



EMTBOC'26

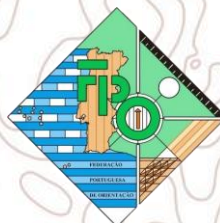
Bulletin 3

24th May to 28th May 2026 // Almeida - Portugal

CX80 MTB Orienteering World Cup, Round 2

European MTB Orienteering Championships 2026

European Junior and Youth MTB Orienteering Championships 2026



Honorary Committee



Welcome to the 2026 European MTB Orienteering Championship – Almeida!

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

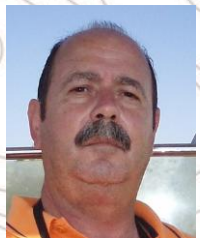
Rui Mora – POF President



It is with great pride that the Municipality of Almeida prepares to host another major international event — the MTBO World Cup and European MTB Orienteering Championships. The trust placed in Almeida 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, Almeida 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, in the Côa River Valley, surrounded by the historic strongholds of Castelo Bom, Castelo Mendo, and by the Fortress of Almeida, which from the sky appears as a star carved in stone, Almeida 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 Almeida has to offer — and to leave with the desire to return. I look forward to welcoming you to Almeida in late May 2026. You are all most welcome.

António Machado -Mayor of Almeida



It's a great pleasure to welcome you to the 2026 CX80 MTB Orienteering World Cup - Round 2, and Elite, Junior and Youth European MTB Orienteering Championships!

Portugal has built a solid reputation as a host of major international orienteering events, especially in mountain bike orienteering, and our firm purpose, even after a devastating storm, is to provide you with a high-quality event that will be etched in your best memories. Despite the short preparation time, we are pleased to welcome you to Almeida, a museum 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 celebrate our sport. Welcome to Almeida 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 Almeida - www.cm-almeida.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:
Gaiame Origgi (ITA)

National Controllers:
Tiago Fernandes

Contacts

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

Tel: (00) (351) 244575074

Email: emtbo2026@fpo.pt

Website: <http://emtbo2026.fpo.pt>

Facebook: <http://fb.com/emtbo2026>



Event Centre

Pavilhão Multiusos de Vilar Formoso

Address:

Av. dos Combatentes da Guerra Colonial 6,
P6355-264 Vilar Formoso

GPS: 40°36'35.2"N 6°50'02.2"W

Distances from main airports:

Lisbon International Airport – 350 km (4h00min)

Porto International Airport – 240 km (2h30min)

Tourist information:

<https://www.cm-almeida.pt/espacos-municipais/localizacao-do-concelho-de-almeida/>

General location:



Programme

May 23	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Guarda	Training	Training	Training
May 24	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Miuzela	Model event	Model event	Training
Almeida	Opening Ceremony	Opening Ceremony	Opening Ceremony
May 25	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Almeida	Sprint competition	Sprint competition	Sprint competition
May 26	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Vilar Formoso	MD competition	MD competition	MD competition
May 27	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Vilar Formoso	MS competition	LD competition	LD competition
May 28	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Almeida	Mixed Relay	Relay	Mixed Relay
Vilar Formoso (14h)	Prize giving / Party / Banquet / Closing Ceremony		

Time Zones

Please be aware that Portugal follows Western European Time (WET/WESZ), which is one hour behind Central European Time (CET/CEST). All schedules in this Bulletin are expressed in local Portuguese time.

Program overview

Saturday 23rd May

15:00-19:00: Opening Hours of the Event Office in Vilar Formoso (EC).

11:00-15:00: Training event in Guarda – Parque urbano do Rio Diz.
(GPS: 40°32'54.5"N 7°14'27.7"W).
Maps at the start of training.

Sunday 24th May

10:00-19:00: Opening Hours of the Event Office at EC.

10:00-15:00: Model event in Miúzela
(GPS: 40°30'43.3"N 7°00'13.2"W)

12:00: Deadline for names/start group allocation for Sprint distance competition.

15:30: Team leaders meeting at EC

17:00: Opening Ceremony in Vilar Formoso
(meeting at 16:40 at 40°43'21.2"N
6°54'13.9"W)

Monday, 25th May (Almeida)

08:30-13:00: Opening hours of the EO at the Sprint distance arena (Almeida)

9:30: Open start quarantine

10:00: Time limit to enter quarantine.

10:00: Start for Sprint course (EYMTBOC, EJMTBOC)

11:00: Start for Sprint course (EMTBOC)

TBD: Flower ceremony at finish area of Sprint distance

14:00-19:00: Opening hours of the EO at the EC

14:00: Deadline for names/start group allocation for Middle distance competition.

16:00: Prize giving ceremonies at EC.

17:00: Team Leaders Meeting at EC.

