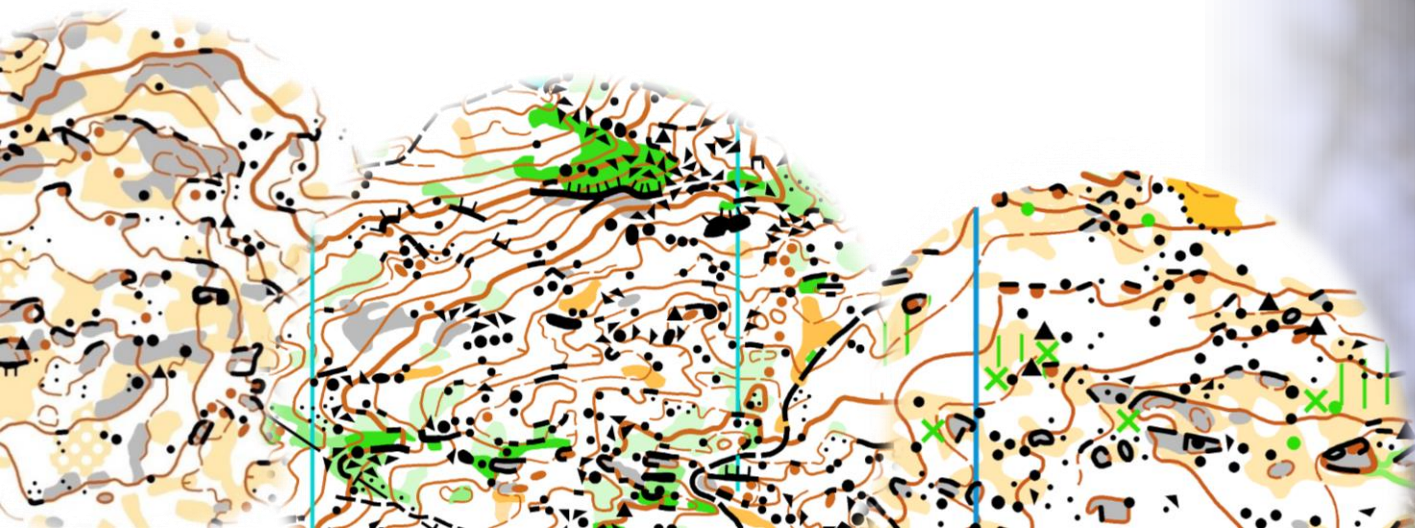


MAXIMUS WINTER O-CAMP

BURGOHONDO-MADRID (SPAIN) 



INVITATION 2024



#TheBestChooseMaximus

What is Maximus Winter O-Camp?

Maximus Winter O-Camp is a project developed by the Spanish Orienteering Club: Maximus, and 2024 will be the 5th year organizing this professional training camp for the international community.

In Burgohondo area we can find a big variety of high quality terrains, new and updated maps (the oldest from 2018), and a very comfortable weather (snow free) which gives us the perfect conditions for a winter training camp. Here you'll always face technically demanding trainings with an overall good runnability, which will let you get a good load of base training together with good high intensity sessions. Perfect for winter!

We can provide everything you need: accommodation, training maps, trainings with SportIdent, gym, swimming-pool, trail-running routes, physiotherapy, sport food, ...

Furthermore, for the whole period we'll have several contact persons in the area to attend all your necessities.



Our team

The **Maximus Winter O-Camp** is formed by a **strong and multidisciplinary team** with plenty of motivation and specific skills, which allows us to offer the best professional services before and during your stay. Everyone is important and have a role here. Have a look at our main team for this 2024 training camp.



RAÚL FERRA (39)

- Camp director & training setter
- International experience (athlete & coach)
- Professional coach and sport manager



YULIAN NAYDENOV (56)

- Maximus chairman
- Experience as World Ranking event director
- Contact person with the local authorities



SVETLANA MIRONOVA (37)

- Training setter & advising
- International medals as orienteer
- Professional athlete and coach



ARTEM POPOV (32)

- Camp contact person with groups
- Professional athlete & coach.
- Multidisciplinary workflow



IRYNA BEKETOVA (53)

- SportIdent officer & map maker
- Administrative tasks and invoicing
- Multidisciplinary workflow.



