



Welcome to 48. EFNS 8. – 12. February 2016 Holmenkollen, Oslo



Welcome to 48. EFNS in
Holmenkollen, Oslo



Statskog

SKOGBRAND

Dear European sports- and forest-friends!

We are every much looking forward to welcome you to one of the world's most famous arenas for Nordic skiing.

Furthermore, we will be proud to show you our forestry, which has had a huge impact on skiing in our country.

Modern times has changed the life-style of most Norwegians, but still it is only a few decades ago when it was a must for successful cross-country skiers to exercise through heavy manual work in the forest.

This was a pattern shared among several nations.

EFNS was in its time built upon the strong connection between forestry, hunting and skiing.

Based on these common values, there has evolved a strong network through EFNS in Europe.

EFNS has become a meeting-point for forestry and skiing, where the participants have different levels of ambition in their athletic achievements, but still find common interest in building a network within European forestry.

Norway was hosting EFNS in Lillehammer in 1996, shortly after the winter Olympics in 1994, which was an extra inspiration for the competitors.

Shortly after we have left the stadium in Holmenkollen, Norway will be hosting the world championship in biathlon in the very same tracks that we have been using during EFNS. We hope this will give our participants an extra motivation in the EFNS competition.

During this EFNS-week, we have put together an athletic and professional programme that we hope will give a good offer on the completion arena, as well as an insight into Norwegian forestry and what forestry means to Norway.

We wish all competitors and their followers a very warm welcome to Oslo and Holmenkollen for the 48th EFNS in February 2016.

Best Regards
for EFNS Norge

Nils Aakre

48. EFNS in Holmenkollen, Oslo

Organizer

-EFNS NORGE

w: www.efns.no

m: efns@skogselskapet.no

p: Nils Akre: +47 95 85 01 67

p: Trond Lohre +47 93 04 17 14

Board

-Pål Vidar Sollie, LMD, President

-Erik Lahnstein, NSF

-Arnhild Holstad, Statskog

-Jon Karl Kristiansen, Oslo Kommune

-Nils Aakre, EFNS Norge

-Thomas Husum, NSF, Secretary

Organisation Committee

-Nils Aakre, EFNS Norge, Chairman

-Ivar Ekanger, LMD

-Trond Lohre, Det norske Skogselskap

-Tore Molteberg, Det norske Skogselskap

-Trond Enkerud, Oslo Kommune

-Sjur Haanshus, Skogkurs

-Thomas Husum, NSF

Technical Organizer

- TRY Biathlon Verrein

Index



Welcome	2
Organisation	4
Program	6
Competition	8
Authorisation for participant	8
Categories	8
Single competitions	8
Relay races	9
Competition Jury	9
Registration	10
Starting and other fees	10
Location tracks	11
Course profile	12
Transport to Oslo	13
Transport in Oslo	14
Accommodation	15
Bogstad Camping	17
Scandic Solli	18
Scandic Edderkoppen	19
Smarthotels	20
Anker Hotel	21
Opening ceremony	22
Banquet with prize ceremony	23
Excursions	24
Holmenkollmarsjen	30

Program



Sunday February 7.

Arrival of participants

Competition offices open from 12.00 am– 8.00 pm

Distribution of participants packages

Monday February 8.

Competition offices open between 08.00 am - 11.00 am and
4.00 pm – 8.00 pm

9.00 am Start all excursions

5.00 pm Latest return all excursions

6.00 pm Official opening of EFNS 2016 in the City Hall

Tuesday February 9.

Competition offices open between 08.00 am - 11.00 am and
4.00 pm – 8.00 pm

9.00 am Start all Excursions

5.00 pm Latest return all excursions

7.00 pm Team-leaders meeting and annual meeting EFNS
committee.

Wednesday February 10.

Competition offices open between 08.00 am - 11.00 am and
4.00 pm – 8.00 pm

From 9.00 am Official training with test-shooting

12.00 am Official training closes

1.00 pm Start individual race, free-style with shooting

7.00 pm Presentation of historic Holmenkollen

Program



Thursday February 11.

Competition offices open between 08.00 am - 11.00 am and 4.00 pm – 8.00 pm

9.00 am Start individual race, Classic with shooting

8.00 pm Registration deadline Relay Races (efns@skogselskapet.no)

Friday, February 12.

Competition offices between 08.00 am - 11.00 am and 4.00 pm – 8.00 pm

7.00 am Pick-up starting numbers for Relay Races.

9.00 am Start Relay Races men. 2x classic, 2x freestyle

9.05 am Start Relay Races, women. 1x classic, 2x freestyle

1.00 pm International After Ski in the Holmenkollen arena

4.00 pm After Ski closes

7.00 pm Banquet with prize ceremony in Posthallen, Oslo

Saturday February 13.

Competition offices open between 08.00 am - 11.00 am

Pick-up equipment

Possible participation in Holmenkollmarsjen cross-country skiing in Oslo

See more:

<http://www.skiforeningen.no/kursogarrangement/holmenkollmarsjen/>

Competition



Competition Rules

The competitions are operated according to the EFNS' rules and guidelines.

Authorisation for participant

- People with the following occupation are authorised to participate:
 - retirees or employees of forest, wood or wood processing enterprise
 - forestry students, forest warden and people with an education in forestry
 - forest owner and worker
- Family members of the above mentioned people
- Guests (sponsors and partners) with a special invitation

Categories

There are woman and men categories according to the age groups

Students & Youth	D 13 , H 13	1998 and younger
Women/Men	D 19 , H 19	1986-1997
Women/Men	D 31 , H 31	1976-1985
Women/Men	D 41 , H 41	1966-1975
Women/Men	D 51 , H 51	1956-1965
Women/Men	D 61 , H 61	1946-1955
Women/Men	D 71 , H 71	1936-1945
Women/Men	D 81 , H 81	1935 and older
Disabled ,	D / V , H / V	all
Guests	D / G , H / G	all

Special award for the best of the day: For the best athlete of the days both single competitions will count together. The athlete with the fastest time (sum time of both runs) will be awarded-

Single Competitions

There is one single competition in free technique and one in classic technique

Students & Youth	5 km without shooting
Women D13 - D 81:	5 km with shooting
Men H 19 - H 71:	10 km with shooting
Men H 81:	5 km with shooting
Disabled:	5 km without shooting
Guests	5 km with shooting

Competition



Shooting:

After 1 lap: 5 shots with 50 meter distance, standing. For each shot that does not hit, the participants has to run a penalty lap of 150 meter.

Time penalty:

The participants receive a time penalty of 2 minutes for each not fired shot respectively for each not run penalty lap.

Disqualification:

Participants, whom run in the free technique during the classic single competition are disqualified.

