



# 4<sup>th</sup> CYPRUS INTERNATIONAL ORIENTEERING FESTIVAL

FIVE DAYS - FIVE EVENTS

18<sup>th</sup> - 22<sup>nd</sup> MARCH 2026

LARNACA & NICOSIA AREAS, CYPRUS



■ **4th CYPRUS INTERNATIONAL ORIENTEERING FESTIVAL**

**Wednesday 18<sup>th</sup> – Sunday 22<sup>nd</sup> MARCH 2026**

**Larnaca and Nicosia areas, CYPRUS.**



■ **Organiser:**

Orientaction Club (KOA Registration # 957)

Cyprus Mountaineering, Sports Climbing & Orienteering Federation

17 Ayios Neofytou Street,

Lakatamia, 2334 Nicosia,

Cyprus.



■ **Event Organisers:**

Event Coordinator & Secretary: Ms Diana Bridger

Course Planners: Mr Peter Smith, Ms Diana Bridger (Sprint)

Event Advisor: Ms Diana Bridger



■ **Event Centre:**

The Event Centre will be at Cactus Hotel, Larnaca from 17<sup>th</sup> to 20<sup>th</sup> and at Asty Hotel, Nicosia from 21<sup>st</sup> to 22<sup>nd</sup> March 2026.

■ **Event Programme:**

Tuesday 17 <sup>th</sup> March 2026 - St Patrick's Day.	
18.00-20.00	Event Centre open at Cactus Hotel, Larnaca
Wednesday 18 <sup>th</sup> March 2026	
09.30	Event 1 – Delikipos
18:00-20:00	Event Centre open at Cactus Hotel, Larnaca
Thursday 19 <sup>th</sup> March 2026	
09.30	Event 2 – Aetomoutti North East
19:00	Fun pairs night event at Piale Pasha, Larnaca (separate extra "Harris Relay" event)
Friday 20 <sup>th</sup> March 2026	
09:30	Event 3 – Aetomoutti North West
18:00-20:00	Event Centre open at Cactus Hotel, Larnaca
Saturday 21 <sup>st</sup> March 2026	
09:30	Event 4 – Sia/Mathiatist
18:00-19:00	Event Centre open at Asty Hotel, Nicosia
Sunday 22 <sup>nd</sup> March 2026	
10:00	Event 5 – Nicosia old city (extended sprint), Start & Finish in Eleftheria Square
13:00	Prize giving and farewells 😊
14:00-15:30	Optional guided walking tour of Nicosia old city with professional Guide.

## ■ IN ADDITION TO INFORMATION PROVIDED IN BULLETIN #1:

### ■ EVENT CENTRE:

The Event Centre will be at Cactus Hotel, Larnaca, during the dates **16th -20th March** 2026. Then on 21<sup>st</sup> it will move to Asty Hotel, Nicosia. A desk will be manned in the EVENINGS only. No personal bib numbers will be handed out. Every competitor will be given a free whistle, which must be carried during each event. If you cannot make it to the Event Centre before you compete, then you may collect your whistle at the Administration tent at the event site on your first day.

### ■ MERCHANDISE:

You can purchase our event tee shirts, buffs and mugs at our desk at the Event Centre in the evenings or at the Admin tent at event sites. Dry fit tee shirts (turquoise and royal blue) will be priced at €17.00. Cotton tee shirts (white) at €6.00. There are only limited quantities of each, so first come first served. The neck buffs (only €5.00) will have the Delikipos map on them! The mugs will have previous maps, including the NICOSIA Old City map on them and will be €5.00 each. Other merchandise includes: ORIUNITE bum-bags (€5.00) some orienteering prints, cards and notelets, and extra whistles. Some delicious Yummy Jams will also be on sale. **NB – Only Cash and Revolute will be accepted please. No other card payment possible.**

### ■ FUN PAIRS “HARRIS TYPE” NIGHT EVENT AT Piale Pasha, Larnaca on THURSDAY 19th MARCH AT 1900 HRS:

A fun night event will take place from the small amphitheater behind Bozdag Street, Skala area Larnaca, on Thursday 19<sup>th</sup> March . This will be in the format of a Harris Type event. Pairs may be made up of any combination you wish: two males, two females, one male & one female, a parent & a child, a husband & a wife etc, etc! Just make it up and make it fun.

