Finland

Organisers

Helsingin Suunnistajat

Event director: Pekka Väisänen (pekka.vaisanen@helsinginsuunnistajat.fi)

Event adviser: Johan Uusimäki (IOF)

Controller: Kai Hilo, EsSu

Course setters: Hannu Lammi (WRE), Aimo Kangas

Information

Contact person: Pauliina Lankinen (pauliina.lankinen@helsinginsuunnistajat.fi)

p. +358 505059194

<https://helsinginsuunnistajat.fi/>

Venue

The event center is located in Nuuksio, Espoo about 40 minutes from Helsinki-Vantaa airport and 45 minutes from Helsinki city center. Parking at Solvalla Swinghill, address Nuuksiontie 88, Espoo. The distance from the parking lot to the competition center via trails and roads is 2.5 km. Details on arriving at the competition center will be provided in the competition instructions or in separate arrival instructions.

There is a café at the competition center where you can buy coffee, refreshments, sandwiches and sausages at reasonable prices.

Rules

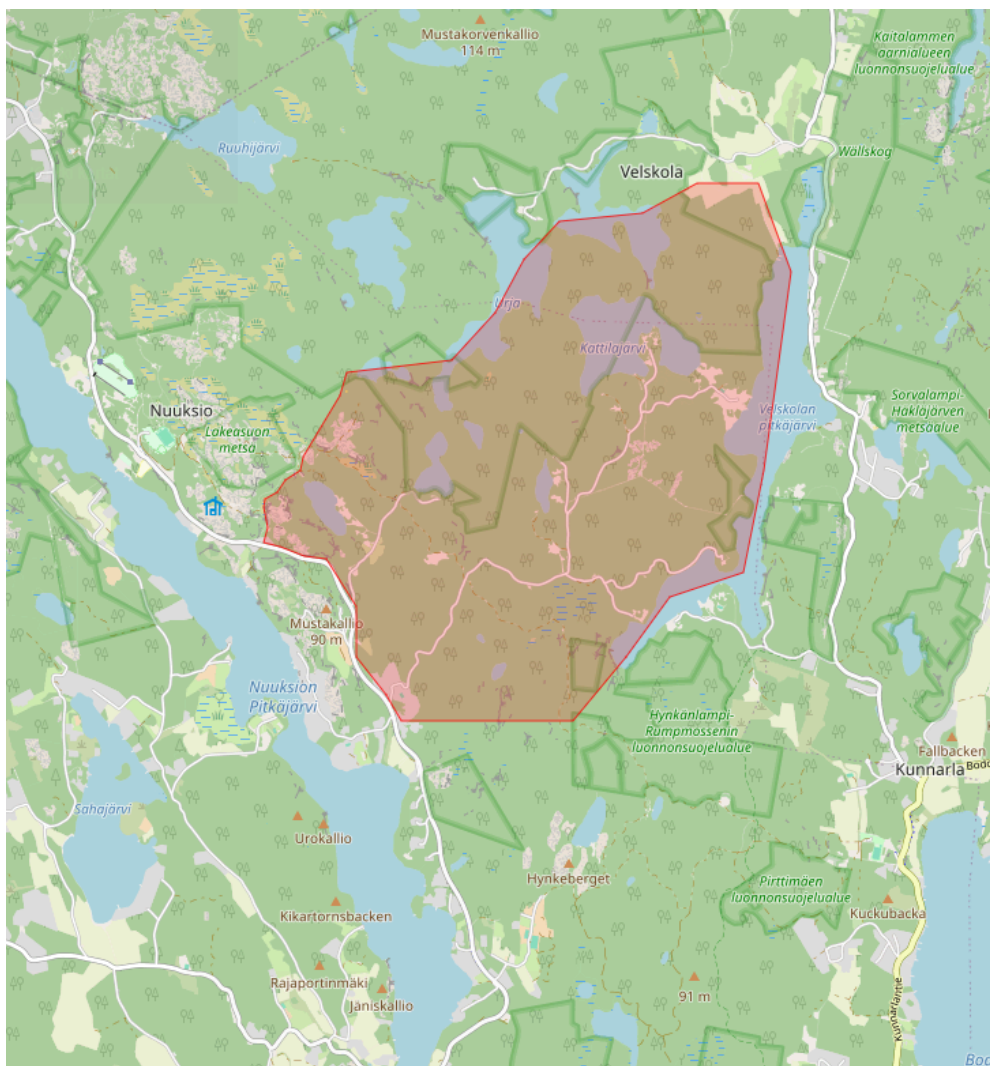
The Competition Rules for IOF Foot Orienteering Events (Rules for IOF World Ranking Events, as published on the IOF website

<https://orienteering.sport/orienteering/competition-rules/>) apply to competition.

Classes

The WRE competition classes are M21E for men and W21E for women. Estimated winning times are 88-92 min. There is a national competition for other classes at the same time from the same arena.

General map of the region and embargoed areas



Entries

Entries are made via Finnish Orienteering Federation entry system Irma-Rastilippu. Those international orienteers who are not registered in Irma-Rastilippu before find instructions for registration here:

<https://www.suunnistusliitto.fi/system/wp-content/uploads/2014/11/Instructions-for-for-eigners.pdf>

The last entry date is Sunday 31.5. at 11.59 pm. Late entries by Tuesday 2.6. at 11.59 pm with a 50 % surcharge.

Entry Fees

Entry fee is 35 euros/competitor. Late entry fee is 52,5 euros.

There is a middle distance competition (non WRE) on Saturday 6th of June organized on the same terrain and same organizer. Entries to the middle distance competition via Irma-Rastilippu. Entry fee 30 euros, late entry 45 euros

Map

Orienteering map at scale 1: 10 000 (approved by event adviser) and contour interval of 5 meters, 2026. Competition map will be digitally printed.

Punching system

The punching system used in the competition is Emit. The organizer will reserve Emit for those who have not given Emit number upon entry: The rent fee is 5 euros.

Event programme

The first starts for M21E and W21E are at 11.00

Description of the terrain

The competition area is located in Nuuksio, Espoo, and consists of both urban outdoor recreation areas and areas within Nuuksio National Park. The competition area is bordered by the southern side of Velskola, the Karjakaivo and Kattilajärvi outdoor recreation areas. The competition terrain varies between small, easily navigable areas of open rock, a network of paths and roads, and spruce-covered hills and slopes. The elevation differences in the area are quite steep, with individual hills rising 20–50 meters above their surroundings. Passability is generally good, but fallen trees slow down passability in some places. The old maps of the area are from 2017.

Training opportunities

A motion orienteering event Iltarastit will be held in the neighboring area on May 6 at 16.30-19. The controls are in the forest until June 7. Maps available:

<https://hs.omaps.io/> More about Iltarastit: <https://iltarastit.fi/ohjeet/iltarastit-in-english/>

Accommodation

Accommodation can be looked from Hotelli Polku

<https://polkuhotel.com/>

Directions for obtaining entry permits (visa) to Finland

From the page of Ministry for Foreign Affairs of Finland you can check if you need a visa to visit Finland and what travel documents are accepted in Finland.

<https://um.fi/visa-to-visit-finland>

Climate and weather conditions

The weather in June in Finland is usually mild but cold and rainy days are also possible.