Awarding:

A minimum of 3 participants is needed in the category to get an independent award category. If there are less than 3 athletes in one category, they will compete with the better category.

Relay races

All relay races are without shooting sessions. The course will be the same as in the single competitions.

Students & Youth D13/D16 , H13/H16:	3 x 5 km (1 KT + 2 FT)
Women D19 - D81:	3 x 5 km (1 KT + 2 FT)
Men H 19 - H 81:	4 x 10 km , (2 KT + 2 FT)
Handicap , DV / HV:	3 x 5 km (1 KT + 2 FT)

Competition Jury

TD in EFNS Board, 1 member from Try Biathlon, 1 member from EFNS AC, 2 representatives from the team captaines

Registration



Registration Competition

Registration only on the EFNS Website: <http://www.efns.eu/de2/anmeldung/>

Closing date: **1. December 2015**
Late registration: 02.12 – 31.12.2016 + NOK 150,- (est. €16)
01.01 – 01.02.2016 + NOK 250,- (est. €26)

Starting and other fees

Starting fee

The starting fee includes both two starts single competitions, the relay race and the opening ceremony in the Town Hall

Participants 26 year or older:	NOK 625,- (Est. €68)
Travelling partners,	NOK 500,- (Est. €54)
Relay race only	NOK 300,- (Est. €38)
EFNS fee:	NOK 100,- (Est. €9) for all participants over 25 year

Starting fee for free for all participants 25 years and younger.

Excursions

Excursion nr. 1, 2, 4 and 5:	NOK 600,- (Est. €65)
Excursion number 3:	NOK 250,- (Est. €26)
Excursion number 6:	NOK 250,- (Est. €26)

Closing ceremony incl. dinner (alcoholic beverage are for purchase)

Participants over 25 years old:	NOK 600,- (Est. €65)
Participants over 25 years old:	NOK 250,- (Est. €26)

Payment: Landkreditt Bank. EFNS Norge
IBAN NO 67 93652195154
SWIFT/BIC: DNBANOKKXXX

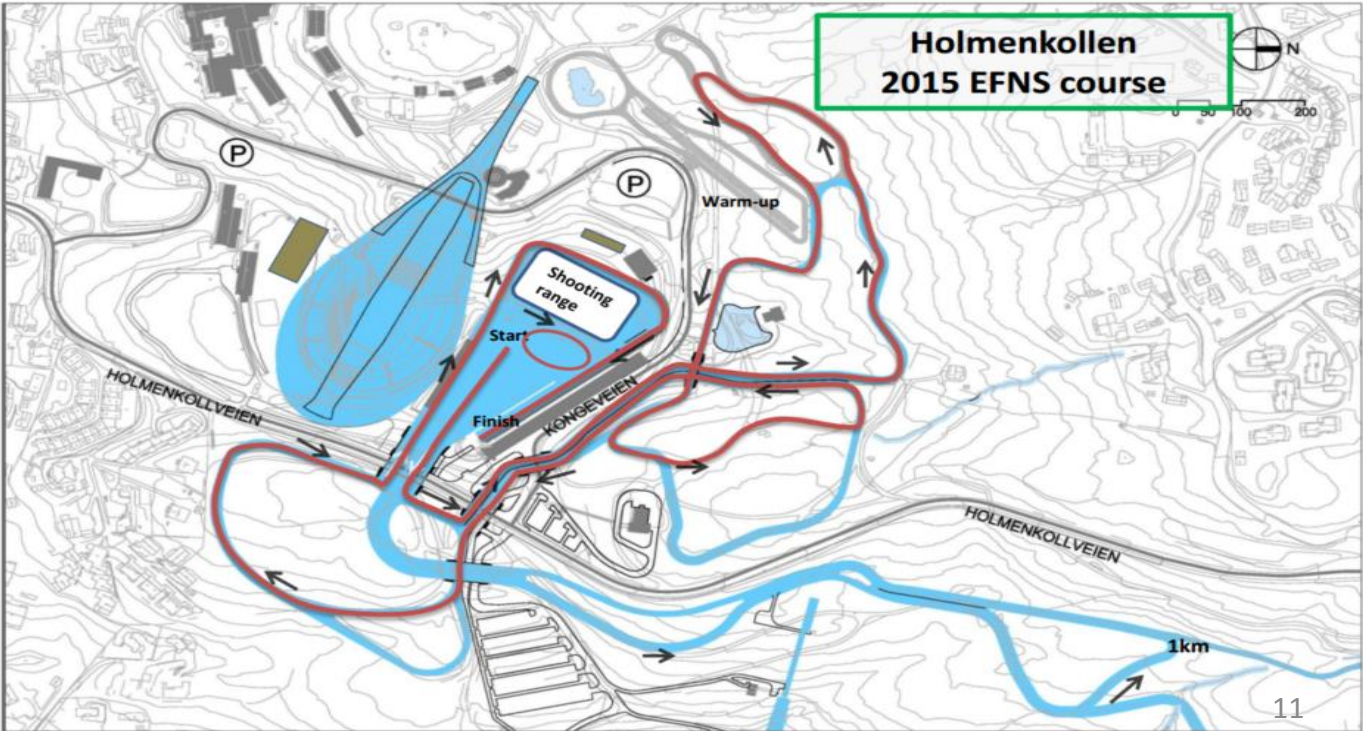
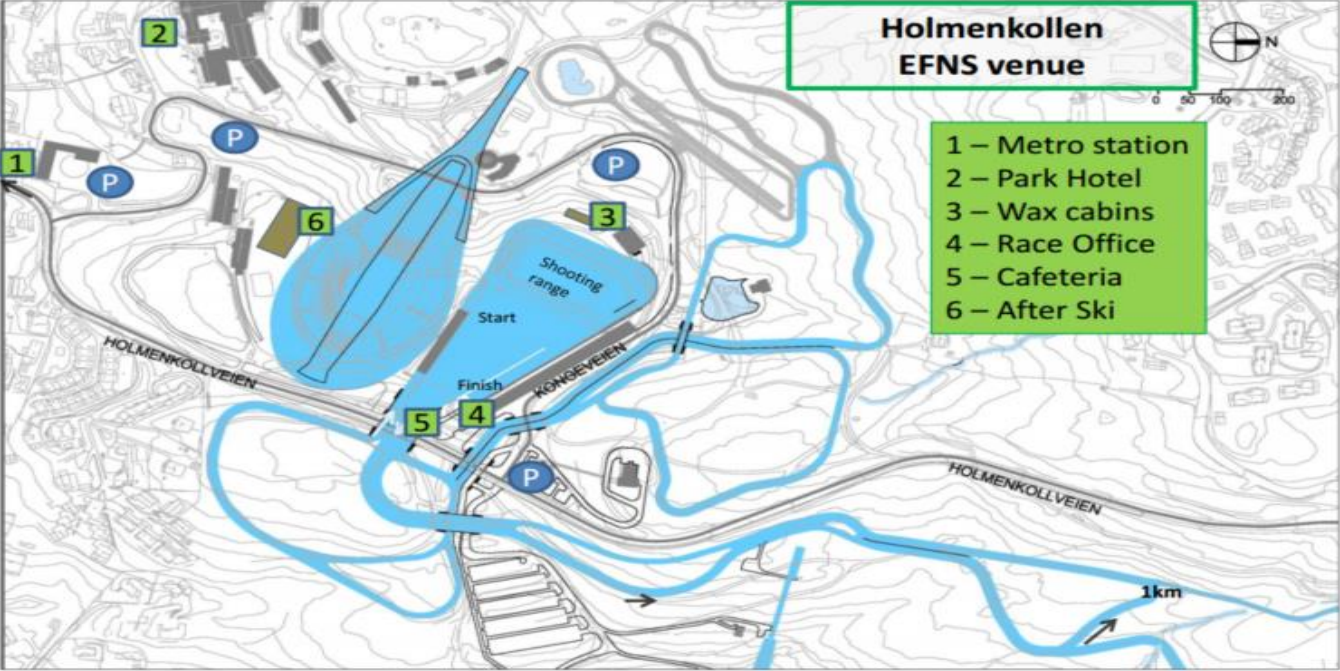
Payment confirms sign up/booking