KONSTANTIN SEREBRYANITSKIY (28)

- SportIdent officer & control setter
- Control setter and SportIdent work
- Multidisciplinary workflow

What does the 8 times World Champion **Matthias Kyburz** 🇨🇭 say about us?

“In 2022 I was injured in the autumn so I wanted to collect many controls early in the season. For that purpose, I choose Maximus. **The maps and the courses are of high quality and I enjoyed a very good training week which was a perfect basis to build on towards WOC!**

I remember very well the night massstart training. It felt like you opened the cage of 100 hungry lions... All were so crazy about orienteering and the speed and the intensity was high. I tried to follow and play with the boys until I was completely lost...That was a special moment in 2023!”

Matthias Kyburz



What do some of the world class athletes say about us?



Vojtěch Král 🇨🇪: "Burgohondo has many good opportunities for different kinds of trainings. Well drawn maps in technical terrains. With strong and hardworking team of Maximus it all together makes **a great place for winter camp that you should experience!**"

Simona Aebersold 🇨🇭: "It was really cool to have a training camp there with IFK and have organized trainings/tapes in the forest. Also, I think that **the variety of maps is good and you get a lot of good trainings within not that many kilometers.** The terrains are special with the many rock formations and sometimes really technical but fast, what I liked 😊."



Lucas Basset 🇫🇷: "Maximus camp offered **trainings and service of a quality way over my expectations!** Terrain and trainings were perfect for a really technical experience getting out of winter and setting the base for a successful competition season. And on top of that, the organizing team was available for any question or specific requirement, which is great to personalize your camp! Will go to Burgohondo again for sure!"

Marika Teini 🇫🇮: "Burgohondo area was a new experience for me last year and I was happy to **find lots of new interesting and demanding orienteering terrains.** Most of them were really close to our accommodation so we didn't have to waste time sitting in the car. Also we found nice mountain trails for long runs and hikes with great views. Really good place to develop one's orienteering skills."



Mark Nixon 🇬🇧: "The Maximus Winter O-Camp gives **you everything you need for a high-quality training camp.** Great terrain, great maps, and great courses. The team are great, and will help you every step of the way to create your ideal camp. Having pre-planned training with SI-timing meant I could spend my time coaching, not putting out controls. Warm and comfortable accommodation in beautiful Burgohondo is the perfect place to be in winter. Give it a try, you won't regret it!"

Marianne Andersen 🇩🇰: "I think the area around Burgohondo is really good for basic orienteering training, with interesting and varied terrains. The trainings were also both varied and comprehensive, **so you could really tailor your own perfect training week.** The only negative thing I have to say about my stay, is that I was injured and couldn't run as much as I wanted. But fortunately, the possibilities for alternative training were also great, and the area is really nice also for cycling."



Megan Carter-Davies 🇬🇧: "I love Maximus! It's always something I look forward to throughout Winter and MOM is a great competition as the season start. You can always trust that the Maximus team will be putting on great courses in these epic terrains, and make a great atmosphere of it too."

