



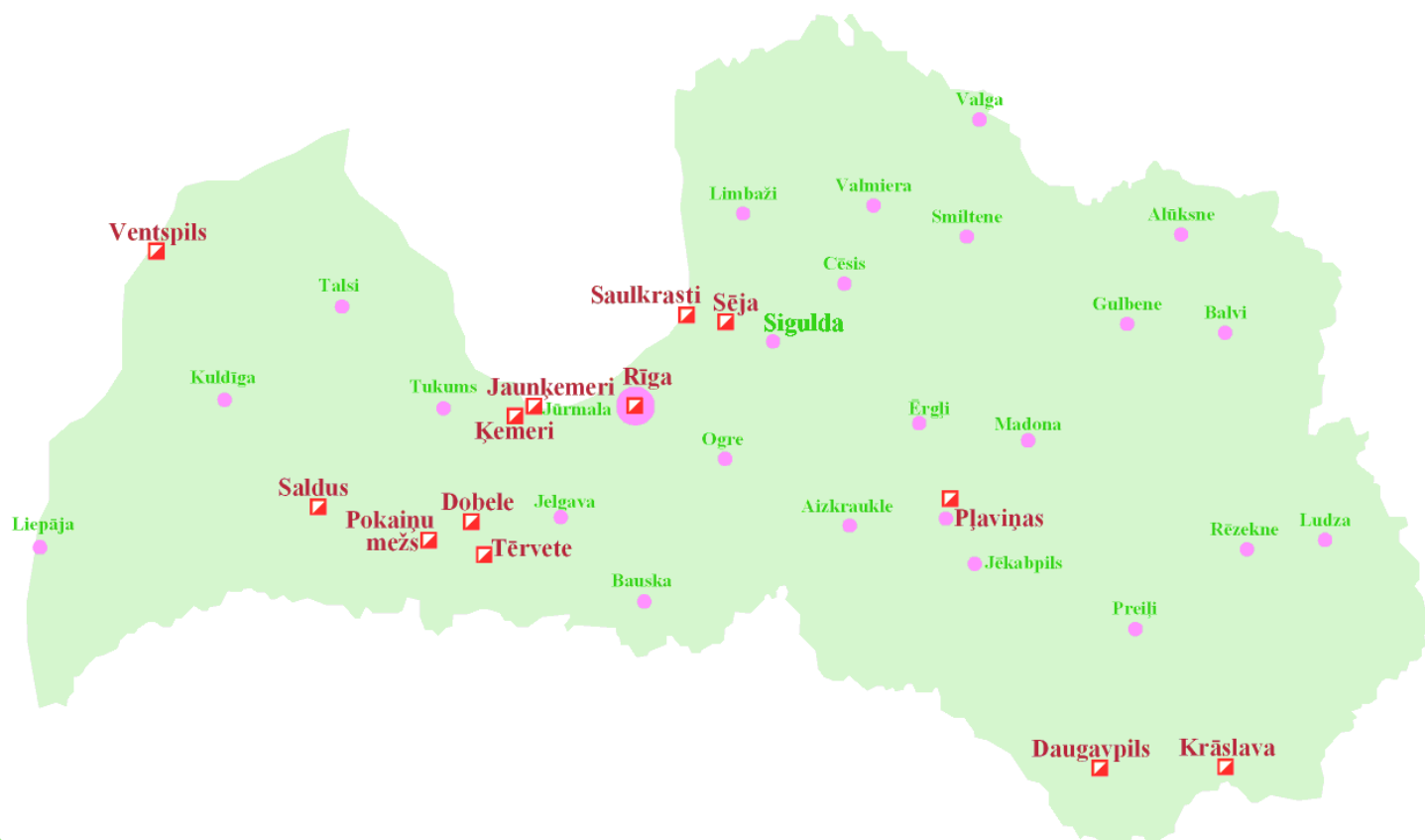
Latvian Orienteering Federation  
Trail Orienteering Commission