In case of cancellation, the paid amount will not be refunded. However, the start number can be passed on to another participant.

Disclaimer

After submitting their registration forms, competitors waive their right to claim any indemnity of any kind from the International Committee for European Forest Nordic Competitions (IK-EFNS) and the organisers of the EFNS (Local Organising Committee). The disclaimer concerns injury to persons or damage to property caused by any degree of negligence and also to the period beginning with the journey to the EFNS, continuing during the week of the competitions and ending with the home journey. In their own interest competitors must show that they are in possession of existing insurance cover for third party liability and accident as well as a current health certificate, which confirms the physical ability to participate in competitions. Regardless of the obligation to provide proof of possession of the above documents, competitors exempt the IK-EFNS and the Local Organising Committee from any liability on the part of the organisers towards third parties on account of persons suffering material damage or financial loss, including legal costs for the defence against third-party claims, attributable to the competitors. The Organising Committee itself is in a position to demonstrate the possession of a binding third-party liability and accident insurance for its members, its

Location - Track

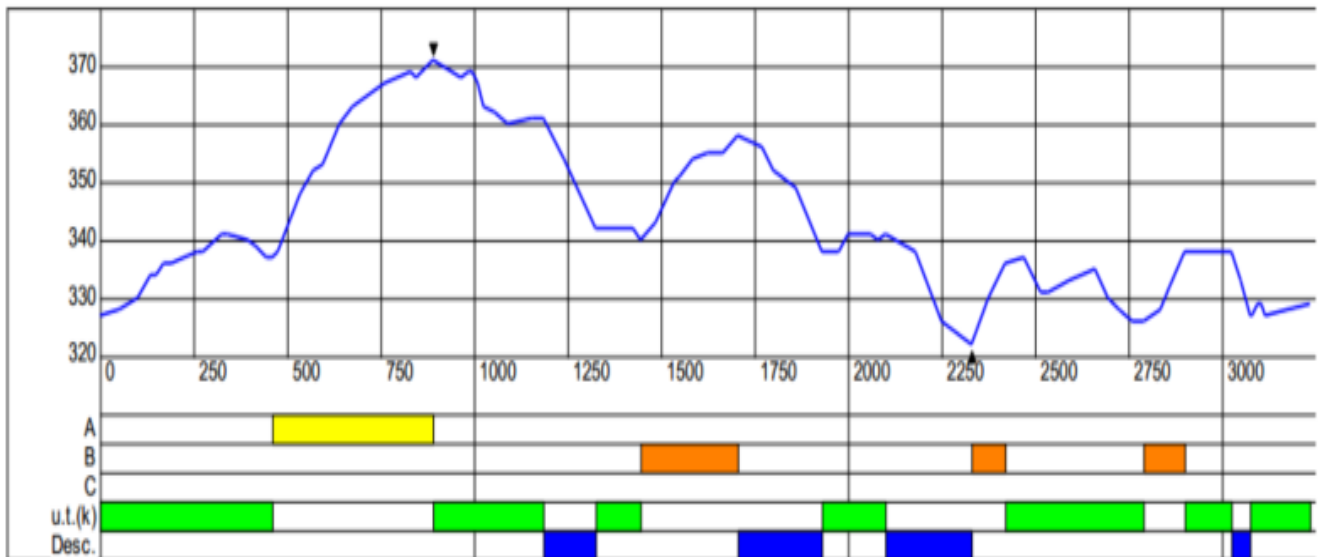


Location - Track

Course profile

Holmenkollen 3,3 km Blue

FIS	Course length:	3235m	Height Difference (HD):	49m	Lowest point:	322m
	Category:	E	Maximum Climb (MC):	35m	Highest point:	371m
	Competition Level:	WC	Total Climb (TC):	108m		



Transport to Oslo



To Oslo by air

Oslo Airport Gardermoen (48 km from Oslo city):

Train 20 minutes cost NOK 180,- (est. € 19). Bus 45 minutes cost NOK 175,- (est. € 18).

Airport Torp Sandefjord (115 km to Oslo city):

Bus 60 minutes cost NOK 260 (est. € 28)

Oslo Airport Rygge (72 km to Oslo city):

Bus 60 minutes cost NOK 180,- (est. € 19)

To Oslo by sea

From Kiel, Germany:

More info here: <http://www.colorline.com/>

From Copenhagen, Denmark:

More info here: <http://www.dfdsseaways.de/>

To Oslo by road

Parking facilities available both in the city center and Holmenkollen

Transport in Oslo

We recommend to use the Tube (T-Bane) between Oslo City and Holmenkollen

T Line 1 Frognerseteren

Single tickets: NOK 30,- (€ 3)

7-day tickets: NOK 240,- (€ 26)

Uses 23 minutes from Oslo City Centre

Tickets can be bought from machines at the station



Bus or car:

There are parking possibilities around the hotels and at Bogstad Camping. In the Holmenkollen area parking is limited to only 150 cars. Busses may park nearby the Holmenkollen Arena.



Accomodation

Oslo

There are a lot of places to stay in Oslo and EFNS Norge recommend to stay in walking distance to the tube if you don't have your own bus.