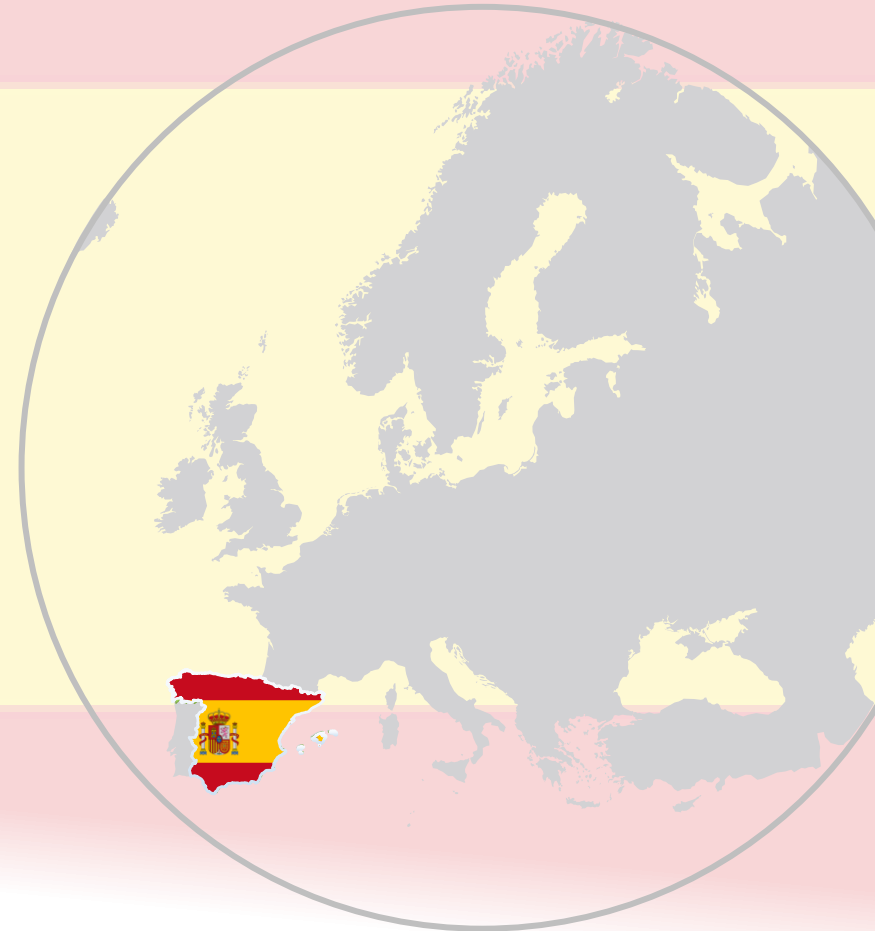
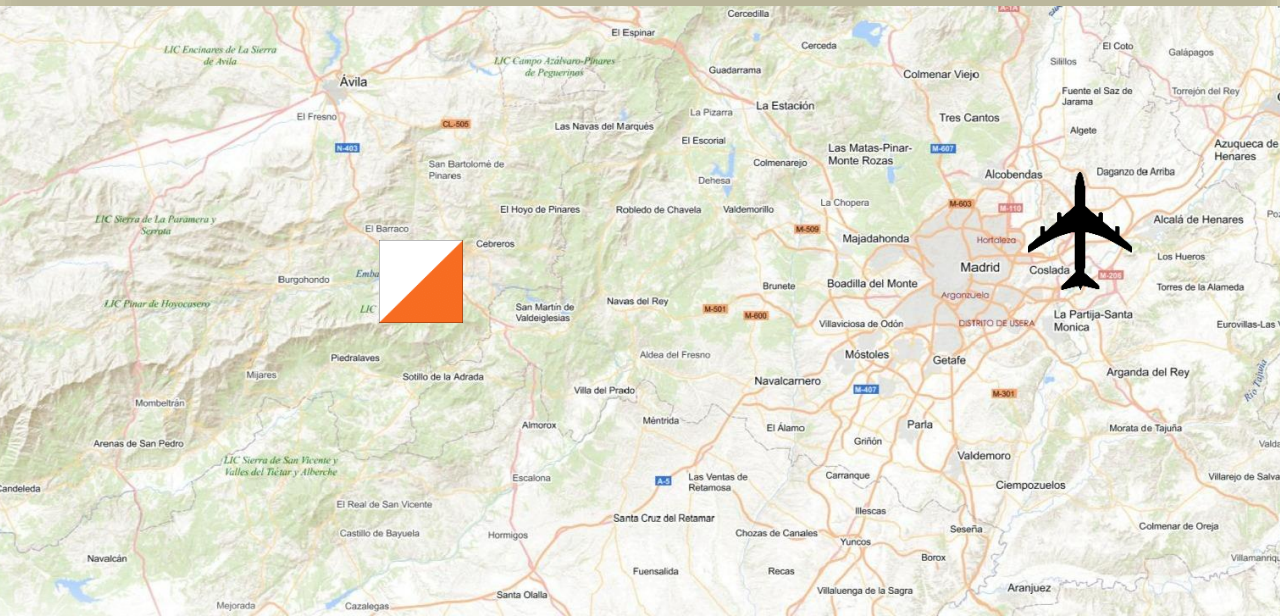
I love all of the terrains that I've run on there but I think my favourite is Valle Iruelas (2020 competition map), which was so much fun navigating through the rock detail, especially as it is mapped so well."

