



EMTBOC'26

Bulletin 1/2

24th May to 28th May 2026

Ourém - Portugal

European MTB Orienteering Championships 2026

European Junior and Youth MTB Orienteering Championships 2026

Round of CX80 MTB Orienteering World Cup



Honorary Committee



Welcome to the 2026 European MTB Orienteering Championship – Ourém!

It's with great pride that we welcome athletes, teams, and MTB Orienteering enthusiasts to the 2026 European Championship, which will take place in Ourém, Portugal, in May 2026.

We extend our gratitude to the International Orienteering Federation (IOF) for their trust in awarding this prestigious event to Portugal. This recognition greatly honors and motivates us to deliver a championship of excellence. Our sincere appreciation also goes to the Municipality of Ourém, whose support has been essential in making this competition a reality.

Over the years, Portugal has consistently demonstrated its remarkable organizational capacity in international orienteering events, and this championship will be no exception. Under the experienced leadership of Director Augusto Almeida, supported by António Amador, we guarantee a high-quality event, marked by the professionalism and dedication that have become a benchmark in our country.

Get ready for challenging courses, breathtaking landscapes, and a competition that promises to make history in MTB Orienteering!

Welcome to Ourém!

Rui Mora – POF President



It is with great pride that the Municipality of Ourém prepares to host another major international event — the European MTB Orienteering Championships (EMTBOC 2026).

The trust placed in Ourém to welcome this competition is a clear reflection of our ongoing investment in promoting sport, enhancing our territory, and demonstrating the capacity to organise large-scale international events.

Today, Ourém is a municipality where sport plays a central role in public policy — supported by quality infrastructure, programmes that encourage sports practice, and a strong connection between territory and movement. Mountain bike orienteering is, therefore, a discipline that aligns perfectly with our natural, cultural, and indeed sporting identity.

With its exceptional landscape and countless natural and ancestral trails, Ourém offers the ideal setting to host this championship and leave a lasting impression of determination, camaraderie, and shared passion for sport.

I invite all athletes, technical teams and visitors to discover all that Ourém has to offer — and to leave with the desire to return. I look forward to welcoming you to Ourém in late May 2026. You are all most welcome.

Luís Miguel Albuquerque – Mayor of Ourém



It's a great pleasure to welcome you to the 2026 Junior, Youth and Elite European MTB Orienteering Championships and round of MTB Orienteering World Cup!

Portugal has built a strong reputation as a host of major international orienteering events, especially in MTB Orienteering, and it is our purpose to provide you with a high-quality event that will last in your fondest memories.

This year, we are happy to welcome you to Ourém, a city where the terrain is challenging and the landscapes are breathtaking.

The organization will do everything to create an environment where athletes can give their best, enjoy the competitions, socialize and fraternize, and celebrate our sport.

Welcome to Ourém and good luck in the competitions.

Together we will make this an unforgettable event.

Augusto Almeida – Event Director

Organisation

Organisers

FPO- Federação Portuguesa de Orientação - www.fpo.pt

Instituto Português do Desporto e Juventude, I.P. - www.ipdj.pt

Câmara Municipal de Ourém - www.ourem.pt/

The event is organised under the authority of:

IOF- International Orienteering Federation - www.orienteering.sport

Organising team

President: Rui Mora (POR)

Event Directors:
Augusto Almeida (POR)
António Amador (POR)

Event Office:
Sandra Marcolino (POR)

Maps & Courses:
Alexandre Reis (POR)

IT:
Tictac Timing

Event Advisers

IOF Senior Event Adviser:
Giaime Origgi (ITA)

National Controllers:
Tiago Fernandes
Tiago Lopes

Contacts

Federação Portuguesa de Orientação
Estrada da Vieira, 4 – Bairro Florestal
Pedreanes
P- 2430-401 Marinha Grande
Portugal

Tel: (00) (351) 244575074

Email: emtbc2026@fpo.pt

Website: <http://emtbc2026.fpo.pt>

Facebook: <http://fb.com/emtbc2026>



Event Centre

Centro de Exposições de Ourém

Address:

Rua José Honório dos Santos Ribeiro

P2490-548 Ourém

GPS: 39°39'14.9"N 8°34'27.0"W

Distances from main airports:

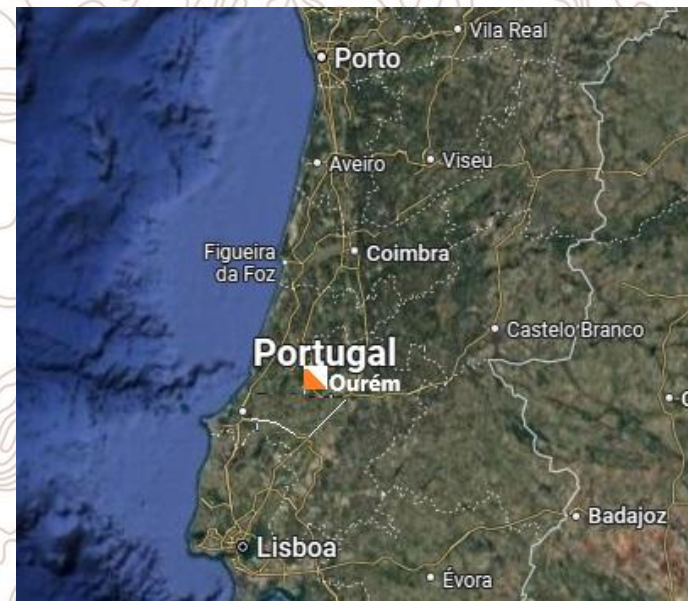
Lisbon International Airport – 130 km (1h30min)

Porto International Airport – 215 km (2h15min)

Tourist information:

<https://turismo.ourem.pt/>

General location:



Embargoed areas

Embargoed areas from April 2025 till 28 May 2026.

Below is an overview of the embargoed areas.

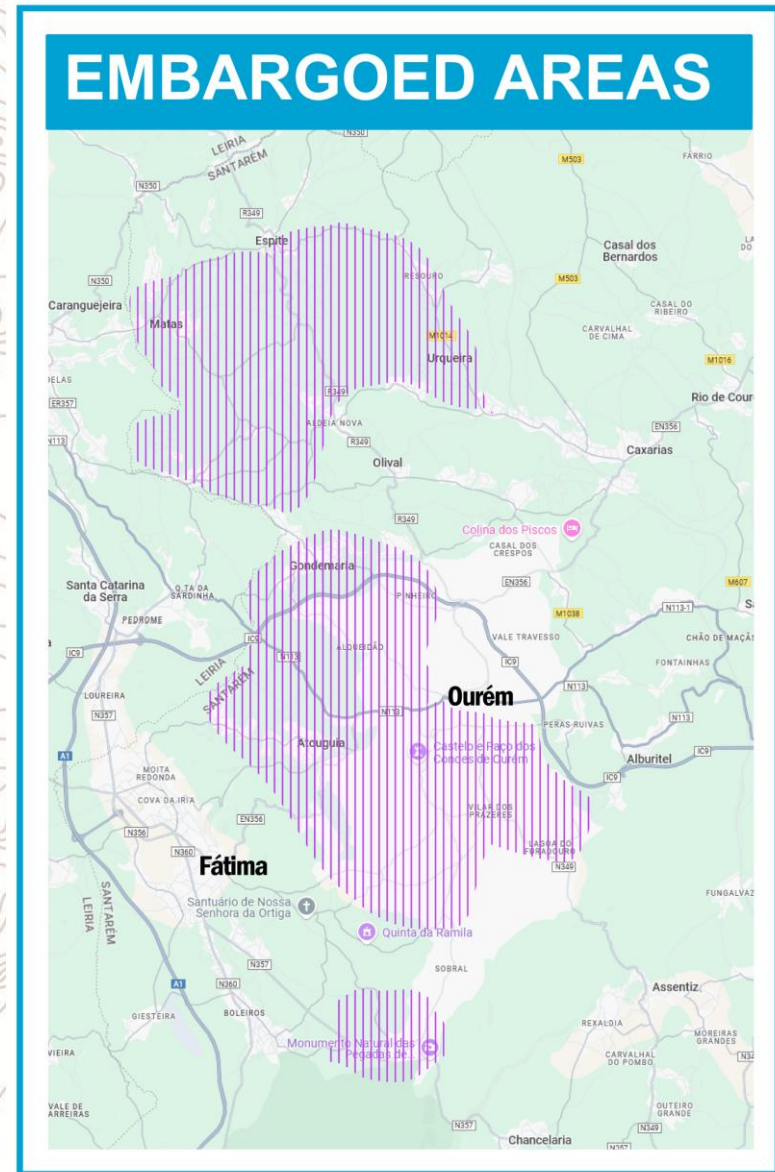
Detailed maps of all embargoed areas can be found on the organiser's website: <http://emtbo2026.fpo.pt>

The areas marked on the map are embargoed for all orienteering activities, unless specifically permitted by the organiser.

The embargoed areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person with a potential connection to a team (athletes or others).

This means that all potential participants and team members are not allowed to visit these areas with or without a map at all, regardless of whether it is an orienteering activity or a training session, a walk with the dog or a leisurely Sunday stroll.