You may stay at one of the following recommendations in this folder or find a accommodation by your own. You may use this websites:

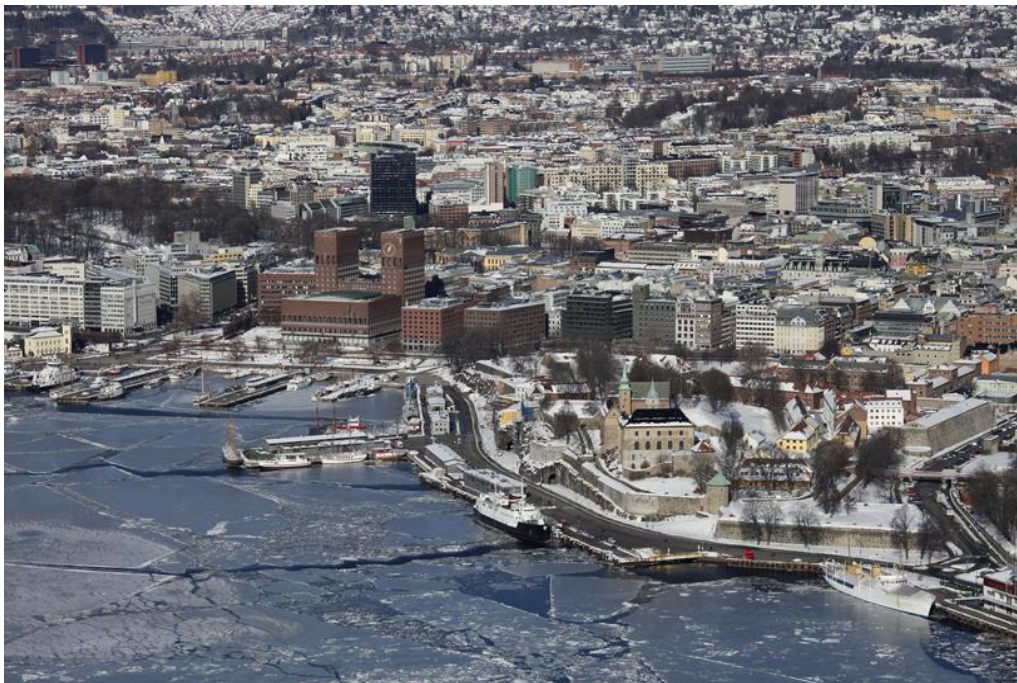
www.airbnb.com

www.hotels.com

www.booking.com

www.visitoslo.com

All bookings and purchases of tickets must be done directly with the accommodation and tube.



Holmenkollen Arena

→ **T** 650 m. / 8 min.

Bogstad Camping
Ankerveien 117, Oslo

Bus or Car

→ ● 3,7 km. / 8 min.

Anker Hotell

Storgata 55, Oslo

→ **T** 700 m. / 9 min.

T 1 → ● 25 min.

Scandic Edderkoppen

St. Olavs plass 1, Oslo

→ **T** 600 m. / 7 min.

T 1 → ● 23 min.

Smarthotel

St. Olavs gate 26, Oslo

→ **T** 500 m. / 5 min.

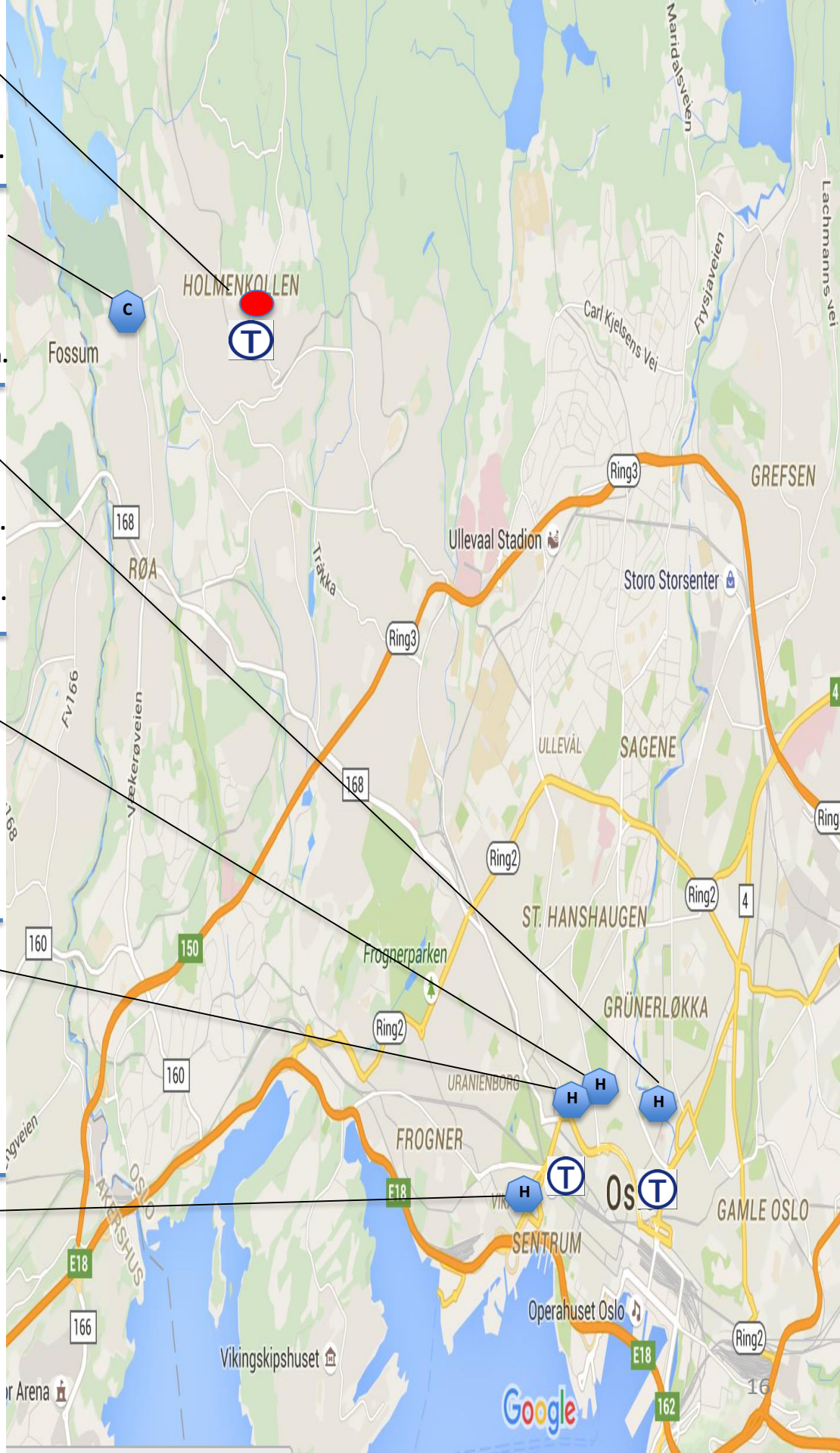
T 1 → ● 23 min.

