

Bulletin

Peguerinos SPRING CUP 2026



10-14 March

Peguerinos



Peguerinos has been a well known place for orienteering during the last 40 years. International events were held here until the beginning of the 2000s, but because of restrictions to use this natural park, international competitions are now prohibited.

Small events and training camps are fine.

Sport history: Martin Kronlund, Sweden, introduced and helped develop orienteering in Spain. He lived in Spain from 1962 until he passed away in 2007, 91 years old.



The place in Spain that he loved the most, he always said, was the Peguerinos forests: “They remind me so much of Sweden.”

Kronlund’s ashes are dispersed in the **Peguerinos** forests.

Welcome to legendary Peguerinos!

¡Bienvenidos!



MEETING PLACE / PARKING

The parking is at Camping Valle en Medio. We are allowed to use the parking during the event days. No cost for parking. If you live at the campsite you can of course stay parked all week.

If the gate to the parking is closed, just open it and close it when you leave.

The distances to the start for all days are calculated from this parking.

If you don't live at the camping and want access during the day, for example to showers, restrooms, you can buy a day pass for 3 euros 25 cents. Buy in the Reception. The reception will be open for us during the event days between 13:00 and 15:00.

Official opening hours for the reception at their home page:

<https://vallenmedio.com>

When you arrive, we may already be in the forest preparing the event. There are small, printed maps indicating the way to Start every day. They will be in a little wooden box on a large pine tree in the middle of the parking.

No parking on the roads in the park. No caravans outside the camping / inside the park.

Spots inside the camping are available. Prices, below in this Bulletin

NIGHT PARKING in the natural park is prohibited.



PUNTO DE ENCUENTRO / PARKING

El aparcamiento está en el Camping Valle en Medio. Podemos usarlo durante los días del evento. El aparcamiento es gratuito.

Si la puerta del aparcamiento está cerrada, simplemente ábrala y ciérrela al salir.

Las distancias hasta la salida para todos los días se calculan a desde este aparcamiento.

*Si desea acceder durante el día, por ejemplo, a las duchas o baños, puede comprar un **pase de día** por 3 euros y 25 céntimos. Cómprelo en la Recepción. La Recepción estará abierta para nosotros durante los días del evento de 13:00 a 15:00.*

*Consulte el horario oficial de recepción en su página web:
<https://vallenmedio.com>*

Cuando llegue, es posible que ya estemos en el bosque preparando el evento. Hay pequeños mapas impresos que indican el camino a la Salida todos los días. Se encontrarán en una pequeña caja de madera sobre colgado en un pino grande en medio del aparcamiento. Ver foto.

No se permite aparcar en los caminos del parque.