Tuesday, 26th May (Vilar Formoso)

08:30-19:00: Opening hours of the EO at EC.

9:00: Open start quarantine

9:30: Time limit to enter quarantine.

9.30: Start for Middle distance course
(EYMTBOC, EJMTBOC)

11.00: Start for Middle distance course
(EMTBOC)

TBD: Flower ceremony at finish area of Middle
distance

14:00: Deadline for names/start group
allocation for Long distance competition at
the Event Office (EC).

16:00: Prize giving ceremonies at EC.

17:00: Team Leaders Meeting at EC.

Wednesday 27th May (Vilar Formoso)

08.30-19.00: Opening hours of the EO at EC.

9:30: Open start quarantine (EJYMTBOC)

9.30: Start for Mass start course (ME).

9.40: Start for Mass start course (WE).

10:00: Time limit to enter quarantine.

9.45: Start for Long distance course (EYMTBOC,
EJMTBOC)

TBD: Flower ceremony at finish area of MS and
LD

14:00: Deadline for names/start group
allocation for Relay competition at the EO
at the EC

16:00: Prize giving ceremonies at EC.

17:00: Team Leaders Meeting at EC.

Thursday 28th May (Almeida)

08:30-13:00: Opening hours of the EO at the
Mixed Relay arena (Almeida)

9:00: Open start quarantine

9:30: Time limit to enter quarantine.

09:30: Start for Mixed Relay (EMTBOC)

11:00: Start for the Relay (EYMTBOC, EJMTBOC)

TBD: Flower ceremony at finish area of Relay

14:00-16:00: Opening hours of the EO at the EC

13:30: Prize giving ceremony for Mixed Relay
and Relay at EC

14:15: Party /Banquet & Closing ceremony

Accreditation Process

Accreditation takes place at the Event office. For the EMTBOC & EJYMTBOC participants one team official should collect the accreditation for the whole team.

As part of this process, the team members' passports or ID cards must be shown to prove the nationality and full passport-holding citizenship of the country of their Federation.

Junior and Youth riders will get personalized Bib numbers (set of two). Same Bibs will be used for all three individual competitions, replacement of the lost number will cost EUR 10.

Elite athletes will get new Bibs for each competition.

For additional lunch at the Finish arena, ask the Event Office for coupons and Banquet tickets.

Each team will get a team bag with:

- Bulletin 4
- SIAC (SI active card) for all competitors, who don't have their own SIAC
- SIAC (SI active card) rented
- Model event maps for all team members
- Accreditation cards
- Bib-numbers for Junior and Youth athletes
- Starting group allocation form
- Small gifts from the organizers and event sponsors

Event office contact:

Sandra Marcolino
+351968293959
emtbo2026@fpo.pt

Office open hours

The names of the competitors, their start group allocation (for EJYMTBOC only) and, if required, their cycling order within a relay team should be submitted via official forms, available at the event office.

Date	Office in V. Formoso
Sat, May 23	15:00 – 19:00
Sun, May 24	10:00 – 19:00
Mon, May 25	14:00 – 19:00
Tue, May 26	8:30 – 19:00
Wed, May 27	8:30 – 19:00
Thu, May 28	14:00 – 16:00

Date	Office in Arena
Mon, May 25	8:30 – 13:00
Thu, May 28	8:30 – 13:00

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: 31 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 fee 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 31st 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

Competition Entry Deadlines

The names of the competitors, their start group allocation (for EJYMTBOC only) and, if required, their cycling order within a relay team should be submitted via official forms, available at the event office.

The deadline to hand in the form – the competition entry deadline – is stated in the program overview

If the form is not received by the deadline, the allocation will be done by the organizers.

Team leaders meeting (TLM)

The EMTBOC, EJYMTBOC and World Cup TLM will take place in Event Centre (EC): Sunday, 24th May, at 3:30pm; Monday, 25th May, at 5:00pm; Tuesday, 26th May, at 5:00pm; Wednesday, 27th May, at 5:00 pm.

Complaints

- A complaint may be made by team officials or competitors about infringements of the rules or the organiser's directions.
- Any complaint must be made in writing on the IOF complaint and protest form, which is available from the event office in the finish arena.
- Complaints must be made as soon as possible and handed in to the event office in the finish arena. The time limit for complaints is 15 minutes after the provisional results have been announced by the speaker. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.
- There is no fee for a complaint.