Aldeia do Bairro city center may be visited on foot or by car without an orienteering map; any orienteering or MTBO activity, cycling, running, using a map or testing route choices are forbidden.



Preliminary Programme

May 22 & May 23	EMTBOC	EJMTBOC & EYMTBOC	Open classes
	Training	Training	Training
May 24	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Agroal	Model event	Model event	Training
Ourém	Opening Ceremony	Opening Ceremony	Opening Ceremony
May 25	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Aldeia do Bairro	Sprint competition	Sprint competition	Sprint competition
May 26	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Ourém	Middle Distance competition	Middle Distance competition	Middle Distance competition
May 27	EMTBOC	EJMTBOC & EYMTBOC	Open classes
<i>Matas</i>	Mass Start competition	Long Distance competition	Long Distance competition
May 28	EMTBOC	EJMTBOC & EYMTBOC	Open classes
<i>Matas</i>	Mixed Relay	Relay	Mixed Relay
Ourém	Party / Banquet / Closing Ceremony		



Maps & Terrain description

Information about maps and terrains will be provided in an updated bulletin 1 / 2.

Classes & Participation Restrictions

Classes:

EMTBOC, World Cup – WOMEN, MEN
EYMTBOC – W17, M17
EJMTBOC – W20, M20

Competitors representing member federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in the EMTBOC.

Competitors representing other member federations of the IOF can participate in EMTBOC but will not be eligible for European titles, medals or diplomas.

All competitors must be citizens of the country of the federation they are representing.

Competitors participate at their own risk. Third party insurance and personal injury insurance is compulsory and is the responsibility of the competitors' federation or themselves.

European MTB Orienteering Championships, MTB Orienteering World Cup:

There is one class for women (WOMEN) and one for men (MEN). There are no age restrictions.

Each federation may enter up to 6 women and 6 men for all individual competitions plus the current World Champions and European Champions in each format (distance).

Additionally, each federation may enter up to a further 2 women and 2 men, who qualify for the Women U23 and Men U23 classes respectively, in each individual competition.

In the Mixed Relay each federation may enter a maximum of 4 teams of 3 riders. Each team must include at least 1 woman.

Each federation may enter a maximum of 5 of team officials.

Each competitor must have a valid IOF Athlete Licence.

European Youth MTB Orienteering Championships:

There is one class for women (W17) and one for men (M17). Only competitors who were born in 2009 or later are entitled to compete in these classes.

Each federation may enter a maximum of 6 competitors in each class for all individual competitions. The organising federation may have 2 additional competitors as official EYMTBOC competitors in the individual competitions.

These competitors must start in the lowest ranked start group.

In the Relay each federation may enter up to 2 teams of 3 riders per class.

European Junior MTB Orienteering Championships:

There is one class for women (W20) and one for men (M20). Only competitors who were born in 2006 or later are entitled to compete in these classes.

Each federation may enter a maximum of 6 competitors in each class for all individual competitions. The organising federation may have 2 additional competitors as official EJMTBOC competitors in the individual competitions. These competitors must start in the lowest ranked start group.

In the Relay each federation may enter up to 2 teams of 3 riders per class.

Public Races:

Open competitions will be offered.

There are 4 classes:

- Easy short and Easy long,
- Difficult short and Difficult long,

For the mixed relay: Popular (3 athletes)

Entries & Entry Fees

Participants may only be entered by their federations. Entries are made in IOF Eventor:

EMTBOC & World Cup:

<https://eventor.orienteering.org/Events/Show/8557>

EJYMTBOC:

<https://eventor.orienteering.org/Events/Show/8558>

Entries will open in early 2026. For updates, please follow our Facebook page or website.

Entry Deadlines:

TEAM SIZE DEADLINE: 24 March 2026

- number of competitors for each class,
- number of relay teams,
- number of team officials,
- team manager's name, email address and phone number.

Confirmation of payment of accommodation, meals and transport fees.

TEAM NAMES DEADLINE: 14 May 2026

- each competitor's family name and first name, year of birth, gender and class, and the competition/s in which he/she will compete,
- each competitor's electronic punching card's number (if competitors want to use their own SIAC),
- family name and first name of each team official(s)

Late entries

Late entries and changes will be accepted but an additional fees will be charged.

After the team size deadline, additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund.

After the team names deadline, additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10 EUR fee.

LAST ENTRIES: 20 May 2026

After 20 May 2026, no entries will be accepted.

Fees and Payments

All fees are in Euros and (except for the Relay) per person.