Scandic Solli

Parkveien 68, Oslo

→ **T** 600 m. / 7 min.

T 1 → ● 23 min.



Bogstad Camping



Bogstad is a modern tourist center with all facilities and is open all year . There are 55 cabins in different sizes and standards.

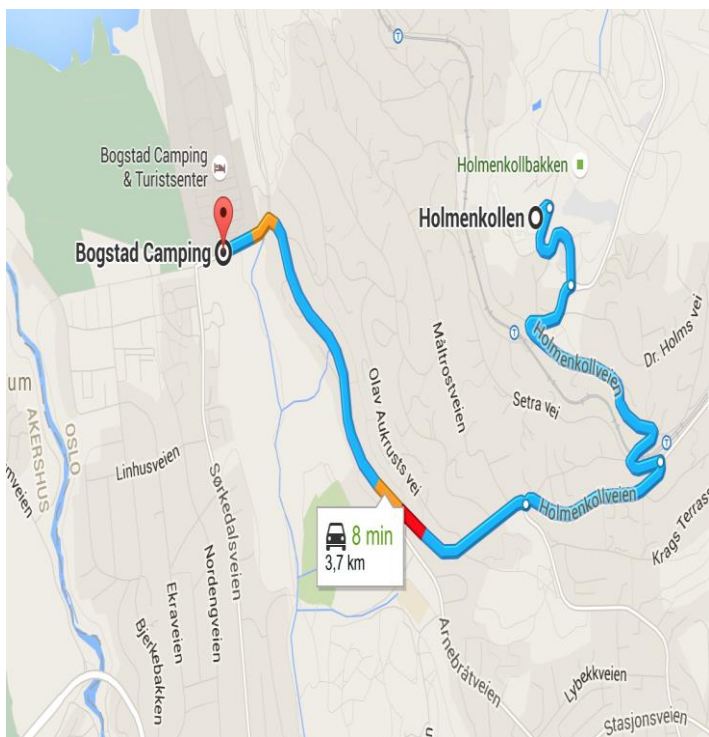
Eksample: Cabin with 5 beds, 2 bedrooms, shower and toilet NOK 6 000 (€698) pr. week.

A: Ankerveien 117, 0766 Oslo,

P: +47 22 51 08 00

M: bogstad@naf.no

Order code: EFNS2016



Scandic Solli



EFNS base-hotel.

Single room: NOK 990 (€106) per room per night incl. breakfast

Double room: NOK 1.190 (€129) per room per night incl. breakfast.

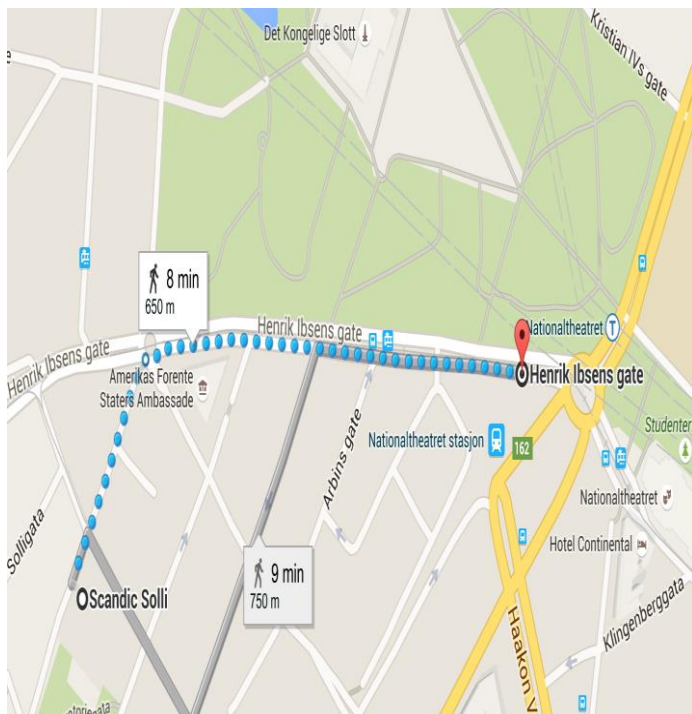
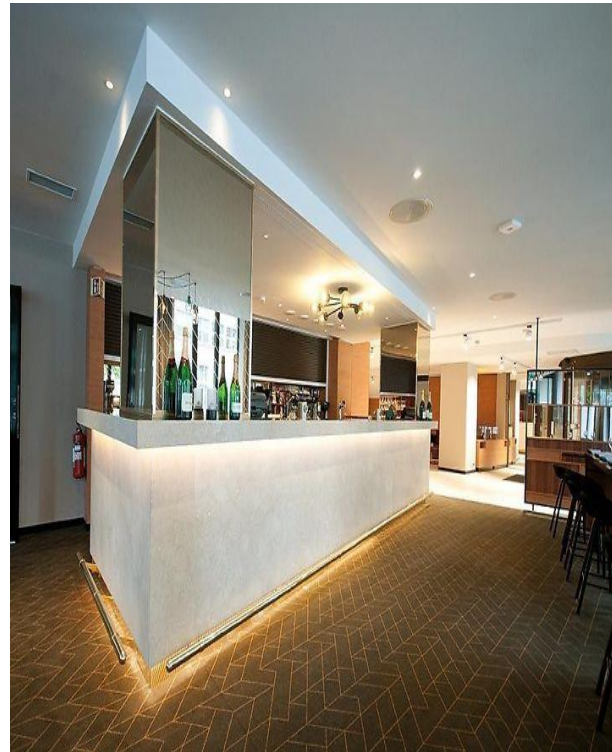
Area for ski preparation and waxing in parking garage.

A: Parkveien 12, 0202 Oslo,

P: +47 23 15 15 57,

M: solli@scandichotels.com Order code: EFNS2016.

Order by www.scandichotels.com Order code: BEFN070216



Scandic Edderkoppen



Centrally located in Oslo City

Single room: NOK 990 (€106) per room per night incl breakfast

Double room: NOK 1.190 (€129) per room per night incl. breakfast. Area for ski preparation and waxing in parking garage.