Protests

- A protest may be made against the organiser's decision about a complaint. It may only be made by the team official or competitor who made the complaint.
- Any protest must be made in writing on the IOF complaint and protest form, which is available from the event office in the finish arena.
- A protest must be made no later than 15 minutes after the organiser has informed the complainant of the decision about the complaint. Protests received after this time limit may be considered at the discretion of the jury if there are valid exceptional circumstances which must be explained in the protest.
- A protest must be handed in to the event office in the finish arena.
- A protest fee of 50 EUR (or the equivalent in local currency) must be paid when making a protest. It is possible to pay the fee electronically directly to the IOF Office via the IOF website <https://orienteering.sport/iof/governance-and-organisation/iof-office/> (by credit card or via a PayPal account). If the protest is accepted by the jury, the fee will be returned.

Entries

Entry summary

EMTBOC & WC

EJYMTBOC

Federation	Men	Women	Team Offi	Total	M20	W20	M17	W17	Team Offi	Total
Austria	5	1	2	8	1					1
Bulgaria	1	1	1	3	2					2
Czechia	6	4	2	12	4	3	3	4	3	17
Denmark	1	3	1	5	1			1		2
Estonia	2	1	1	4	2	1	1	3	1	8
Finland	7	6	1	14	6	6	3	3	2	20
France	7	3	2	12	3	3	3	3	1	13
Germany	3			3	1	2	1	1		5
Israel	1			1						
Italy	3	2	1	6	2		1	1	1	5
Japan	2			2						
Latvia	2			2	2				1	3
Lithuania	4	3	1	8	2	1	3	2		8
Poland	4	2	1	7	1	1	1			3
Portugal	4	2	1	7			3			3
Slovakia	1			1						
Spain	3	3	1	7	3	3	2	2	1	11
Sweden	2	4	1	7	3	3	1	1	2	10
Switzerland	4	3	1	8	1	1	1	1	1	5
Turkiye					1	1	3	3	2	10
Ukraine	2	1		3			1			1
Sum	64	39	17	120	35	26	27	25	15	127

Model event:

The maps are provided at the secretariat (EC).

Schedule of model event:

24th May: 10:00-15:00 - Model event in Miúzela (GPS: 40°30'43.5"N 7°00'14.5"W)

Travel & Logistic

Distance from EC to Miúzela: 30 Km (30 min driving). Parking: In areas marked with signs.

Available map scales: 1/7.500, Eq 5m // 1/10.000, Eq 5m // 1/15.000, Eq 5m

Catering service:

Every day between the 25th and 27th of May, the organization will provide lunches at moderate prices at the Event Centre.

Mealtimes: between 13:00 and 15:00

We will have **2 menu options** (only available to those who register by May 16th):

Menu 1 - €13.00 – soup + main course*+ drink + salad or dessert (two main courses* for each day).

Menu 2 - €7.50 – soup + bifana (pork sandwich) + drink + salad or dessert

We will also have light meals.

Registration with the organization will be mandatory by May 16th, 2026.

*** Main courses of the day** (Changes may occur due to difficulties in acquiring food):

25th May: Spaghetti with meat Bolognese sauce, & Tuna with russian salad,

26th May: Beef stew with peas and potatoes, & breaded hake fillets with tomato rice

27th May: Spaghetti with meat Bolognese sauce, & Cod rice with chickpeas and watercress

28th May: Party - Banquet (See Banquet tab)

Accommodation (extra cost)

For accommodation options please contact organisers or check:

<https://www.cm-almeida.pt/espacos-municipais/localizacao-do-concelho-de-almeida/>

Transport (extra cost) & Public Transport

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

The possible public transport options from Lisbon or Porto are bus or train. However, both have very low service frequency.

If you wish to use them, please request information from the organizers.

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 Almeida 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 Guarda (GPS: 40°31'52.0"N 7°16'40.1"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.

Ceremonies

In line with IOF guidelines podium finishers are requested to dress in team uniforms with matching shoes (no flip-flops etc.) and refrain from taking to the podium items such as hats, sunglasses, headbands and other similar items. No accompanying persons should be brought to the podium.

Opening Ceremony:

The opening ceremony will be held on Sunday, 17:00 and it will take place in the centre of Almeida (meeting at 16:40 at 40°43'21.2"N 6°54'13.9"W). National teams (athletes and team members) dressed in nationally approved uniforms please gather at the designated area at 16.40. Please help to make MTBO visible and participate in the parade and the ceremony.

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 but not recommended as there are a lot of small walls and fences that make cycling difficult and not interesting.

