

Bulletin 4



WRE - ECTO

Spanish League Trail-O Spanish TempO Championship

Malpartida de Cáceres, Los Barruecos, April 2026

The Extremadura Orienteering Federation (FEXO), together with the clubs CD Base Don Benito and Imperdible, organize a full weekend of Orienteering in the surroundings of the Natural Monument of Los Barruecos, in Malpartida de Cáceres. This is an outstanding venue for the practice of this sport, with areas of high technical detail and accessible paths.

The event will consist of three competitions counting towards the World Ranking Event (WRE) and the Spanish League. In addition, the Spanish TempO Championship will be held.



Program

Friday, April 10

23:59 – Closing of entries in Eventor (regular fee deadline)

(April 14: late entries with a 25% surcharge)

Friday, April 17

18:00–20:00 – Secretariat open in Malpartida de Cáceres (venue to be confirmed)

Saturday, April 18

08:15 – Secretariat opens at the competition arena, Los Barruecos

(Pick up bib numbers and Toe Punch cards for Sprint and PreO)

09:15 – TempO competition, first start at the competition arena

12:30 – End of starting window (estimated)

17:30 – Sprint PreO Los Barruecos, first start at the competition arena

Sunday, April 19

09:00 – Secretariat opens at the competition arena

09:30 – PreO competition, first start

12:30 – End of starting window (estimated)

14:30 – Prize-giving ceremony: Spanish TempO Championship and Extremadura Trail-O Trophy

On Saturday afternoon and Sunday morning, we will offer two foot orienteering training sessions for those interested in more rocky terrain. Registration can be done via Eventor (through the TempO event link) or in SICO. These will be highly technical trainings in rocky areas from older maps.

All information at:

<https://sites.google.com/view/sleto2019/trofeo-extremadura-trailo>

Technical Information

Saturday 18 – Morning, Paraje de San Isidro, Los Barruecos

Terrain: The TempO competition will take place in the San Isidro area. This zone, within the Natural Monument, features some contour detail, and many small and large rocks and bare rock detail, in a less rugged environment. It is ideal for a TempO competition.



The path between stations runs along a forest track in good condition.

Mapa: Juan Pedro Valente; ISSPROM19 1:4000, Eq. 2,5m Map December–January 2025 (base map Richie Dengra)

Course setting: Juan Pedro Valente

WRE Temp-O, Spanish Championship: 6 stations, 450mt. **Beginners 4stations, no Zeros.** **A warm-up station will be available at the competition center.**

Distance from the arena to the start: 200 metros. **Pre-Start -5'**

Distance from parking to the arena: 0m (P Class); 200m (Open, Junior).

Distance from the finish to the arena; 400m.

Old map:



Saturday 18 – Afternoon, El Corchao, Los Barruecos

Terrain: The Sprint competition will take place very close to the TempO area, using the same arena. The map is named after a necropolis consisting of around thirty tombs carved into granite rocks and outcrops. Three distinct zones can be identified:

- Woodland with large rocks and additional features;
- More open terrain with smaller details;
- Rocky hills with large bare rock areas, cliffs, and numerous rocks



The competition route runs along a flat compacted dirt track in good condition.

Map: Juan Pedro Valente; ISSPROM19 1:3000 Eq. 2,5m, Map December 2025 (base map Juan Francisco Sánchez)

Course setting: Juan Pedro Valente

WRE Sprint Trail-O: 23 tasks, 200mt, climb 0m. Time limit. O-J 30min; P-class coef. 0,8 (manual wheelchairs 37:30min), 0,9 (rest P Class 33:20min). To improve readability, the map has been duplicated. Next to each map, the list of controls it contains will be shown.

Distance from the arena to the start: 430 metros.

Distance from parking to start: 430 metros (P-class – competitors may be transported to the start); 470m (Open, Junior)

Distance from parking to the arena: 0m (P Class); 200m (Open, Junior).

Distance from the finish to the arena: 500m.