Gernot Ymsen 🇩🇪: "We really enjoyed our stay in Burgohondo. Many different challenging technical exercises, mostly close to our very good accommodation, great landscape for long distance running or biking and alternative training possibilities. Especially if you want to improve your technic in stony but good runnable terrain, **it's heaven on earth for an orienteer.** It's just a question of time until we will be back after our visit in 2020."



Location

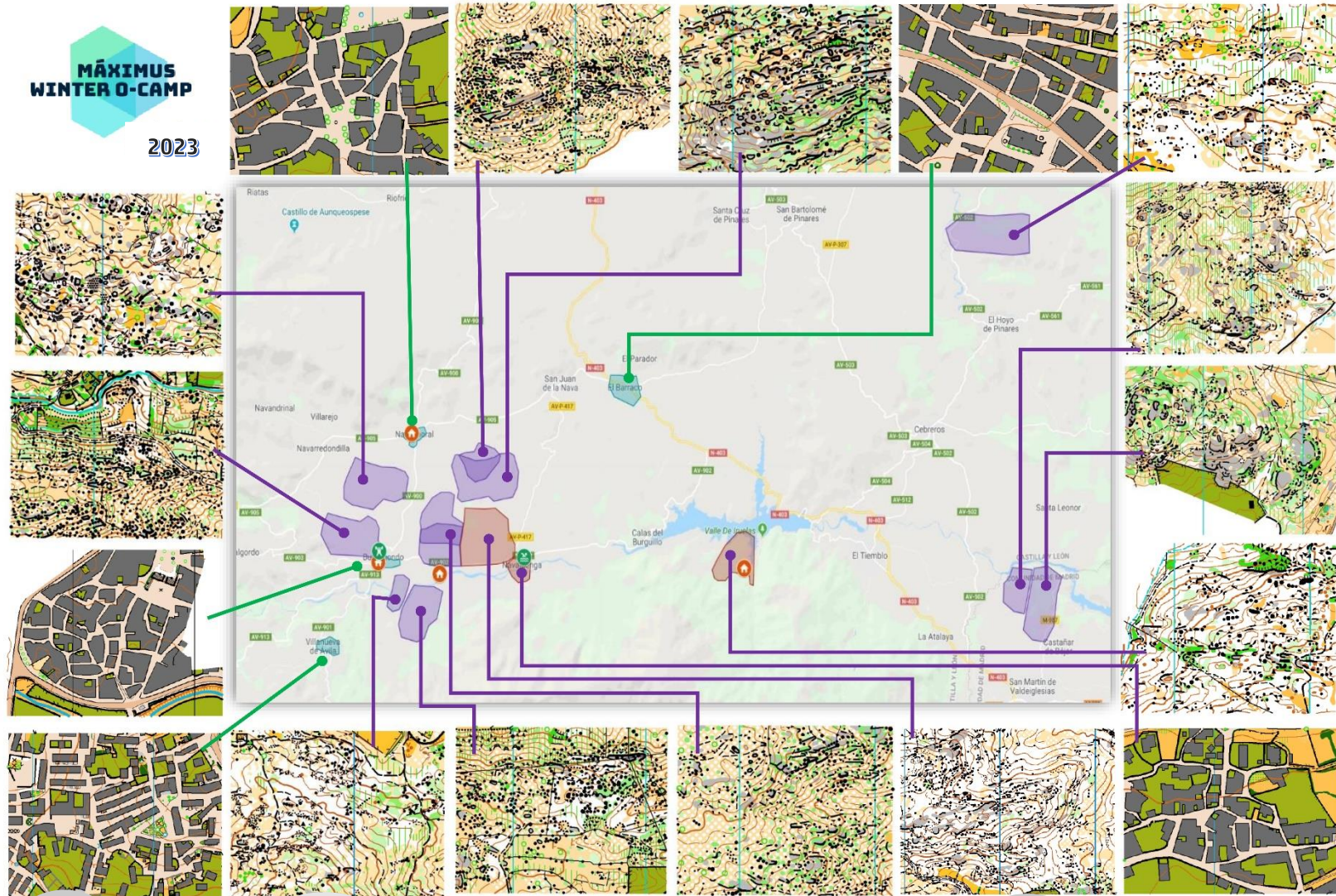
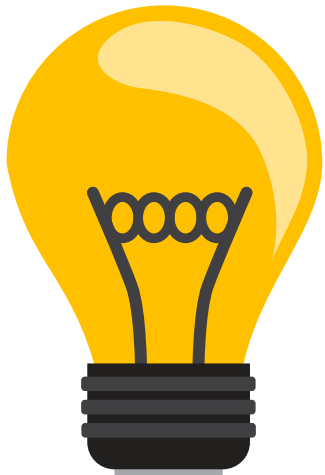
Our training area is situated in the central part of Spain, Ávila province, and only **1.5 hours driving West from Madrid**, where the main airport “Adolfo Suárez – Barajas” offers many both good and cheap flying options.