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 must 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>

Classes & Participation Restrictions

Classes:

EMTBOC, Word 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:

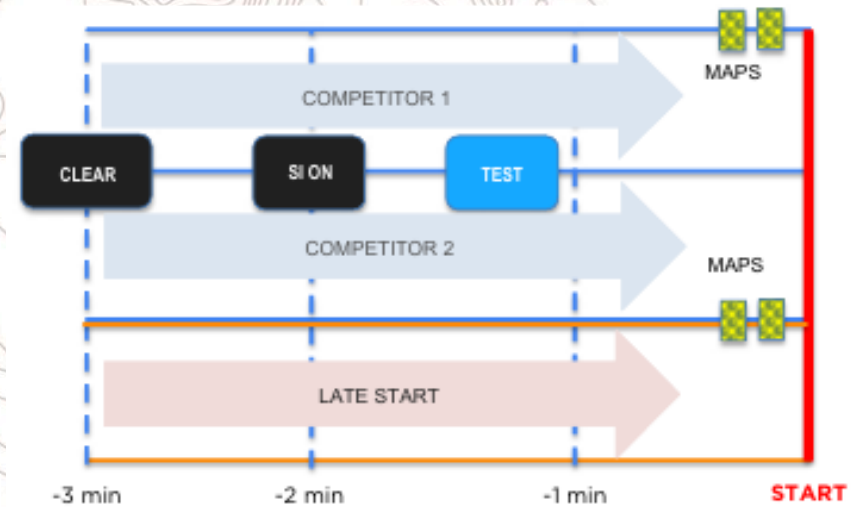
- Easy short and Easy long,
 - Difficult short and Difficult long,
- For the mixed relay: Popular (3 athletes)

Starting Procedure

Before each competition this procedure has to be followed:

- clear SIAC (time -3 for individual races)
- SIAC ON (time -2 for individual races) rarely flashing green LED indicates ON state
- SIAC TEST - optional (time -2 for individual races). For relay competition all three units will be located at the entrance to starting/change over zone.

Start scheme for the individual races:



Finish Procedure

For all competitions competitor's time will be stopped by passing finish line (no visible finish station). SIAC function will be automatically switched off after passing finish line.

Start Bibs

EMTBOC:

Competitors will receive a separate bib for each competition. Bibs are prepared according to the start list and will be handed out at the end of the Team Leaders Meeting or can be collected from the Event Office on the following morning before the race.

EJMTBOC and EYMTBOC:

Competitors will receive one bib valid for all individual competitions. The bib must be securely attached to the front of the bike. Competitors without a start bib will not be allowed to start. If a bib is lost, a replacement can be obtained at the Event Office for a fee of 10 EUR. Bib attachment materials will be provided by the organizers.

Late start

Competitors who are late for their start time will be permitted to start. A separate corridor will be marked for late starters. If the competitor is at the start line less than half the start interval after their start time they will be allowed to start immediately. If the competitor is at the start line more than half the start interval after their start time they will be allowed to start at the next available half start interval.

Embargoed areas

Embargoed areas from March 2026 till 28 May 2026-

Below is an overview of the embargoed areas.

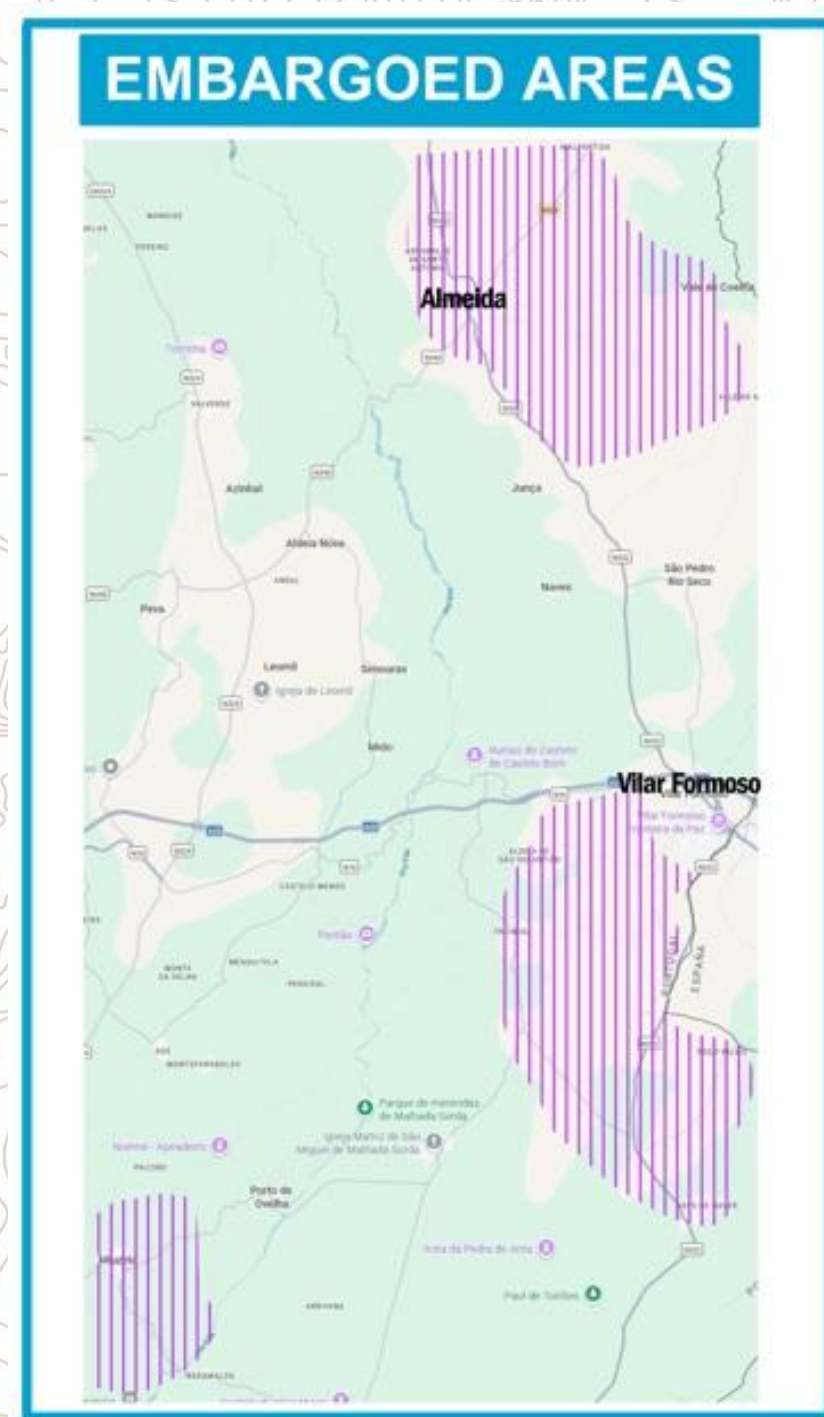
Detailed maps of all embargoed areas can be found on the organiser's website: <http://emtbo2026.fpo.pt>