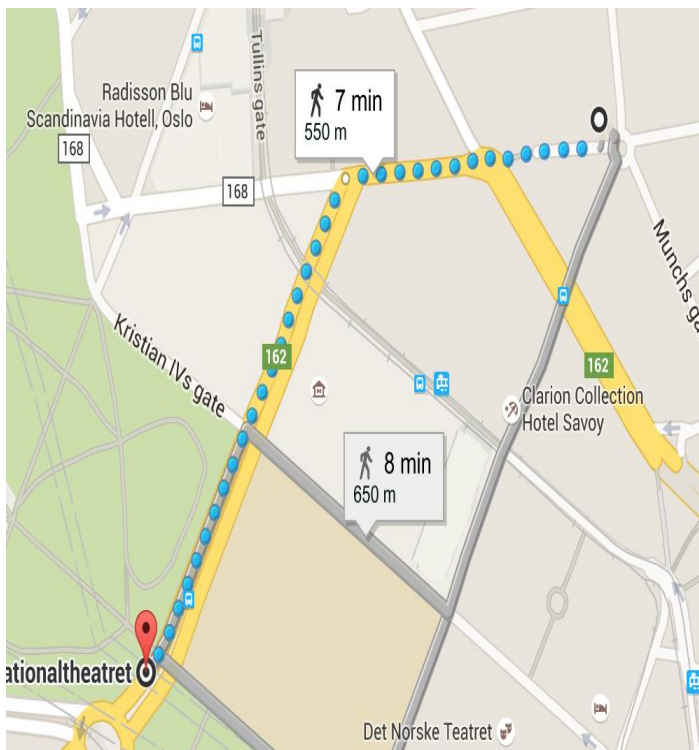
A: St. Olavs plass 1, 0165 Oslo,

P: +47 23 15 56 00,

M: edderkoppen@scandichotels.com

Order code: **BDET070216**

Order by www.scandichotels.com Order code: **BDET070216**



Smarthotel Oslo



Close to to the Tube and Oslo City Hall.

Single room: NOK 890 (€ 115) per room per night inclusive breakfast

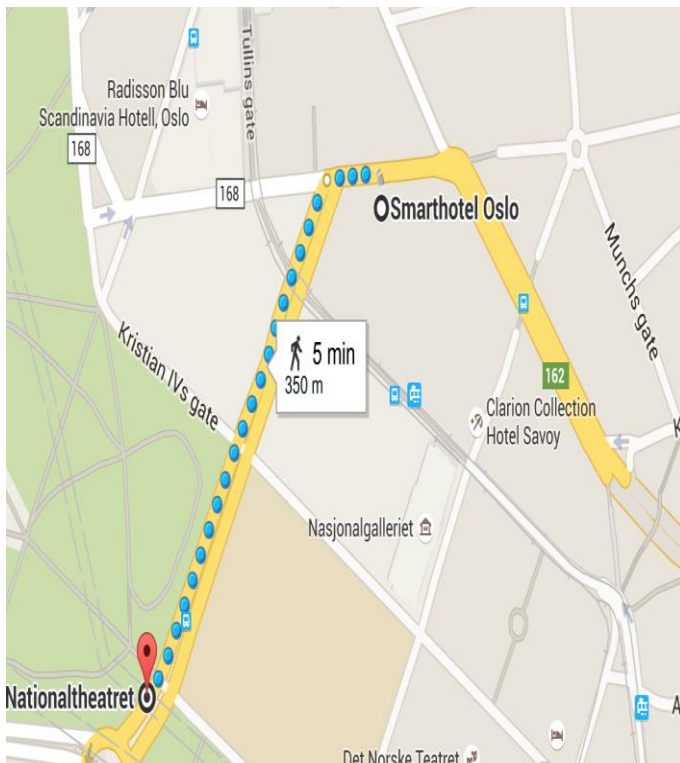
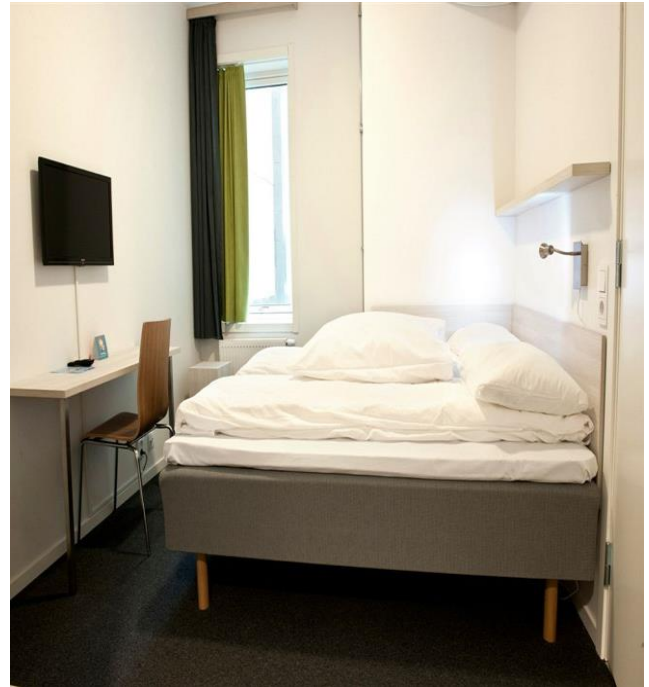
Double room: NOK 990 (€ 138) per room per night inclusive breakfast

Area for ski preparation and waxing in parking garage.

A: St Olavsgate 26, 0166 Oslo

P: +47 415 35 500,

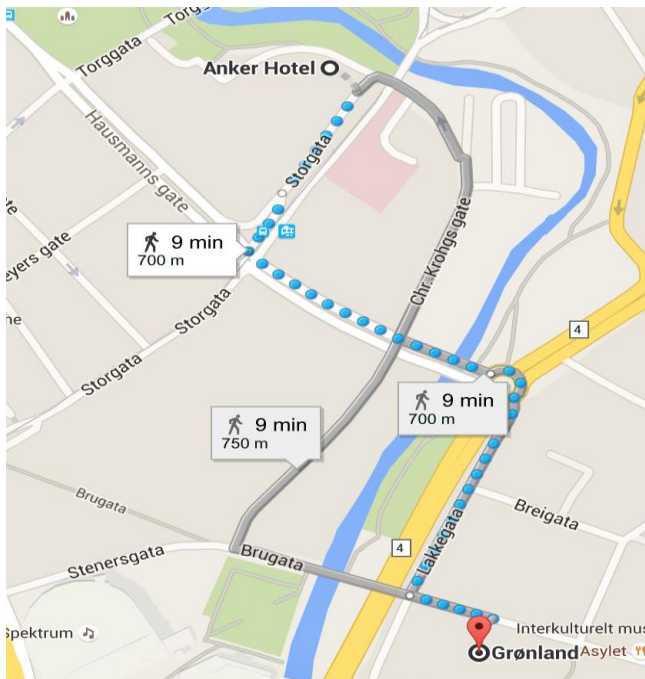
M: post.oslo@smarthotel.no, order code: EFNS2016



Anker Hotel

- Single room: NOK 600 (€70) per room per night without breakfast
 - Double room: NOK 800 (€93) per room per night without breakfast
 - Triple room: NOK 1.100 (€128) per room per night without breakfast
 - 4-bed room: NOK 1.400 (€163) per room per night without breakfast.
- Area for ski preparation and waxing in parking garage.