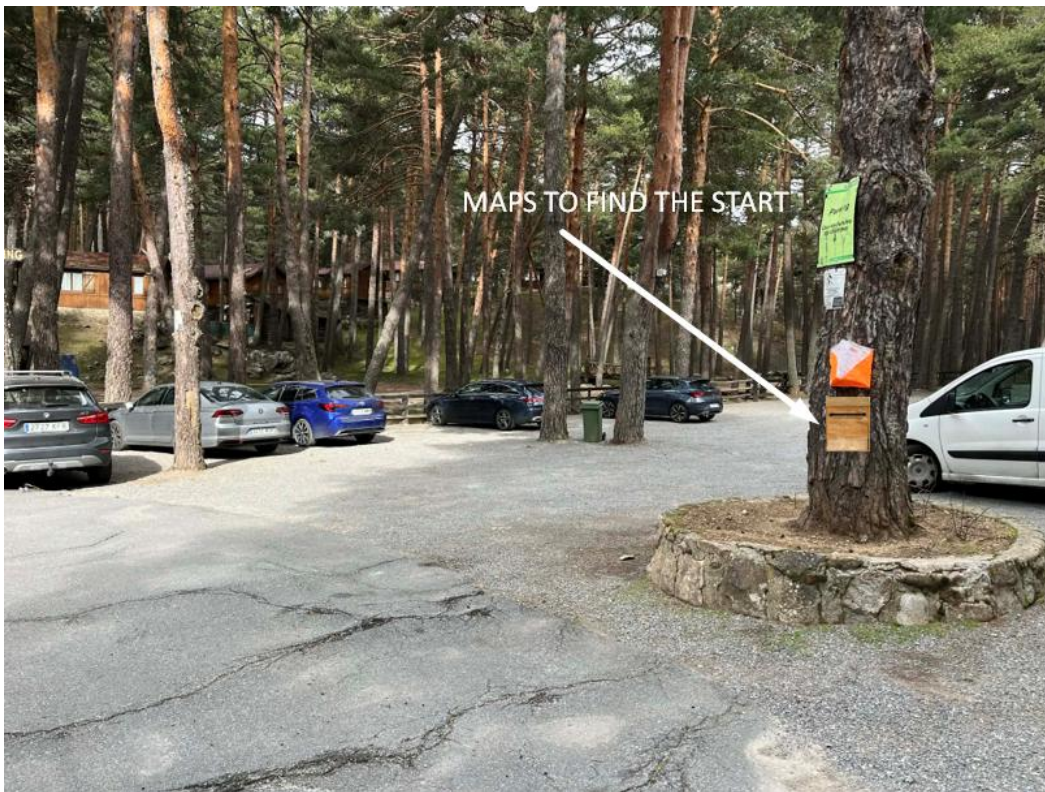
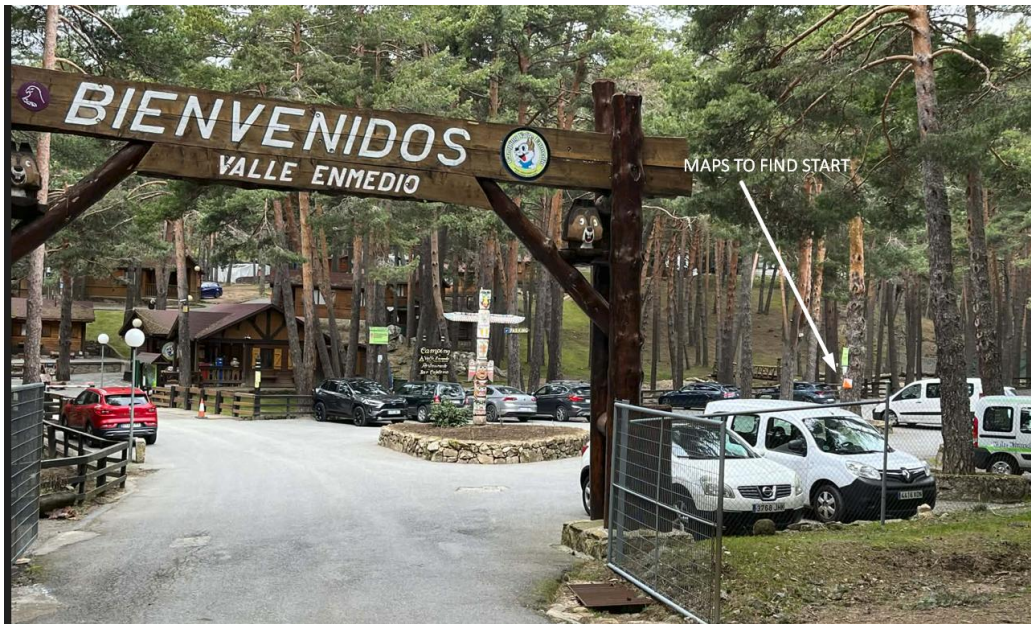
Hay plazas para autocaravanas disponibles dentro del camping. Precios abajo en este boletín..

ENTRIES / INSCRIPCIONES

www.control200.com until the 9th of March. You can also show up at the event days. We have maps for all. Cost 13 Euros per day

Hasta el 9 de marzo. También puedes llegar e inscribirte los días del evento. Tenemos mapas para todos. Coste corredores clubes españoles 5 Euros

Information and also about accommodation: info@o-travel.com



Parking at the Camping Valle en Medio



<https://maps.app.goo.gl/dY3ajot4fJVBZHWn9>

CAFETERIA / RESTAURANT /STORE

Right next to the parking. Opening hours may vary during weekdays. Restaurant opens on Fridays and Saturdays. Occasionally also weekdays.

Restaurant / Bar are open for lunch Friday, Saturday, Sunday. On Saturday, March 14, there will be a Spanish lunch menu served for 22:50 Euros (including three courses, drink, bread, dessert, coffee). The restaurant is often fully booked on weekends, please let us know if you want to join us for lunch after the event, after the prize giving ceremony.