Map locations

Once you reach our training area, it is possible to go just jogging to some of the training maps. The main part of the them are situated **less than 20' driving**, and the most far away ones, not more than 45' driving from Burgohondo.

OPEN IN
GOOGLEMAPS

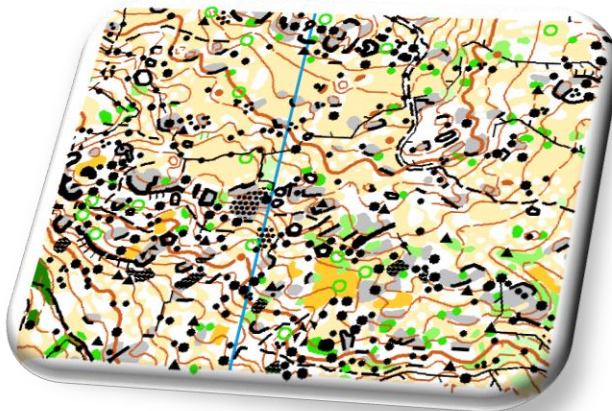
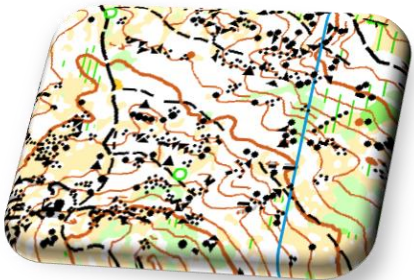
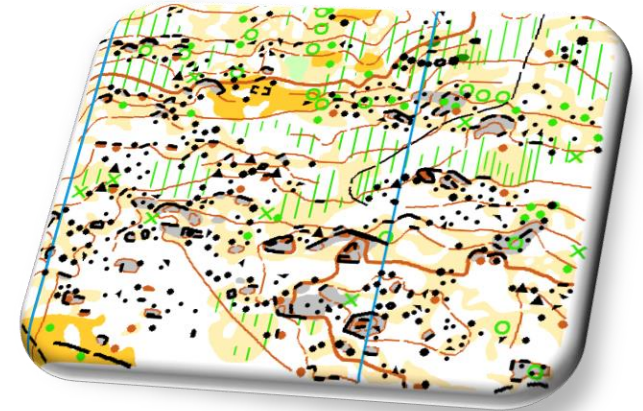
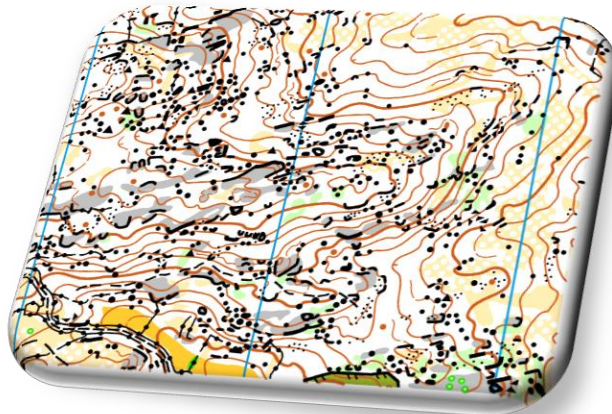
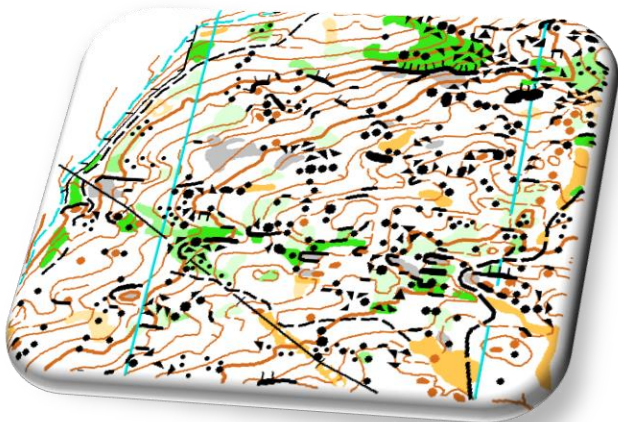