Return route: Open-J participants will follow the path that takes them very close to the arena. P participants who have been transported to the start will return along the competition route in silence and without interacting with competitors who are still on the course.

Order of the controls: the observation points appear following the numbering of the controls. There may be some last-minute changes due to unforeseen circumstances (especially vegetation growth).

Old map:



Sunday 19 – Morning, “Where the rock is firm, fear takes no root”, Los Barruecos N

Terrain: The PreO competition will take place inside the Natural Monument of Los Barruecos, along a compacted dirt forest track in good condition, with a small elevation change in a short section (one-way in the course). Once again, the terrain features rocks of all sizes and shapes, with vegetation details, spread across two rocky hills bordering the competition path.



Map: Juan Pedro Valente; ISSPROM19 1:3000 Eq. 2,5m, Map January–February 2026 (base map Richie Dengra)

Course setting: Juan Pedro Valente

WRE PreO: 30 controls, distance 500 m, climb 10m. Time Limit 105 (Open, Junior), 121 (P Class). The diameter of the maps for the Timed Controls will be 8 cm.

Beginners 14 controls, 400m, Time Limit 57min, no Zeros.

On the course there is a point of no return after control 6 and a one-way section after control 17. Controls 1 to 6 will be solved from an open area with compacted ground similar to the paths. The area will be marked in the terrain with tape.

Distance from the arena to the start (through TC): 350 metros

Distance from parking to the arena: 0m (P Class); 380m (Open, Junior).

Distance from the finish to the arena: 550m.

Return route: Open-J participants will return along the competition route in silence and without interacting with competitors who are still on the course. P participants may request their own transport to pick them up at the finish, or they can return in the same way as the Open-J participants.

Order of the controls: the observation points appear following the numbering of the controls. There may be some last-minute changes due to unforeseen circumstances (especially vegetation growth).

General technical considerations for all events

The philosophy of all competitions is that competitors can solve all tasks using the most classical orienteering technique: reading the map.

Secondary Trail-O techniques (alignments, bearings, etc.) may be useful in some cases to narrow down areas, but they are neither required nor exhaustively tested. In any case, they are not necessary to solve any task.

Special symbols on the map:

- **O** Black circle: stone barbecue
- **X** Black X: information board
- **X** Green X: significant dead tree

Control descriptions

The symbol **206 Needle/Rock Pillar** is always used for rocks mapped to scale (ISSPROM 206), regardless of their height (usually very tall, but with some exceptions).

In most controls located in places where it is not possible to stake the control flags into the ground, wood stands are used to hold the control flags. The flag will be placed approximately 80 cm above the ground, although this has no relevance for the competition.

The water level of the reservoir shown on the map reflects the water height during the third week of March 2026. It is not expected to vary significantly, and in any case it does not affect the resolution of any task.

Zero Tolerance

Tolerance 4 meters: If a flag is placed less than 4 m from the correct position, the answer will not be Zero. This applies only to the competitor, not to the organization, which will always place flags in the correct location (when applicable). The only possible exception would be if a flag placed within 4 m is positioned on a different mapped point feature.

For tasks located on area or linear features without nearby references, the tolerance will be greater than 4 m.

Timed Controls Protocol

The usual protocol will be followed, in English.

IMPORTANT: Competitors who wish to give their answer by pointing must inform the marshals.

We kindly ask for maximum efficiency in transitions between stations to keep the event running smoothly and minimize the likelihood of large numbers of non-participants being present towards the end. Several stations are close to each other, so instructions for leaving each station must be followed.

In case of failure of the Toe-Punch units:

If a Toe-Punch unit does not work (and only in this case), the answer must be marked on the corresponding row of the control descriptions printed on the map. The first box identifies the control number. The following boxes correspond, in order, to answers A,

B, C, D, E, F, and Z. Therefore, the competitor must punch the box corresponding to their answer within that same row.