CLOSURE OF THE EVENT WILL TAKE PLACE AT THE RESTAURANT.

There will be prizes for the 3 best in all classes, the sum of the results (time) for every day (all five days).

Lunch on Saturday the 14th, menu 22:50 euros per person. Let us know if you are coming.

START

Free start every day 10:30- 11:00. We are using system **START PUNCH**. You look at the map after you start. 2 minutes between runners of same course.



FINISH / META

Finish closes at 13:00. Cerramos la meta a las 13:00 horas.

The finish will be in the terrain. You will have to do **orienteering all the way to the finish.**

The finish will be located close to the start. No problem if you bring extra clothes for warm up.

DAY 4

Day 4. Distance: 2,5 km. We may be able to park closer (depending on planned road blocks by the park authorities). We will provide updated information when we know more.

If the roadblocks are put up before Day 4, we all need to walk 2,5km to the start / finish area.

RESULTS / RESULTADOS

Results will be posted on **Winsplits Spain** every day:

<http://obasen.orientering.se/winsplits/online/es/default.asp>



Live results <https://liveresultat.orientering.se/?lang=es>



Results and the combined results from Day 2 and on will be posted on our homepage:

www.o-travel.com



OPEN CLASSES

Maps available all days for all classes.

You can enter on the day of the race.

CONTROL DESCRIPTIONS

On the map and printed description sheets at the start.

PLASTIC POCKET FOR THE MAPS

Only one plastic pocket per participant. The first day maps will be in a plastic pocket at the start, bring this to the rest of the days. If you are not running on the first day/s you will get a pocket from us. The maps are printed in competition standard but not on waterproof paper. We suggest you use a plastic pocket even on dry days.

RENT SI CARDS

Sportident cards for rent: 2 euros / day.

PATHS

Some new smaller paths in the terrain are not fully marked on the maps



THE CONTROLS

Sportident. Touch free. The controls will be hanging from tree branches or similar. Competition flags: 30x30 cm.



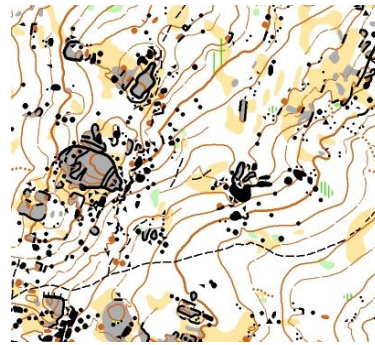


TERRAIN DESCRIPTION

Day 1-5: Fast firm ground, pine tree forest, few paths. Good visibility. Beautiful rock formations in part very detailed. 1500 – 1650 meters above sea level. Hardly any low vegetation. In part moderately steep.

