



The plan calendar competitions on Trail Orienteering In Latvia in 2009

Date	The name of competition on Trail'O	Place	The organizer	The responsible person and possibility to be contacted
April 13	EASTER PRIZE ' 2009	Riga www.riga.lv	OK-MONA http://www.mona.lv & LEONARDO http://www.leonardo.lv	Peteris Pirtnieks Phone +371 26339482 e-mail: ppecis@inbox.lv
April 25 - 26	Paralympic Cup „Jūrmala '2009”	Jurmala www.jurmala.lv Jaunkemeri www.jaunkemeri.lv	OK – Liedags	Janis Bergs Phone +371 29928638 e-mail: orient@navigator.lv
May 16	Opened competition „Jēkabpils ' 2009”	Jekabpils www.jekabpils.lv	IADC "Ausma" & „Sēlijas mežs”	Janis Gaidelis Phone +371 28885241 e-mail: gaidelis@inbox.lv
May 30	Opened competition „Siguldas kauss'2009”	Sigulda www.sigulda.lv	Biedrība „A2” www.ba2.lv & „Aicinājums TEV”	Janis Lazdans Phone +371 29368877 e-mail: info@siguldasdzains.lv
June 13	The open championship of the city of Riga	Riga www.riga.lv	RISK Optimists RDIJSD http://www.ijsd.riga.lv	Aelita Bigacha Tlf 26563341 e-pasts: ailu@inbox.lv
July 3 - 5	Team competition on the PARALYMPIC CUP „Kāpa'2009”	Usma www.usma.lv	LOF „Trail'O” company; & OK-Kāpa www.kapaok.lv	Janis Bergs Phone +371 29928638 e-mail: orient@navigator.lv
July 12	Opened competition "Dobeles kauss'2009 OTD"	Dobele www.dobele.lv	OK-Sprīdītis www.orient.lv/spriditis/	Normunds Narvaishs e-mail: pakrasti@apollo.lv
July 25 – 26	Sports games on Trail Orienteering „LATGALE'2009”	Daugavpils www.daugavpils.lv	OK – Stiga & IB – Daugavpils	Janis Gaidelis Phone +371 28885241 e-mail: gaidelis@inbox.lv
August 1	The Paralympic championship of Latvia	Kraslava www.kraslava.lv	LOF „Trail'O” company; & IB-Krāslava	Janis Gaidelis Phone +371 28885241 e-mail: gaidelis@inbox.lv
August 29	Opened competition „Kēmeri'2009” *	Jurmala www.jurmala.lv Kēmeri www.kemeri.gov.lv	OK – Liedags	Janis Bergs Phone +371 29928638 e-mail: orient@navigator.lv
September 18	Opened competition „Gauja'2009”	Gauja http://www.carnikava.lv	LEONARDO http://www.leonardo.lv	Peteris Pirtnieks Phone +371 26339482 e-mail: ppecis@inbox.lv
September 25 - 27	Opened competition „Michaelmas'2009” **	Tervete www.rctervete.lv	LOF „Trail'O” company; & OK-Sprīdītis www.orient.lv/spriditis/	Janis Bergs Phone +371 29928638 e-mail: orient@navigator.lv

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*Kēmeri

Part of Jurmala, connected with the rest of Jurmala and Riga by and electric railway and the Riga-Ventspils highway. 44 km from Riga.

Kēmeri is 6 km far from the sea, and is situated among lakes and swamps, rich in sulfuric springs. That is why the development of this place is connected to medical functions of sulfuric waters of local marshes.

Saint springs of Kēmeri, used in folk medicine, have been known to doctors from the second half of the 18th — the beginning of the 19th century, when representatives of Kurland high society came there to get rid of various diseases. They were accepted by foresters, who offered to live in their houses and enjoy medical baths from marsh springs. The name of one forester was Kemers; he gave the name to marshes and later, to the whole resort.

There are more than 30 sulphureous springs on the territory of Kēmeri, besides, there are a lot of medical peat and sapropelic silt (in the lake Kaniera). In 1997, Kēmeri National Park was founded here.

Coat of arms of Kēmeri. A dolphin - symbol a health and wisdom

More information:

<http://www.jurmala.lv/en/home/turistiem/Citi/kem/default.aspx>

<http://www.kemeri.gov.lv>

** Michaelmas

Already a lot of years in Tervete in Michaelmas the celebratory program fills up different sports games . 2008 in the program of sports games have included competitions on Trail Orienteering.