Our maps

Our club has been making new maps in the area every year since 2015, and updating year by year the existing ones. We usually hire different map makers to get a richer variation of mapping style and criteria. Among the mappers who works for us are some of the most valued as Janne Weckman , Timo Joensuu or Rui Antunes .

Some of the sample maps you can see below, and if you want more detailed information, visit our web:

www.maximusocamp.com/our-maps/



ORIENTEERING TRAININGS

- ▣ Permanent forest trainings
- ▣ Permanent sprint trainings
- ▣ Weekly SportIdent trainings
- ▣ Other trainings (on demand)
 - Knock out
 - Test races
 - Relay
 - ...

ALTERNATIVE TRAININGS

- ▣ Trail routes for long runs
- ▣ Fully equipped gym
- ▣ Swimming pool
- ▣ Rental bikes
- ▣ Leisure activities
 - Horse riding
 - Kayaking
 - Other (on demand)



MÁXIMUS WINTER O-CAMP

COMPETITIONS

- ▣ Maximus O Meeting (2 x WRE)
- ▣ Other competitions in the area (regional a national races)

LOGISTICS

- ▣ Best accommodations
 - Fully equipped houses
 - Hotels (3 stars)
- ▣ Partner restaurants with sport food (menu on demand)
- ▣ Physiotherapy service
- ▣ Rental cars counseling

Orienteering trainings

We're working in developing the permanent trainings package which will be available for 1st January 2024.

Maps will be printed with **high quality laser printing** and **waterproof paper**.

Below you can find the preliminary list of trainings (**22 forest trainings and 9 sprint trainings**) which will be completed with all information for the end of the year.

Forest trainings

CODE	TYPE	MAP
PET-01	Middle	Cabeza Mesada
PET-02	Middle	El Burguillo
PET-03	Middle	Cerro Madroño
PET-04	Classic	Valle Iruelas*
PET-05	Classic	Burgohondo Oeste
PET-06	Classic	Matacimera
PET-07	Long	Monte El Encinar
PET-08	Long	Canto Redondo
PET-09	Unforked interval	Puente Nueva
PET-10	Unforked interval	La Herrería*
PET-11	Unforked interval	Burgohondo Este

CODE	TYPE	MAP
PET-12	Forked interval	Infierno Navalmoral
PET-13	Forked interval	Matacimera
PET-14	Forked interval	Cabeza Mesada
PET-15	One runner relay	Castañar El Tiemblo*
PET-16	One runner relay	Pinar Almorox
PET-17	One runner relay	Peguerinos
PET-18	First leg relay	Matacimera
PET-19	First leg relay	El Burguillo
PET-20	First leg relay	Infierno Navalmoral
PET-21	Multitechnique	Matacimera
PET-22	Multitechnique	Monte El Encinar

All the permanent trainings will be marked with tapes and reflectors (except those marked with *), weekly revised.