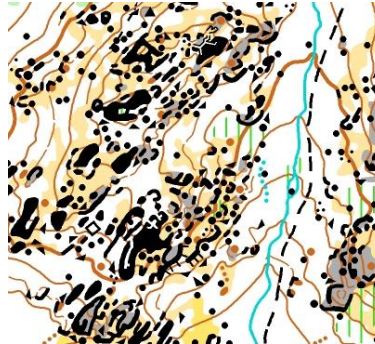
DAY 1

Cartographer Olli-
Markus Taivainen 2018



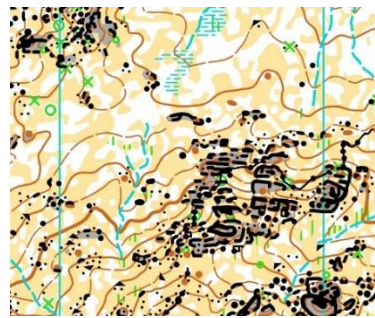
DAY 2

Joel Börjesson- Eriksson
2022



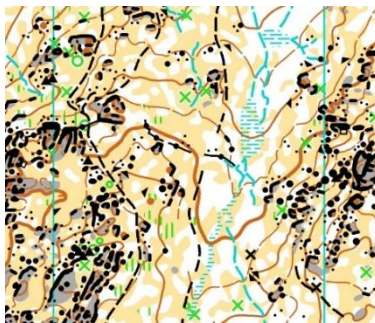
DAY 3

Ricardo García Dengra
2025



DAY 4

Ricardo García Dengra
2024



DAY 5

Olli-Markus Taivainen
2018



Day 1 - 10 March					Distance to Start: 400 m
Course	Distance	Climb	Controls	Scale	Class / categoría
	[km]	[m]			
5	5,03	170	16	7500	M/W21 M40
4	4,09	145	14	7500	W40 M55 M16 Open 4
3	3,14	115	16	7500	W55 M/W65 W16 Open 3
2	2,08	80	8	5000	M/W75 Open 2
Day 2 - 11 March					Distance to Start: 1600 m Climb 125m
Course	Distance	Climb /Desnivel	Controls	Scale	Class / categoría
	[km]	[m]			
5	5,06	265	15	7500	M/W21 M40
4	4,06	150	13	7500	W40 M55 M16 Open 4
3	3,35	130	9	7500	W55 M/W65 W16 Open 3
2	2,38	105	7	5000	M/W75 Open 2
Day 3 - 12 March					Distance to Start: 1600 m
Course	Distance	Climb /Desnivel	Controls	Scale	Class / categoría
	[km]	[m]			
5	4,90	115	12	7500	M/W21 M40
4	3,96	100	12	7500	W40 M55 M16 Open 4
3	3,03	90	12	7500	W55 M/W65 W16 Open 3
2	2,02	40	7	5000	M/W75 Open 2
Day 4 - 13 March					Distance to Start: 2500 m
Course	Distance	Climb /Desnivel	Controls	Scale	Class / categoría
	[km]	[m]			
5	4,85	125	15	7500	M/W21 M40
4	4,19	110	16	7500	W40 M55 M16 Open 4
3	2,96	90	13	7500	W55 M/W65 W16 Open 3
2	2,08	50	9	5000	M/W75 Open 2
Day 5 - 14 March					Distance to Start: 400 m
Course	Distance	Climb /Desnivel	Controls	Scale	Class / categoría
	[km]	[m]			
5	5,09	245	16	7500	M/W21 M40
4	3,98	170	13	7500	W40 M55 M16 Open 4
3	3,02	120	9	7500	W55 M/W65 W16 Open 3
2	2,02	65	7	5000	M/W75 Open 2

WEATHER

The weather forecast. The Peguerinos forest is situated at 1500-1650 m. The weather can **change fast** in the mountains. You should be prepared for colder, rainier, windier conditions. You can always bring warm clothes to the start.



CAMPING CARS

Prices for camping at Camping Valle en Medio

Parking with mobile home: 11:15 Euro per night + 7:20 Euro per person.

Tent: 7:45 Euro / night

CULTURAL

Peguerinos. The Peguerinos forest was a high-altitude battleground on the frontline of the civil war between Republicans and Nationalists, 1936-1939. Several encounters between forces took place here. A few controls will be at the remains of bunkers and fortifications. Today, there is a Civil war route/trail that tourists can walk, highlighting the remnants left from the battles that took place here, but also offering spectacular views over the beautiful, wild landscape.



TOURISM

El Escorial (35 min, 24 km from Peguerinos). The Renaissance political center of the Spanish Empire as well as a monastery, acting today as a royal mausoleum. Built between 1563-1584.

Madrid (1 hr 15 min, 74 km from Peguerinos). Has 5 million inhabitants. Two famous museums are Reina Sofia and El Prado, open every day but Mondays.



Ávila (44 min 48 km from Peguerinos). Ávila is the main city in the province, also Àvila, where Peguerinos is situated. The city has a 2500 meter long Medieval wall around the old city center, and the highest number of Roman and Gothic churches in Spain, the oldest from the 12th century.

Football / Soccer With four (4) Madrid teams in La Liga there is a match on a stadium in Madrid every weekend. This season: Getafe, Rayo Vallecano, Real Madrid, Atlético de Madrid. The matches are very seldom sold out (except when Barcelona or Real Madrid is the visiting team). You can buy tickets 3 hours before the match at the respective stadium.

ANIMALS

There are cows and horses grazing freely in parts of the forest. You will most probably see deer in the forest. There are also wild boars and there may be wolves, although they are very infrequently seen.