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.

Almeida 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.



Maps & Terrain description

SPRINT

ALMEIDA Urban

Map scale: 1 / 4000

Map dimensions: 30 x 21 cm

Map author: Alexandre Reis

Last revision: March 2026

Terrain form: Urban

Vegetation: N/A

Speed: Good

Visibility: Good visibility

Paths & roads : Without significant obstacles. Rapid progress.



MIDDLE

NAVE DE HAVER

Map scale: 1/ 10000

Map dimensions: 36 x 28 cm

Map author: Alexandre Reis

Last revision: March 2026

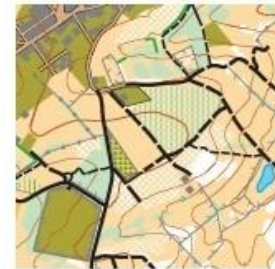
Terrain form: Low to medium relief terrain

Vegetation: Vegetation of wooded and livestock farming, where walls and fences predominate along paths

Speed: Fast progressing path

Visibility: Good visibility

Paths & roads: Without significant obstacles. Rapid progress.



MASS START / LONG

VILAR FORMOSO

Map scale: 1 / 15000

Map dimensions: 30 x 40 cm

Map author: Alexandre Reis

Last revision: March 2026

Terrain form: Low to medium relief terrain

Vegetation: Vegetation of wooded and livestock farming, where walls and fences predominate along paths

Speed: Fast progressing path

Visibility: Good visibility

Paths & roads : Without significant obstacles. Rapid progress.



RELAY & MIXED RELAY

ALMEIDA

Map scale: 1 / 15000

Map dimensions: 30 x 40 cm

Map author: Alexandre Reis

Last revision: March 2026

Terrain form: Low to medium relief terrain

Vegetation: wooded vegetation and livestock farming, where open areas predominate. there are some walls and fences lining along paths

Speed: Fast progressing path

Visibility: Good visibility

Paths & roads : Without significant obstacles. Rapid progress.



Winning times & Preliminary Course details

<i>shortest sensible route (km 's)</i>		n° controls	climb (mts)	Estimated Winner Time	obs	Scale & Contour Interval	Map size
Sprint							
M21	8,2	25	40	20-25	Change map	1/5 000 5m	30x21
W21	7,6	23	37,5	20-25			
M20	7,7	23	37,5	15-20			
W20	6,6	21	32,5	15-20			
M17	6,5	22	35	15-20			
W17	6	20	30	15-20			
Middle Distance							
M21	22,5	21	175	50 -55	Change map	1/10 000 5m	36x26
W21	19,2	19	160	50 -55			
M20	19,2	19	160	40-44			
W20	16,2	18	145	40-44			
M17	16,2	18	145	32-37			
W17	13,2	17	150	32-37			
Long Distance							
M20	28,7	15	240	105-115	Change map	1:15000 5m	30x40
W20	21,2	14	145	105-115			
M17	22,9	16	150	85-90			
W17	19,1	14	130	85-90			
Mass Start							
M21	30,4	28	290	75-85	Change map	1:15000 5m	30x40
W21	23,4	22	245	75-85			
Mixed Relay							
M/W21	16,1-17,2	15	110	40-45	Change map	1/10 000 5m	31x40
Relay							
M20	14,9-15,7	13	100	35-40	Change map	1/10 000 5m	31x40
W20	13,2-13,8	14	85	35-40			
M17	13,9-14,6	14	85	30-35			
W17	10,1-10,7	12	70	30-35			