## Trail Orienteering and Tempo Competitions Calendar '2012 in Latvia

Date	Event	Place	Programme	The organizer, responsible person and possibility to be contacted
<b>APRIL</b>				
7-8	Courland Spring '2012	Pokaiņi Forest (Pokaiņu mežs)	Trail - O	<b>Ivars Prikulis</b> E-mail: <a href="mailto:prikulisivars@inbox.lv">prikulisivars@inbox.lv</a> Phone: +371 29410429
9	Easter Trophy '2012 <a href="http://mona.lv/">http://mona.lv/</a>	Rīga	Trail - O	<b>MONA OK</b> E-mail: <a href="mailto:takas@mona.lv">takas@mona.lv</a>
29	Paralympic Cup „Jūrmala '2012”	Jūrmala (Jaunķemeri)	Trail - O	<b>Jānis Bergs</b> E-mail: <a href="mailto:orient@navigator.lv">orient@navigator.lv</a> Phone: +371 29928638
30	Open competition „Ventspils '2012”	Ventspils	Trail - O TempO Trail - O at night	<b>Jānis Bergs</b> E-mail: <a href="mailto:orient@navigator.lv">orient@navigator.lv</a> Phone: +371 29928638
<b>MAY</b>				
1	Open competition „Ventspils '2012”	Ventspils	Trail - O (long course)	<b>Jānis Bergs</b> E-mail: <a href="mailto:orient@navigator.lv">orient@navigator.lv</a> Phone: +371 29928638
4	Jēkabpils Trophy '2012	Daugavpils	Trail - O	<b>Valdis Strods</b> E-mail: <a href="mailto:sidlavs@inbox.lv">sidlavs@inbox.lv</a> Phone: +371 26001700
5-6	Championship of Latvia	Daugavpils	Trail - O (middle & long courses) TempO	<b>Jānis Gaidelis</b> E-mail: <a href="mailto:gaidelis@inbox.lv">gaidelis@inbox.lv</a> Phone: +371 28885241
<b>JUNE</b>				
29-30	Three-Day orienteering „Kāpa'2012”	Pļaviņas	Trail - O (middle & long courses) Trail - O at night	<b>Atis Rukšāns</b> E-mail: <a href="mailto:atis.ruksans@inbox.lv">atis.ruksans@inbox.lv</a> Phone: +371 29265864
<b>JULY</b>				
1	Three-Day orienteering „Kāpa'2012”	Pļaviņas	TempO	<b>Atis Rukšāns</b> E-mail: <a href="mailto:atis.ruksans@inbox.lv">atis.ruksans@inbox.lv</a> Phone: +371 29265864
14	Cup of Sigulda '2012	Saulkrasti	Trail - O	<b>Zita Rukšāne</b> E-mail: <a href="mailto:zita19@inbox.lv">zita19@inbox.lv</a> Phone: +371 26324803
27-29	Sports games „Latgale'2012”	Krāslava Daugavpils	Trail - O (middle & long courses) TempO	<b>Jānis Gaidelis</b> E-mail: <a href="mailto:gaidelis@inbox.lv">gaidelis@inbox.lv</a> Phone: +371 28885241

Date	Event	Place	Programme	The organizer, responsible person and possibility to be contacted
<b>AUGUST</b>				
10 - 12	Open competition „Ķemeri’2012”	Jūrmala (Ķemeri)	Trail - O at night Double-event in precisely orienteering (Trail’O + TempO) Trail – O (long course)	<b>Jānis Bergs</b> E-mail: <a href="mailto:orient@navigator.lv">orient@navigator.lv</a> Phone: +371 29928638
<b>SEPTEMBER</b>				
15 - 16	Open championship Riga’s district ’2012	Sēja	Trail – O (middle & long courses) TempO	<b>Zita Rukšāne</b> E-mail: <a href="mailto:zita19@inbox.lv">zita19@inbox.lv</a> Phone: +371 26324803
28 - 30	Michaelmas Trophy ’2012	Tērvete	Trail - O at night Trail – O (long course) TempO	<b>Jānis Bergs</b> E-mail: <a href="mailto:orient@navigator.lv">orient@navigator.lv</a> Phone: +371 29928638
<b>OCTOBER</b>				
20	Cup of Saldus ’2012	Saldus	Trail – O	<b>Guntars Mankuss</b> E-mail: <a href="mailto:guntars@bkc.lv">guntars@bkc.lv</a>
<b>NOVEMBER</b>				
3	Cup of Dobele ’2012	Dobele	Trail – O	<b>Normunds Narvaišs</b> E-mail: <a href="mailto:pakrasti@apollo.lv">pakrasti@apollo.lv</a> Phone: +371 229553412