Deadline of payments:

- Full payment of all entry and accreditation fees (and possible other fees, e.g. rental fee for punching card) must be made no later than 12 April 2026.
- Late payments will be subject to an additional fee of 10% of the total amount.
- Competitors or teams may be excluded if their entry fee is not paid.

Please make your payment in EUR to:

IBAN: PT50003504410004259693027

Account holder:

FEDERACAO PORTUGUESA ORIENTACAO FPO

SWIFT/BIC: CGDIPTPL

Bank: CGD

Charges and bank fees are to be paid by sender.

				After 24th March 2026 (+20%)			After 14th May 2026 (+50%)		
	EMTBOC26	EJMTBOC EYMTBOC	TEAM OFFICIALS	EMTBOC26	EJMTBOC EYMTBOC	TEAM OFFICIALS	EMTBOC26	EJMTBOC EYMTBOC	TEAM OFFICIALS
Accreditation fee	90	75	75	110	90	90	135	110	110
Entry fee Sprint	60	40		72	48		90	60	
Entry fee Middle distance	60	40		72	48		90	60	
Entry fee Mass Start	60	40		72	48		90	60	
Entry fee Relay (per team)	150	100		180	120		225	150	
Fee for one training map	10	10							
Participation fee for banquet	20	20	20	24	24	24	30	30	30

Rules & Regulations

Competition Rules:

The competition will be conducted in compliance with the rules in effect at the time of the event:

- IOF MTBO Competition Rules
- Special Rules MTBO World Cup

All the rules can be found at:

<https://orienteering.sport/mtbo/competition-rules>

General MTBO rules:

- Competitors must get to all control points with their bikes.
- The bicycle must be with the competitor at all times.
- Wearing a rigid safety helmet is compulsory during competitions and training sessions.
- It is forbidden to use roads or tracks marked with purple crosses or a purple zigzag line on the map.
- Riding outside the mapped area during the competition is not allowed.
- National traffic rules must be followed.

Non-compliant competitors or competitors who break any rule may be disqualified.

Off Track riding and location of controls:

Off-track riding is generally allowed.

All controls will be situated on paths, tracks or paved areas.

Punching and time-keeping:

SPORTident Air+, a system for contactless punching with SI Active Cards (SIAC) with a working range of 150 – 180 cm will be used.

Competitors may use their own SIAC.

Rental SIACs will be available from the organisers.

One extra SIAC (Backup card) may be used by the athlete, it should contain all correct punches to be accepted in case of the main card failure.

Participants are advised to study the Guidelines SPORTident AIR+ in MTBO, which are available at

<https://orienteering.sport/mtbo/internal/event-organising/organise-mtbo-events/>

Winning times:

Winning times in minutes (according to the IOF MTBO Competition Rules)

Format (distance)	M/W 21	M/W 20	M/W 17
Long/Mass start	75-85	84-92	70-75
Middle	50-55	40-44	32-37
Sprint	20-25	16-20	15-20
Relay	40-45 120-135	35-40 105-120	30-35 90-105

Anti-Doping:

Doping is strictly forbidden and the organisers of EMTBOC/World Cup are dedicated to supporting the anti-doping authorities in their work. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Rules and the World Anti-Doping Code apply.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

For more information and anti-doping documents, please consult:

<https://orienteering.sport/iof/anti-doping>

Training Opportunities

Events will be announced in due course (when POF allocates the events for 2026).

Accommodation (extra cost)

For accommodation options please contact organisers or check: <https://turismo.ourem.pt/>

Transport (extra cost)

We recommend car rental as the best way to move during the event.

For transport special requests, please contact the organisers.

Visas

Portugal is a full Schengen member state. Citizens of some countries must obtain a visa in order to enter Portugal. Check if you need a visa by contacting the nearest Portuguese embassy. If a personal invitation from the organisers is required for the visa, please contact us.

Please make sure that you allow for sufficient time (at least 3 months) for invitation letters and visa processing.

Please note that visa regulations are subject to change. Please double check your specific visa requirements.

Media Services

Media representatives are cordially invited to come to Ourém to cover the event. Registration for media entry should be made by e-mail to emtbo2026@fpo.pt no later than 20th May 2026.

Media facilities will be available only to registered media representatives.

Health Care

The Organizers will provide first aid at the competition centre and at the arenas of each event.

The Organizers will not bear costs connected to health insurance of participants.

We recommend each individual to arrange their own personal health insurance.

Participants take part at their own risk.

The nearest hospital is in Leiria (GPS: 39°44'35.1"N 8°47'49.2"W)

Weather

During May you can expect temperatures from 15° to 30° Celsius during the day and from 8° to 16° at night.

We strongly recommend that sufficient water is carried during competitions, as the areas are dry.

Sun protection is highly recommended.