Open courses

The open courses will be available in parallel with the EMTBOC & EJYMTBOC, and there is an offer of 4 days of competition on the same terrain and maps.

Four open courses will be available: Easy short, Easy long, Difficult short and Difficult long.

It is possible to register for these courses on the days of the event, but pre-registration is recommended to guarantee map availability.

Participation requires advance registration on the website:

https://www.orioasis.pt/oasis/events.php?action=event_view_info&eventid=3219&lang=en_UK

	<i>shortest sensible route (km's)</i>	nº controls	climb (mts)	obs	Scale & Contour Interval	Map size
Etapas 1 - Sprint						
EL / DL	8,2	25	40	Change map	1/5 000	30x21
ES / DS	7,6	23	37,5			
Etapas 2						
EL / DL	19,2	19	160		1/10 000	36x26
ES / DS	13,2	17	135			
Etapas 3						
EL / DL	25,3	15	225	Change map	1:15000 5m	30x40
ES / DS	18,9	14	130			
Etapas 4						
EL / DL	13,8	13	85		1:10000 5m	30x40
ES / DS	9,8	11	70			

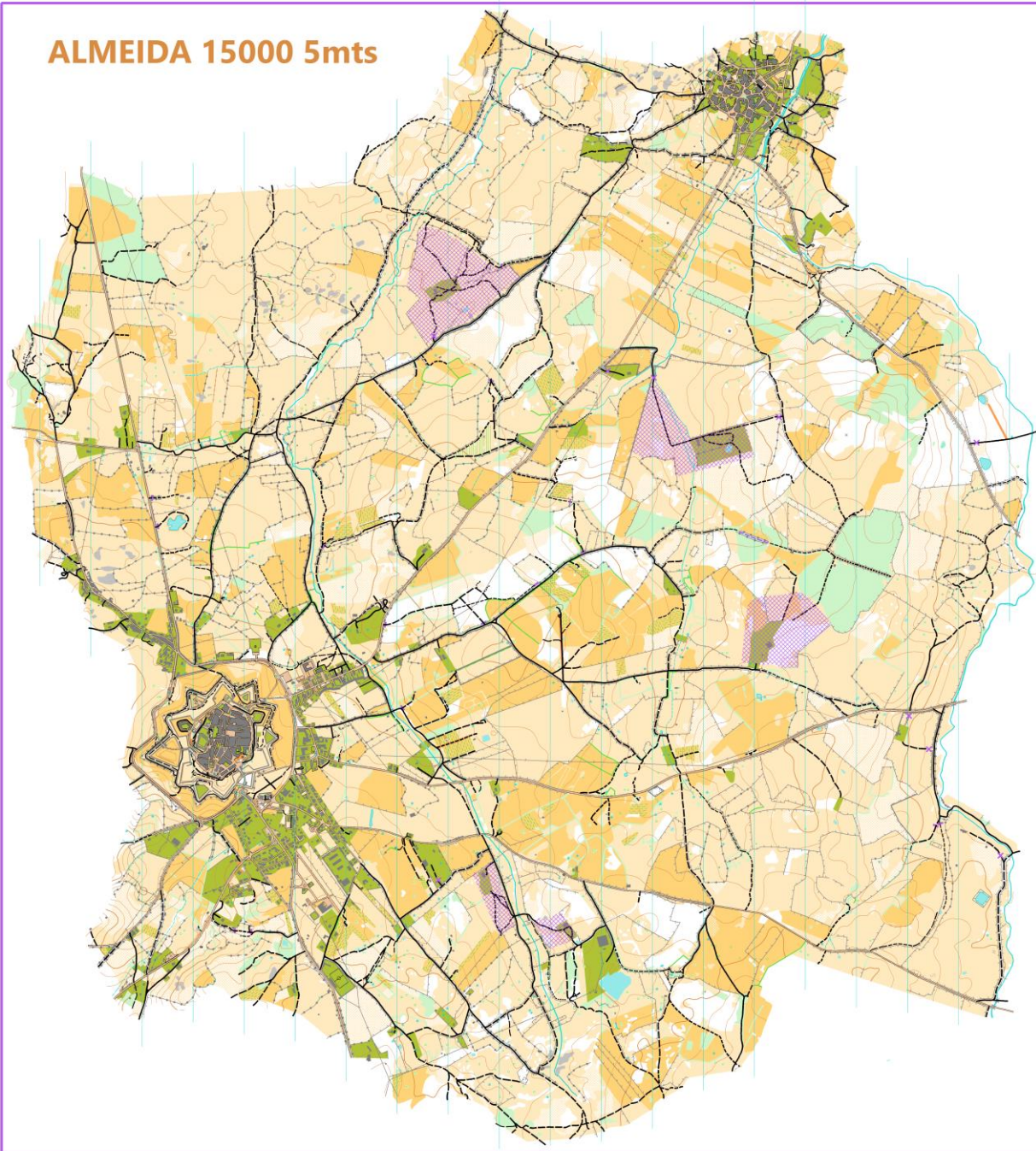
Banquet / Party

28th May: Party - Banquet (Buffet of grilled pork meats, Transmontana-style feijoada (bean stew), salads, soup, desserts and drinks).

The party/banquet will take place in the event center, coinciding with the awards and closing ceremony. All athletes and team members are invited to the EMTBOC, EJYMTBOC & WC Banquet to celebrate victories and relax in the company of their best colleagues and competitors. For only 20 euros, you will be entitled to an excellent meal. Request your access wristbands at the secretariat.