Example: if control 12 has the correct answer D, the fifth box in the row for control 12 must be punched, as it corresponds to answer D (with the first box being the control number). If the answer is Zero, the eighth box (Z) must be punched.

12	A-D	←	≡	◦		∨	
	A	B	C	D	E		Z

Foot-O Trainings

Training 1: Los Barruecos map, scale 1:7,500, 4,100 m, 19 controls. Available from Saturday morning. Do not leave the area defined by the training to avoid disqualification.

Training 2: Malpartida map, scale 1:4,000, 3,600 m, 25 controls. Available after the end of the sprint competition.

Locations

Check the complete map of locations and embargoed areas [here](#). Those who violate the embargo areas before the competition may be disqualified.

Entries

Deadlines:

Regular fee: April 10, entries close at 23:59

Late entries (+25%): until April 14

Entry system: [IOF Eventor](#)

Fees per competition (TempO and PreO)

Category	Price
O (Open Elite)	24 €
P (P-class Elite)	24 €
J (Junior)	20 €

Fees per competition (Sprint):

Category	Price
O (Open Elite)	20 €
P (P-class Elite)	20 €
J (Junior)	18 €

Junior: Born after January 1, 2006

Non-FEDO / FPO Competitors

Entries via IOF Eventor (entries open). Three events:

Saturday 18, TempO: <https://eventor.orienteering.org/Events/Show/8694>

Saturday 18, Sprint: <https://eventor.orienteering.org/Events/Show/8695>

Sunday 19, Pre-O: <https://eventor.orienteering.org/Events/Show/8696>

Categorías	NO FEDO/FPO
O (open Élite)	24€
P (Elite Paralímpica)	24€
Junior	20€
Sprint (O y P)	20
Sprint (Junior)	18

Foot-O Trainings: 5€ each. Registration through "Order Services" on the TempO entry link.

Payment

Payment by bank transfer to:

- Account holder: FEXO
- Bank: Ibercaja
- IBAN: ES18 2085 4511 9403 3194 8982
- Email: Inscripciones(at)fexo.org (include competitor name or club)

General Information

The control system will be Toe Punch. Control cards will be provided by the organization.

[Toe-Punch User Guide](#)

The Extremadura Trail-O Trophy will be decided by the sum of points (TOP) from the three competitions.

Bib number

The bib is mandatory for all competitors. FPO participants and those registered via Eventor must collect it at the event office.

Participants in Class P:

The organization will not provide individual assistants for Class P participants, who must bring their own assistant if needed. Nevertheless, the organization will be attentive at points where assistance may be required.

Class P participants must submit their certificate of eligibility before the start of the event.

Classification of P class athletes

Laura Eliza Tabaka will be classifying P class athletes on April 18 and 19 during the Spanish WRE competition — on Saturday between TempO and PreO Sprint, and on Sunday after the PreO course. The classification will take place at the competition center.

If needed, please bring your own interpreter, as communication will be in English. Required documents must also be submitted to IOF (this can be done after the classification, but the process will take longer).

If you would like to apply for classification, please send an email to lapinalaura01@gmail.com.

The next classification opportunities will take place on May 16–17 during the FinTrailO competition and during ETOC.

WC

It was not possible to install portable WC on the Competition Center. There will be accessible WC on the TempO terrain (can be used during the TempO competition and after it is finished), and in the Interpretation Center of The Natural Monument. They are on the locations map.

Prizes

In addition to the prizes corresponding to the Spanish TempO Championship, there will be an overall prize for the top three competitors based on the combined points (TOP) from the three events.

Event Software Acknowledgements

The organization wishes to thank the developers of the open-source software used:

- **OpenOrienteering Mapper**, map design
- **TempO Maker**, timed maps
- **TOP**, results processing

Weather

In Cáceres in April, the climate is typically spring-like: generally mild and pleasant, with some variability and possible rainfall.

- Average maximum: 19–20 °C
- Average minimum: 7–9 °C
- Average daily temperature: 13–15 °C

This means mild days suitable for outdoor activities and cooler nights where an extra layer may be needed.

