



# 44th KAINUU ORIENTEERING WEEK

5. – 10.7.2010 in Puolanka

## *A traditional orienteering and holiday week in eastern Finland*

International Orienteering Week of Kainuu is **one of the world's most long-standing orienteering weeks** attracting annually some 4000 fans of orienteering to Kainuu to eastern Finland to compete and have fun. At Kainuu Orienteering Week one can experience the exotic nature of the Kainuu region on the eastern border of the EU, as well as the hospitality of the Kainuu people. The event has always been favoured especially by families with children, as the week comprises not only four competition days but also two rest days for enjoying the holiday.

Kainuu Orienteering Week 2010 will be held in Puolanka. The competition centre will be in Paljakka holiday resort which offers great circumstances for the event. **Approx. 80 categories** including 6 different shape classes will guarantee that participants of all ages and levels will find an appropriate category for themselves.

In 2013 Vuokatti, Kainuu will be the host for the World Orienteering Championships and Kainuu Orienteering Week will be an essential part of the WOC week and its atmosphere. Kainuu Orienteering Week will consist of spectator events held in conjunction with the WOC at the same competition centres.

If you are a real enthusiast for orienteering, you can easily combine Kainuu Orienteering Week with another Finnish orienteering week, Fin5, which will be held in South Carelia in Imatra-Ruokolahti 12. – 17.7.2010.



### Programme 2010

<i>Sunday 4 July</i>	Arrival
<i>Monday 5 July</i>	1st competition
<i>Tuesday 6 July</i>	Free day
<i>Wednesday 7 July</i>	2nd competition
<i>Thursday 8 July</i>	Free day
<i>Friday 9 July</i>	3rd competition
<i>Saturday 10 July</i>	4th competition
<i>Sunday 11 July</i>	Departure

### Extra activities

The area offers great possibilities for nature activities like hiking, canoeing and fishing. There will be also many organized activities available for the rest days. Detailed information can be seen on the web.

## Tour package to Kainuu Orienteering Week 2010

**Dates:** 4. – 11.7.2010 (Sun – Sun)

**Price:** 630 Eur / person

Group prices and tailored programmes (eg. other type of accommodation) on request.

### Included in the price

- Accommodation in double rooms in Hotel Karolineburg in Kajaani (Kajaani is situated 70 km south from the competition centre and the hotel is situated within 5 minutes' walking distance from the Kajaani town centre)
- Airport transfers to/from the Kajaani airport
- Car/minibus transfers to/from the competition centre on race days (4 days)
- Breakfast and dinner daily at the hotel
- Registration

### Not included in the price

- Guide
- Participation fee (depends on the class and the date of the entry)
- Emit rent
- Single supplement 175 Eur / person

### Bookings and further information

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### Links

<http://www.rastiviikko.fi> - Kainuu Orienteering Week  
<http://woc2013.ssl.fi> - WOC 2013  
<http://2010.fin5.fi/eng> - Fin5