Each pair will start together and everyone will have identical maps. There will be SIX ‘spine’ controls that must be visited by BOTH members in the pair (but not necessarily together) and another EIGHT controls that need only be visited by one member of the pair. There will also be one last control (#15) just before the finish that BOTH team members must also visit (not necessarily together). The time of the last member of the pair back at the finish will count as their time. Controls may be visited in any order (except control #15, which MUST be the last control). It is up to the pair to decide how they work out what is the most efficient way of following the rules, according to their own capabilities. Any missed spine controls = instant disqualification. Any missed other controls = time penalty of five minutes. How you work it out is up to you! It’s a bit of fun! There will be prizes for various combinations of winning pairs. **An entry fee of €10.00 per pair will be charged** and will be payable **CASH ONLY** on the night at the start. Only Revolute card payment is available. **For map printing purposes we need to have your entry before mid-day on 10th March 2026 so please fill out the google form in this link:**

<https://forms.gle/4jq5h5R6k7GsFefW7>

### ▣ EMBARGOED AREAS:

A reminder that the following areas, are considered OUT OF BOUNDS and embargoed for any type of events and or training, including hiking or walking until after the respective events have concluded:

DELIKIPOS, SIA-MATHIATIS and AETOMOUTTI orienteering areas.

Please note that Nicosia old town is NOT out of bounds UNTIL 0500 hrs on Sunday 22<sup>nd</sup> March.

Please note that any competitor found in the vicinity of the EMBARGOED AREAS before the events will be disqualified. On Sunday you must report to the lower level of Eleftheria Sq before 0945 hrs.

### ▣ START TIMES AND RESULTS:

Our event on the website [www.orienteeringonline.net](http://www.orienteeringonline.net) will be used for Start times and Results. **If you have not already entered yourself there, then you MUST do so please by 10<sup>th</sup> March.** Your start times and results for each day may be viewed there. There will be a punching start. **Allocated start times will and must be strictly followed.** Special requests will be facilitated as best as possible.

### ▣ PRIZES:

Only the FOUR MIDDLE DISTANCE events will count towards OVERALL prizes. Prizes will be awarded to the overall winner, second and third in each category, after adding the times of those four events together. In lieu of imported medals, the prizes will be pieces of local ceramic artwork, specially commissioned for the event and made for us by a local pottery, Homa & Nero, who have a studio in Strovolos, Nicosia. The design this year is taken from that chosen for the Cyprus EU Presidency. 😊  
The Sprint event in NICOSIA Old City will be considered separate and there will also be ceramic medals made by Homa & Nero, for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each category.

Prize giving for the whole event will be after the conclusion of the sprint, on the lower level at Eleftheria Square, in the area where the Admin is on that day.

### ▣ EQUIPMENT:

SPORTident electronic timing will be used for all events. SPORTident Air (SIAC) is not available at this event. Please note that a **€40 CASH deposit will be required to be paid to collect any rented SI Card.** This amount will be refunded in full upon return of the SI card at the end of the event. Loss of any rented SI Card will be charged at €40 and the deposit will not be refunded.

Runners are to provide their own compass.

Full leg coverage is highly recommended for all four middle distance events. Some of the bushes can be very rough and spikey, so please choose your routes carefully.

We consider the safety of everyone as a PRIORITY, so we insist **you MUST carry a whistle, (NO WHISTLE = NO RUN!)**. Thus, a specially commissioned yellow *ORIENTACTION* whistle will be given as a **FREE GIFT** to EVERY COMPETITOR! 😊 . Please collect yours at the Event Centre or Admin. Extra or replacement, “*CYPRUS ORIENTEERING*” (blue metal) whistles may be purchased for €2 each.