A: Storgata 55, 0182 Oslo,
P: +47 47 22 99 75 00,
M: booking@anker.oslo.no
Order code: EFNS2016



Opening Ceremony

Oslo City Hall

Monday
February 8.
6.00 pm

Bogstad Camping

Bus or Car

➔ ● 9 km. / 15 min.

Anker Hotell

➔ Ⓣ 700 m. / 9 min.

Ⓣ ➔ ● 5 min.
or

🚶 1,7 km. / 21 min.

Scandic Edderkoppen

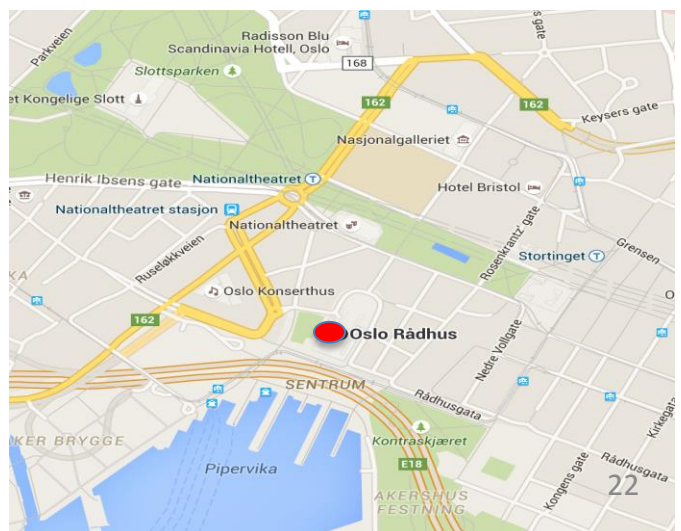
🚶 700 m. / 9 min.

Smarthotel

🚶 700 m. / 9 min.

Scandic Solli

🚶 900 m. / 13 min.



Banquet with prize ceremony

Posthallen

Prinsensgate 8, Oslo



Friday

February 12.

7.00 pm

Bogstad Camping


Bus or Car

  11 km. /18 min.


Anker Hotell

 1,1 km. /14 min.


**Scandic
Edderkoppen**

 1,1 km. /13 min.

Smarthotel

 1,1 km. /14 min.

Scandic Solli

 1,5 km. /20 min.



Excursions

All excursions take place Monday 7. and Tuesday 8. If there are too few participants for one excursion it may be cancelled. If there are too many participants, it is the first to sign up to get to participate. The participants will be informed and given the opportunity to switch to another.

Nr. 1 Forestry research and education, "Campus Ås" Monday 8.2

The Norwegian University of life sciences and The Norwegian Institute of Bioeconomy Research. We will make a guided trip on campus where exciting building projects are in progress and/or finished. Emphasis will be put on the use of wood.

Indoors we will be given a presentation on the forestry-related education in Norway and the challenges we are facing for the future. Further on there will be presentations on on-going research-projects related to forestry.



Campus Ås is situated 35 km south of Oslo, approximately 40 minutes by coach.

Departure from Scandic Solli Hotel at 9 am, returning at 3 pm.
Food will be served during the excursion.

Excursions

Nr. 2. Sawmilling – the backbone of Norwegian forestry sector

Bergene-Holm, Haslestad Bruk

Monday 8.2

During this excursion we will visit a modern Norwegian sawmill and planing factory. Here we will be given a presentation on the state of the art for the Norwegian sawmilling industry and the industry's challenges in the future: Log-supply, roundwood qualities and market situation.

On our way to the sawmill, there will be a presentation of Norwegian export of pulpwood through the harbour of Drammen. There will be food served at the sawmill.

From the sawmill we move on to the Norwegian Mining Museum in Kongsberg. Kongsberg used to be a major mining society, producing silver. We will be given a presentation on the close relationship between forestry and mining in Norway. On our way to Kongsberg, a presentation will be given on geographical and physical challenges related to forestry operations in Norway.



Departure from Scandic Solli Hotel at 9 a.m., returning at 5 p.m.

Excursions

Nr. 3. Guided cross-country skiing in Oslo's deep forests

Monday 8.2 and Tuesday 9.2

We would like to show you the Municipality of Oslo's efforts to create an arena for recreation, outdoor-life and sports activities in the forests surrounding the city. How do we create attractive out-door arenas through active forest management?

Following an outdoor lunch hosted by the municipality of Oslo, the participants will return to the city on skis through some of Norway's most popular areas for cross-country skiing. Guides will be present on all alternative routes.

There are three alternative routes:

Alternative A: 10,5 km. Slagtern-Skjærstjøen-Ankerveien-Sognsvann tube station.

Alternative B: 17,5 km. Slagtern-Lørenseter-Kobberhaugen-Skjennungen-Frognerseteren- Holmenkollen tube station.

Alternative C: 25 km. Slagtern-Slagene-Kikut-Bjørnholt-Sognsvann-Sognsvann tube station.



Remember to bring warm clothes and equipment for cross-country skiing.

Capacity: The number of participants will be limited to 80 participants per day.

Bus-departure from Scandic Solli Hotel at 9 a.m., return depending on the participants.

Excursions

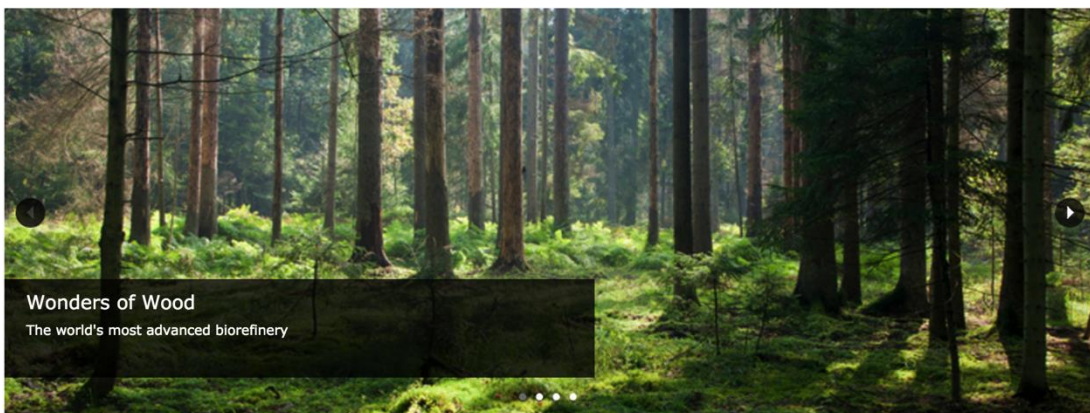
Nr. 4. A visit to Norway's largest biorefinery, Borregaard AS in Sarpsborg

Tuesday 9.2

The longest river in Norway, the river Glomma, has for centuries brought logs from the south-eastern parts of Norway to several industries along its banks. A few kilometres before it reaches the sea, the river forms a large waterfall that has provided energy for forest industries for several hundred years. It is here we find the location of Borregaard AS.