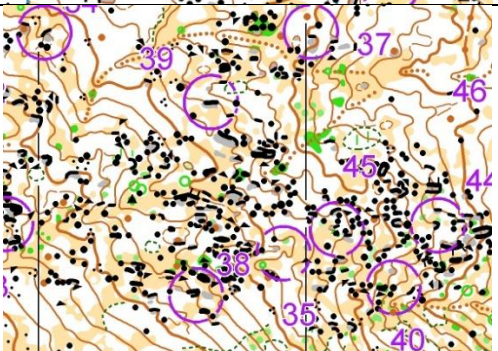
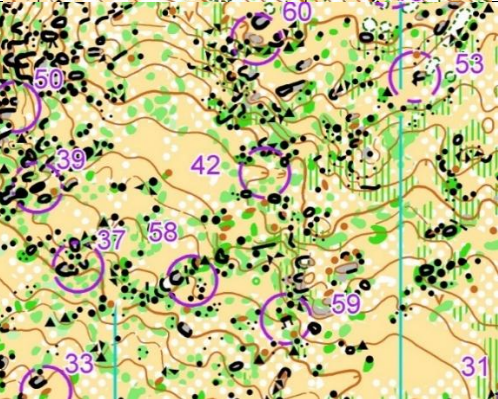




TRAINING MAPS

Extra training maps are available. If you have booked accommodation through o-travel, extra maps are included / free.

Otherwise, price: 7 Euros (courses with ribbons in the forest, and Sprint maps)

Training	Distance	Escala	Distance from "Event center", Camping Valle en Medio, Peguerinos
Hoyo de Pinares.	5,0 km	1:7500	31 km
Rio Gaznata	4 km	1:7500	51 km
Nava del Sauce	4,1 km	1:7500	68 km
Navatalgordo (Sprint)	1,9 km (Measured "straight")	1:3000	88 km
San Juan de la Nava (Sprint)	2,1 km (Measured "straight")	1:3000	63 km

<p>Hoyo de Pinares</p>	
<p>Rio Gaznata</p>	
<p>Nava del Sauce A quite unique terrain, never used for a competition. Former World Champion Allan Mogensen has said: "A place where an International Championships should be held." To be used only on Thursday the 12th of March</p>	
<p>Navatalgordo (Sprint)</p>	
<p>San Juan de la Nava (Sprint)</p>	

INFORMATION

Spring Cup 5-days in Peguerinos, Camp Madrid, 10-14 March 2026

Start 10:30 every day. Sportident. Winsplits. Livelox.

Categories: M/W 16, M/W 18, M/W 21, M/W 40, M/W 55, M/W 65, M/W 75, M/W Open Short, M/W Open 3 km, M/W Open 4 km

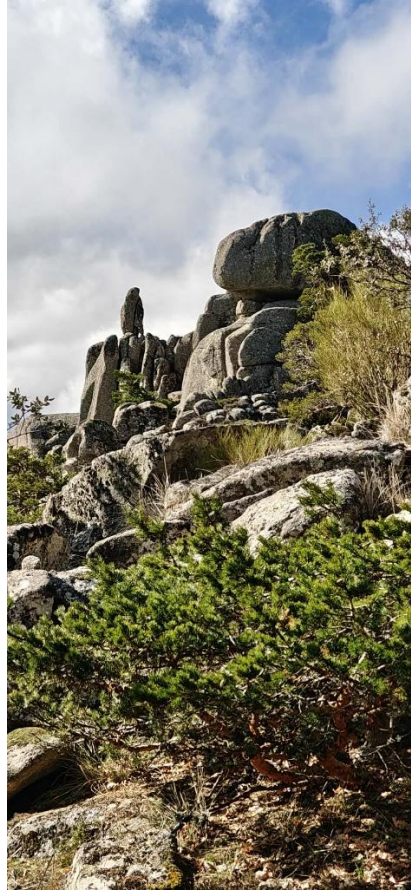
Prizes for combined time results of all FIVE days in all classes.

We are providing accommodation in bungalows with kitchen, at walking distance to all stages. 4-6 persons per bungalow. Booking available 9/10-14/15 March. Self-catering. Food store and restaurants in Peguerinos, 5 km from the accommodation.

Price: 65 Euros / person and night, for accommodation, training cup and extra training maps in the area. There are still bungalows available.

Without accommodation: 13 euros per day. (5 Euros runners Spanish clubs)









Välkomna / Welcome / Bienvenidos!

Per and Helena

info@o-travel.com

+46 70 603 10 75 +34 699 08 21 98