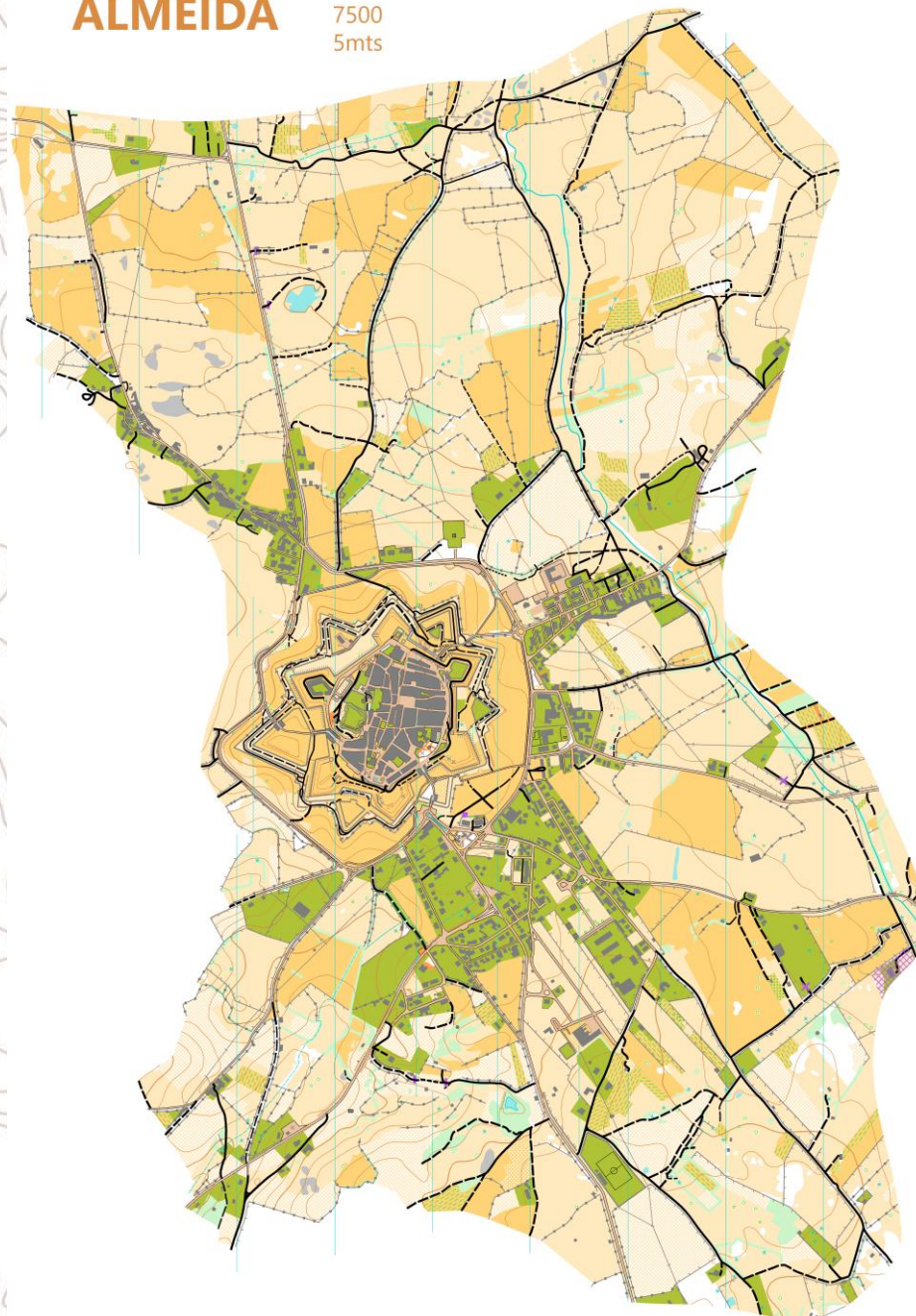
Old map Almeida

ALMEIDA 15000 5mts

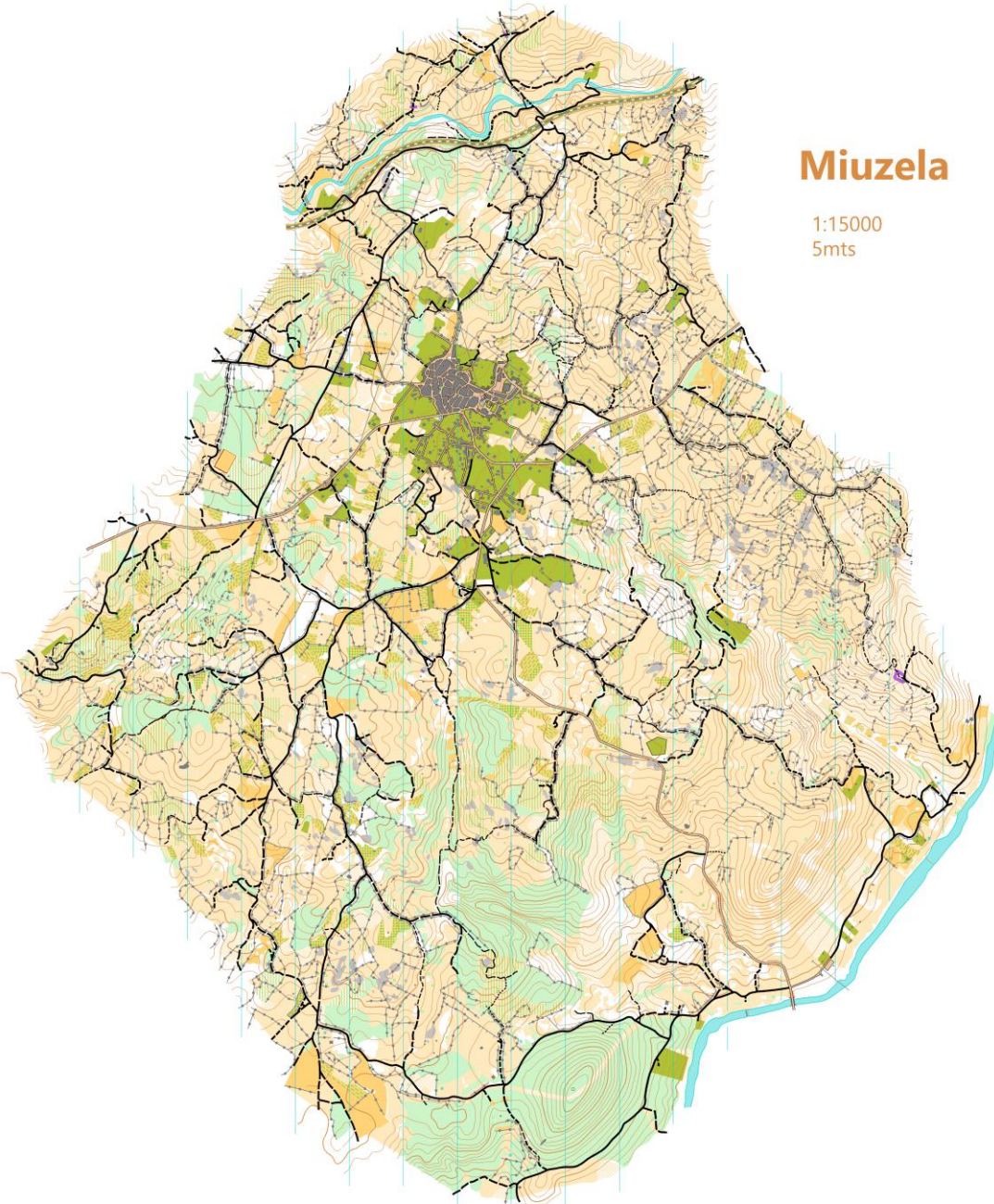


Old map Urban Almeida

ALMEIDA 7500
5mts



Old map Miuzela



Miuzela

1:15000
5mts

