

The event will be a nostalgic experience with the old stamp cards and no electronic time system. Since we have just started the club we haven't had the financial ability to invest in Emit or Sport-Ident yet. This is on the list of priorities, but financing the making of maps must be first priority.

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June 4th — Sprint:

Adult 17 and older: 2.000 ISK

Children up to 16: 1.000 ISK

June 5th — Classic:

Adult: 3.000 ISK

Children: 1.500 ISK

Price for both days:

Adult: 4.200 ISK

Child: 2.000 ISK

Come and join us in  
the first  
orienteering event  
ever in Iceland.

Contact person  
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Phone: +354 615 2706  
Email: [info@rathlaup.is](mailto:info@rathlaup.is)

[RATHLAUP.IS](http://RATHLAUP.IS)



## ICELANDIC MOUNTAIN GUIDES

Iceland is the best place in the world to experience cold and warmth at the same time; try taking a glacier walk on an ancient ice cap or take a look at the earth's geothermal energy up close and personal. Unique and memorable experiences in nature are what Icelandic Mountain Guides does best. With over 16 years of experience, Icelandic Mountain Guides offers a great selection of Icelandic tours including glacier tours, ice climbing, horseback riding, mountain climbing, hiking tours and trekking. We also drive our specially outfitted super jeeps through magnificent landscapes of glaciers, hot springs, lava caves and black, sandy beaches, even searching for northern lights or the midnight sun.

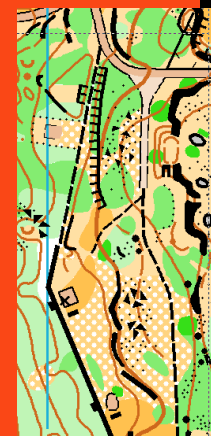
We pride ourselves in having highly qualified and well trained guides but also in respecting nature and working towards being a sustainable company following the principle of *leaving no traces* when we travel.

Come experience the wonder of Iceland with us!

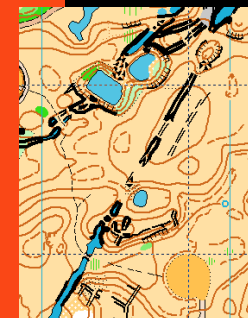
Check out more on our web site!

[www.mountainguides.is](http://www.mountainguides.is)

Rathlaupsfélagið Hekla



ICE-O

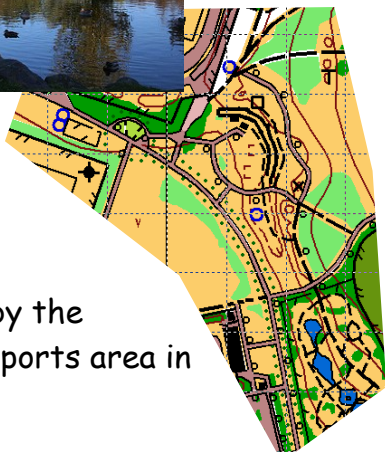


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June 4th-5th

Welcome to the first  
event ever in Iceland



## Laugardalur

(Reykjavik)

Park around and by the biggest national sports area in Iceland.

Map: 1:5000



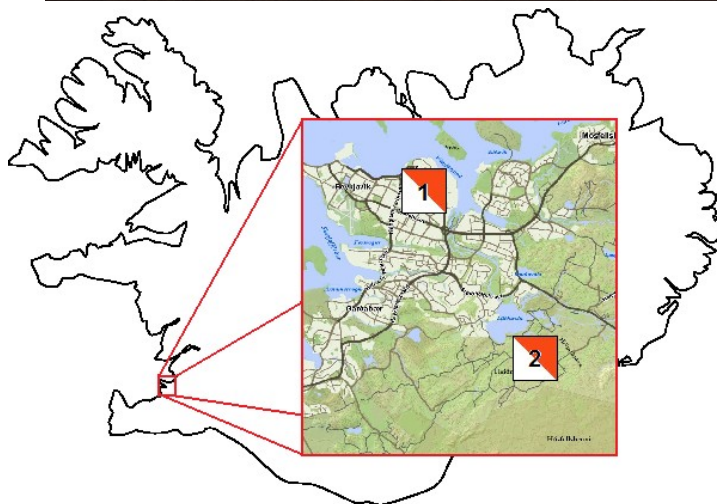
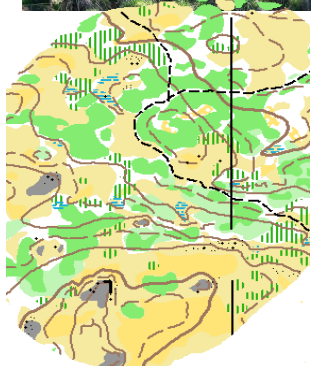
## Heiðmörk

5km east of Reykjavik

Lavafield and forest terrain in the area around Reykjavik.

Map: 1:10.000

(Map is under production)



# P R O G R A M

## Program:

### June 4th — Stage 1:

Reykjavik, Laugardalur

Sprint

Start: 18.00

### June 5th — Stage 2:

Heiðmörk

IOC (Icelandic Orienteering Championship)

Classic for all

Start: 11.00

# C O U R S E S E L E C T I O N

## June 4th Sprint

Name	lenth	Difficulty
1	3,2-3,5 km	Black
2	3,0-3,2 km	Red
3	2,7-3,0 km	Blue
4	2,5-2,8 km	Green
5	2,1-2,4 km	Purple

## June 5th Classic

Name	lenth	Difficulty
1	7,5-8,5 km	Black
2	4,9-5,8 km	Red
3	4,5-5,0 km	Blue
4	3,3-3,5 km	Green
5	2,9-3,3 km	Purple

### Colour explanation

Difficult long	Black
Difficult short	Red
Intermediate	Blue
Easy	Green
Beginners	Purple