<https://www.tiempo3.com/europe/spain/extremadura/caceres?page=month&month=April>

Tourism

The province of Cáceres offers one of the most captivating combinations of history, landscape and biodiversity in southwestern Europe. Its territory preserves a remarkable balance between cultural heritage and unspoiled nature. If you have some extra time you will not regret visiting some of the wonders in this region.

The city of Cáceres, a UNESCO World Heritage Site, is renowned for its exceptionally well-preserved medieval and Renaissance old town. Walking through its cobbled streets, fortified palaces and ancient towers feels like stepping back in time. The city's stone architecture, atmospheric squares and rich cultural life make it a unique destination where history remains vividly alive.

A short distance away lies Trujillo, a monumental town crowned by a medieval castle and famous for its grand main square. Birthplace of several explorers of the Americas, Trujillo blends noble palaces, churches and panoramic views over the surrounding plains, offering a deep sense of Spain's historical legacy.

Nature reaches its most dramatic expression in Monfragüe National Park, one of Europe's finest examples of Mediterranean forest and a paradise for birdwatchers. Towering cliffs, winding rivers and vast woodlands provide refuge for emblematic species such as the Spanish imperial eagle, black vulture and griffon vulture, and the star of the park, the Black Stork. The park's raw beauty and ecological richness make it an outstanding destination for nature lovers.

Beyond these highlights, the province of Cáceres is dotted with traditional villages, ancient Roman roads, "dehesa" landscapes and clear night skies. It is a land of authenticity, silence and open spaces, inviting visitors to explore at a slow pace and discover the timeless character of Extremadura.



Organization

- Event Director: José Antonio Carrasco (FEXO)
- Mapping: Juan Pedro Caraça-Valente (Imperdible)
- Course setting: Juan Pedro Caraça-Valente
- Controller: Juan Emilio Montero (COMA)
- Secretariat: Estrella Gordillo
- Results: Abel Otero (FUNDI-O), ANT - Toe Punch - TOP
- Marshalls, Logistics: FEXO / CD Base Don Benito / Club Imperdible

Contact:

- [inscripciones.clubimperdible\(at\)gmail.com](mailto:inscripciones.clubimperdible@gmail.com)
- [Inscripciones\(at\)fexo.org](mailto:Inscripciones(at)fexo.org)

Accomodation

There is a wide offer of hotels and other accommodation types in Malpartida and in Cáceres (10km away). Same with restaurants.

The organization will try to provide "hard floor", but it is not yet confirmed or guaranteed.

Medical Centres

<https://www.areasaludcaceres.es/>

Applicable Regulations

The competitions described in this Bulletin will be governed by the applicable regulations and rules, including:

- IOF Trail-O Rules
- FEDO Trail-O Rules and LETO regulations

Any competitor who violates the rules or benefits from such violation will be disqualified.

By registering, competitors accept the use of images generated during the event.

Except in the case of an accident, helping or receiving help from other competitors is prohibited. All competitors have a duty to assist injured participants. In Trail-O competitions, any verbal or non-verbal communication during the event is prohibited.

Doping is prohibited. CSD and IOF anti-doping regulations apply. Controls may be carried out in or out of competition.

Any attempt to map or train in the competition area is prohibited. Gathering information beyond that provided by the organizer is forbidden before and during the competition.

After finishing, competitors must not re-enter the competition area without permission from the Controller. Retired competitors must report immediately to the finish, hand in the map and control cards, and must not influence the competition in any way.

Fair Play and Environmental Care

All participants must adhere to the principles of fair play, acting honestly, with sportsmanship and a spirit of friendship. Competitors must respect other competitors, officials, spectators, local residents and the environment, and should remain silent during the competition.

REMEMBER:

Care for and respect nature. Do not leave litter in the area. If you cannot find a bin or rubbish bag, ask the organization.

The future depends on how we treat the environment today.