Sprint trainings

CODE	TYPE	MAP	CODE	TYPE	MAP
SPR-01	Sprint	San Juan de la Nava	SPR-06	Unforked interval	Navaluenga
SPR-02	Sprint	Villanueva de Ávila	SPR-07	Unforked interval	San Juan de la Nava
SPR-03	Sprint	Burgohondo	SPR-08	Forked interval	El Barraco
SPR-04	Sprint	Hoyo de Pinares	SPR-09	Forked interval	Peguerinos
SPR-05	Unforked interval	Navalmoral			



SportIdent trainings

According to the schedule, trainings with SportIdent timing will be organised weekly. It's a good opportunity to **do fast quality trainings together with other clubs** or groups who are also training in the area.

- Registration can be made up to **24 hours before the training**.
- SportIdent trainings are **NOT the same courses** than Permanent Trainings.
- Start Time will be at **11am** (when mass start) and from **10.30am to 11.00am** (when individual free start).
- Exact schedule of SportIdent trainings (locations, training specifications and entry form) will be **published in advance for every month of the camp**.
- Timing control** (with splits) and **results** will be provided.
- Air+** SportIdent system (free touch) will be used.
- Minimum participants number for the training: **10 people**.



Tip! We can prepare any extra training you need on demand!

MOM

MÁXIMUS MEETING

#THEBESTWINMAXIMUS



Preliminary schedule with competitions and SportIdent trainings



JANUARY

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

MO	TU	WE	TH	FR	SA	SU
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

MARCH

MO	TU	WE	TH	FR	SA	SU
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		



ORIENTEERING TRAININGS

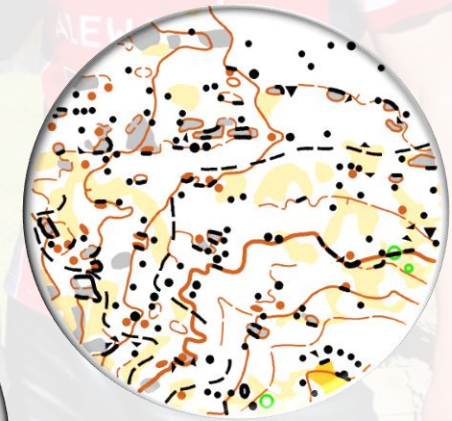
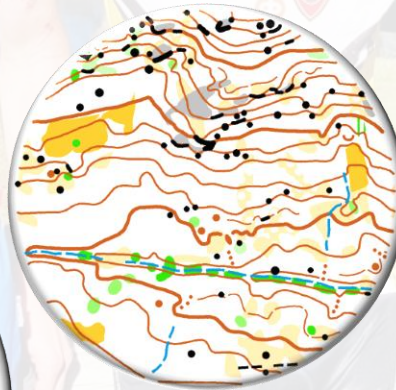
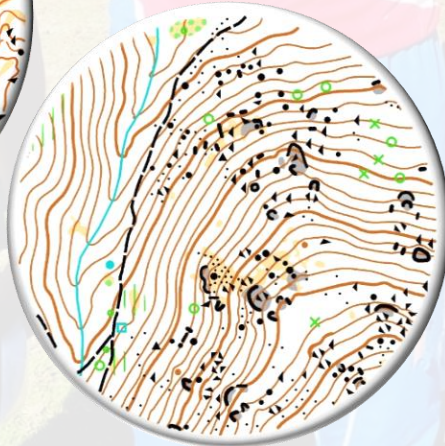
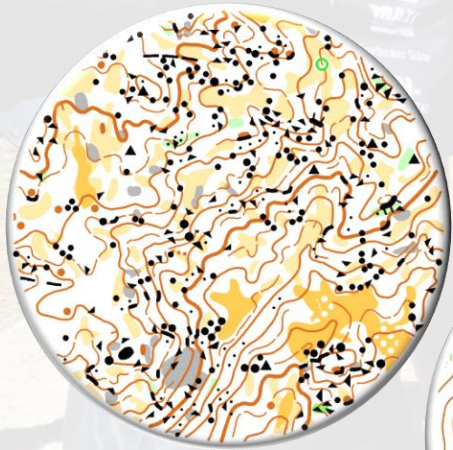
Maximus competitions