## Trail - O and TempO competitions in Latvia in 2012



## Pokaiņi Forest (*Pokaiņu mežs*)



Pokaiņi forest is a new and unusual touristic site 13 kilometers from the town of Dobeles in the direction of Īle. The forest, full of small hills and little valleys, is known for an unusually picturesque landscape. But the main reason that attracts visitors is the miraculous tales that are being told about the forest. Here lie the famous Pokaiņi stone stacks, in smaller and bigger groups, forming stone rivers and little stone dykes. Such an amount of stones of all shapes and sizes indeed creates an extraordinary impression. Many people even claim to have felt a kind of energy running through them, some see visions and some claim to have received some information flow. Guides and visitors of the forest talk about rare natural phenomena, however sages, healers and psychics consider this to be an ancient sanctuary. Even if previous experience and lack of scientific explanations stops the belief in supernatural wonders, the calm of the surroundings and a tranquil walk in the fresh air will cheer up any skeptical mind. Don't forget comfortable shoes as the hilly Pokaiņi forest walk is also popular among orienteering sports fans.

### More Information about Pokaiņi Forest (*Pokaiņu mežs*)

<http://www.latvia.travel/en/pokaini-forest>

<http://www.discover-latvia.lv/pokaini.php>

[http://www.dobele.lv/page/564?action=description&t\\_id=57](http://www.dobele.lv/page/564?action=description&t_id=57)

[http://www.lvm.lv/eng/recreation/recreation\\_in\\_nature/zemgale/?doc=1041](http://www.lvm.lv/eng/recreation/recreation_in_nature/zemgale/?doc=1041)

## Kemeri (*Ķemeri*)

### Coat of arms of Kemeri.



*A dolphin - symbol a health and wisdom*

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

Kemeri is 6 km far from the sea, and is situated among lakes and swamps, rich in sulfuric springs. Kemeri region with its curative qualities of sulphur springs is well known since 18th century, but the official year of establishing Ķemeri state resort is 1838, when the first medical bathing house was built there. In 1928 Ķemeri gained city rights.

That is why the development of this place is connected to medical functions of sulfuric waters of local marshes.

Saint source of Kemeri, 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 Kemeri, besides, there are a lot of medical peat and sapropelic silt (in the lake Kaniera).

In 1997, Kemeri National Park was founded here.

### More Information about Kemeri (*Ķemeri*)

<http://www.jurmala.lv/page/414>

<http://www.latvia.travel/en/around-kemeri-national-park>

[http://www.daba.gov.lv/public/eng/visiting/zemgale/kemeri\\_national\\_park1/visitor\\_services/](http://www.daba.gov.lv/public/eng/visiting/zemgale/kemeri_national_park1/visitor_services/)

## Tervete (*Tērvete*)



The Tērvete Nature Park is a fabulous place, where unique nature and heritage live side by side. Tērvete Nature Park is one of the best and most suitable places for families with kids and those who are still able to view the world through kids' eyes, believing in fairy tales and seeing wonders. This place also tells stories about mightiness of the ancient Zemgallian tribes through 3 longstanding hill forts.

The Tērvete nature park is a unique natural site – it is home to 72 endangered plants that grow in the wild throughout the park. This area is also a safe haven for many other forms of wildlife such as birds, reptiles and amphibians. There are designated nature protected zones that keep the park's rare species free from intrusion

### More Information about Tervete (*Tērvete*)

[http://www.mammadaba.lv/pages/top\\_detail.php?l=en&id\\_object=61](http://www.mammadaba.lv/pages/top_detail.php?l=en&id_object=61)

<http://www.tervetesnov.lv/turist/buklen.pdf>

<http://www.rctervete.lv>