Borregaard makes highly refined chemical products based on raw materials, i.e. pulpwood, from the forest. We will have a guided tour of the premises as well as an indoor presentation on the company's business and products, with emphasis put on research and development.

There will be a historical input as well, namely a visit to an old fortification called "Fredriksten festning".



Departure from Scandic Solli Hotel at 9 a.m., returning at 5 p.m.

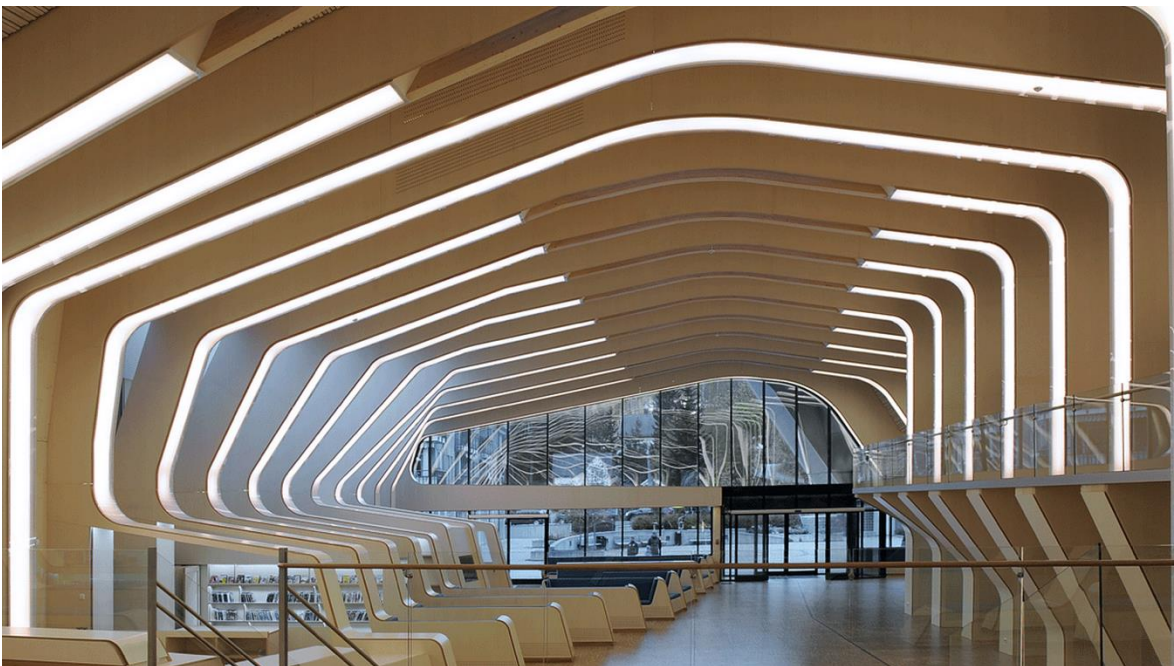
Excursions

Nr. 5 Wood in advanced modern constructions

Tuesday 9.2

This is a guided tour to the number one glue-lam factory in Norway. This factory has delivered the roof-construction on the large athletic arena “The Vikingship” that was the arena for speed-skating during the Olympic Winter Games in 1994.

Moelven also made the roof-beams in the terminal building at Oslo Airport, as well as a lot of bridges, both for motorised vehicles, bicycles and pedestrians.



Departure from Scandic Solli Hotel at 9 a.m., returning at 5 p.m.

Excursions

Nr. 6. Norwegian Wood Architecture

Guided tour in Oslo related to the development of Norwegian wood architecture.

Monday 8.2 and Tuesday 9.2

Follow us on a trip into Norwegian wood architecture from the Age of the Vikings to present time. The trip will start at the Viking Ship Museum with the Oseberg-ship dating from approx. 820 a. D. We continue at the nearby "Norsk Folkemuseum" with buildings dated from 1200 a. D. an onward through the centuries.

We will meet present day architecture in the Oslo Opera House, where wood is used at large scale in several rooms. In the largest hall we will see how modern architecture has learned from ancient Norwegian shipbuilding.



Departure from Scandic Solli Hotel at 9 a.m., the excursion will last for 3-4 hours.

Holmenkollmarsjen

13. February 2016



Holmenkollmarsjen has two alternative distances, 54 km and 25 km. Both in classical technique only.

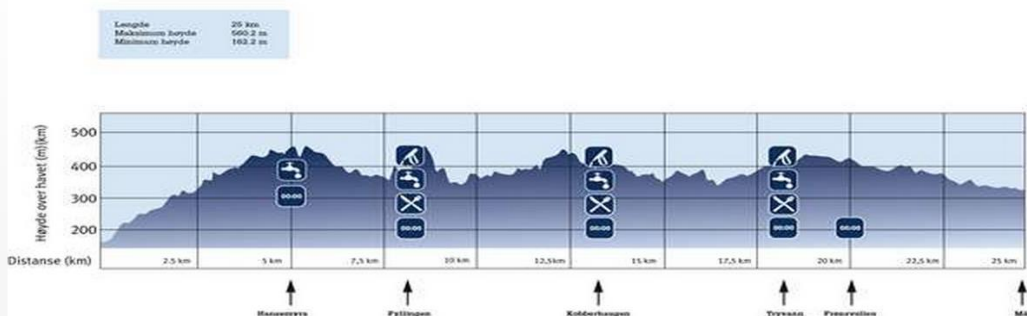
Holmenkollmarsjen 54 km

This is the distance for those who want a challenging hike through the most beautiful parts of Marka. Group 1 starts at 08:15 a.m., followed by new groups every five minutes. Each group has a maximum of 200 participants.



Holmenkollmarsjen 25 km

This is the distance for those who want to experience a ski race without crowding and high shoulders. The first group start is at 10.30, followed by seeded groups every 10 min, then there is open start from 11.00-12.00 a.m. The distance has the usual 10% prizes and statuettes, but does not apply as seeding for Birkebeinerrennet. The start is at Flvøli in Sørkedalen



Registration:

<http://www.skiforeningen.no/kursogarrangement/holmenkollmarsjen/pamelding/>

(Use Google Translate)

Holmenkollmarsjen

13. February 2016

Holmenkoll-**MARSJEN**



Map Holmenkollmarsjen