MOM

MÁXIMUS O MEETING
16th-20th February

During the training camp, you can enjoy also some **high quality competitions** in the area. One of the best competitions in the Winter will be the fifth edition of **Maximus O Meeting** from **16th-20th February**.

4 competition days, two WRE (long, middle), NEW MAPS!



ORIENTEERING COMPETITIONS

Alternative and complementary training

During your training camp with us, you'll have many chances to do different alternative and complementary training.



GYM

We have in Burgohondo and Navaluenga towns - **full equipped gyms** where you can do strength and stretching exercises very comfortably. Open from Monday to Friday.



SWIMMING-POOL

In Navaluenga town it is possible to swim or do aqua-jogging in the local **climatized swimming-pool**. Open from Tuesday to Sunday.



TRAIL RUNNING ROUTES

If you want also to do some **long runs or mountain routes**, this area is just perfect for that. Around the valley there are many high mountains with plenty of paths, and some marked routes.



PHYSIOTHERAPY AND SPORT MASSAGE

If you need some **treatment or just sport massage**, we can provide the best professionals.

ALTERNATIVE TRAINING

[SEE TRAIL ROUTES](#)



ARTEM POPOV AT (PICO LACHAMALA, 2000 METRES). 3/2/2020

ALTERNATIVE TRAINING

Official Accommodation

Different accommodation options are offered as official for the training camp. We'll book everything for you and be available to solve any problem you can find during your stay. One contact person will be in the area **full time**.



Currently we arrange **more than 30 rental houses in the area** with different characteristics and locations, so that we will offer you the ones which fit better to your needs, working always with the **best quality**. If you prefer other kind of accommodation like hostel or hotel, we also can arrange. Also a **good restaurant** in Burgohondo. Just ask!

Prices

Below you can find the main prices of the o-camp.

Orienteering trainings

<i>Concept</i>	<i>Price</i>
<i>Permanent Training</i>	6 euros
<i>SportIdent Training</i>	8 euros

Logistics

<i>Concept</i>	<i>Price</i>
<i>Accommodation (Depending on the accommodation's type, number of people, number of days,...)</i>	25-30 euros/person/night
<i>Dinner (In our partner restaurant. Local food and traditional food on demand)</i>	12 euros/meal

Alternative Activities

<i>Concept</i>	<i>Price</i>
<i>Gym</i>	5 euros/day
<i>Swimming-pool</i>	4 euros/day



Contact us and book
your camp in
less than 24 hours!



Pay only for
what you order!



Order your maps no later
than 10 days prior to your
arrival!



LOYALTY
DISCOUNTS



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info@maximusocamp.com - www.maximusocamp.com

Book your maps via



WHAT WE'VE DONE SO FAR

30 - Countries



2000 - Designs



500 - Clubs



10 - Distributors



The innovative fibers we use are certified by OEKO-TEX, a globally recognized inspection organization. This certification means that the fibers contain no chemicals which are harmful to the skin or body.



SIGN SPORT products are covered under a 2-year exchange guarantee.



In order to provide absolute quality, Sign sport products are manufactured exclusively in Europe.

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MAXIMUS WINTER O-CAMP 2024

BURGOHONDO-MADRID (SPAIN) 