#### ☑ MOBILE TELEPHONES:

*All competitors 14 years and under and all those over the age of 65 will be permitted to carry a mobile phone with them whilst competing. This will be actively encouraged as matter of safety.*

Special bum bags for mobile phones may be purchased for €5.00 from our merchandise at admin desk. The event emergency numbers are: **Diana Bridger: +357 97775414 or Peter Smith: +357 97647796 or our Medic: George Evangelou: +357 96277487.**

First aid will be available in the Admin area by the finish each day where our Medic will be stationed.

#### ☑ LITTER:

Sadly, you will witness that fly tipping appears to be rife everywhere in Cyprus. It is our aim to leave all areas that we use, cleaner than when we arrived. Thus, please dispose of your litter and rubbish in the rubbish bags provided and help keep the areas clean.

#### ☑ WATER:

**We cannot provide sufficient water, so we kindly ask you to BRING YOUR OWN WATER to events – at least 2 liters per person per day please.**

#### ☑ REFRESHMENTS & CATERING:

For the first four days at Delikipos, Aetomoutti and Sia/Mathiatis, the lovely Chrystallo Nicolas will provide a catering stand on site, providing tea, coffee, fresh lemonade, freshly baked food and cookies, as well as salads and sandwiches. Chrystallo is over from Canada, where she works in catering. Large food orders will need to be ordered in advance (at least 24 hours) and collected and paid for in CASH or REVOLUTE on the day. Please contact Chrystallo on Mobile or Whaytsapp: +357 97725615 or Email [chrystallo@hotmail.com](mailto:chrystallo@hotmail.com)

#### ☑ AREAS OF SPECIAL ENVIRONMENTAL INTEREST AND LAWS CONCERNING PROTECTION OF FAUNA AND FLORA:

All the areas chosen for this event are currently lush and green. Whilst every effort has been made to avoid areas where rare and endemic plants (including orchids) are growing, we ask you to take great care and respect the environment. Please try not to tread on the orchids!

It is also the bird breeding season and we ask you NOT to bring any dogs to the events and to keep noise to minimum. The playing of loud music from radios or speakers is NOT permitted at all and we have not been granted permission to have a loud speaker system at any event.

**Please note that it is ILLEGAL to pick any wildflowers!**

### ▣ CROP DAMAGE:

Likewise, **crop damage is illegal and punishable with hefty fines and or up to three years imprisonment.** Thus, we ask you NOT to run/walk through fields sown with healthy growing wheat or barley. Most fields with crops can easily be avoided and have also been placed OUT OF BOUNDS. We kindly ask you to respect that at all times please.

### ▣ OUTBREAK OF FOOT AND MOUTH DISEASE IN CYPRUS:

Please be aware that there has recently been an outbreak of Foot & Mouth Disease in cattle and sheep in the area North, North West and South of Larnaca. Please stay away from all animal farms. Some tracks leading to farms off the main roads may be blocked or taped off so please respect this and stay out of the areas. Please disinfect your running shoes after every event and before you leave Cyprus.

### ▣ BEWARE OF PINE PROCESSIONARY CATERPILLARS:

It is the time of year when Pine Processionary Caterpillars nests can be found on pine trees. **Please take great care and avoid them as they are seriously poisonous.** The caterpillars have thousands of fine hairs containing a protein (thamentopoein) which can cause severe irritation, dermatitis and in some cases an allergic reaction (anaphylactic shock) and even blindness if they get in your eye.



### ▣ SNAKES:

There may be a few snakes out there, however you are unlikely to see one, let alone tread on one. If you do see a snake, then please leave it alone, just move away and keep going. They are far more frightened of you and will not attack unless provoked (ie if you kick them or poke them). The only poisonous snake in Cyprus is the Blunt Nosed Viper (*Macrovipera lebetinus*) and they are known to usually play dead.



### ▣ MINING BEES:

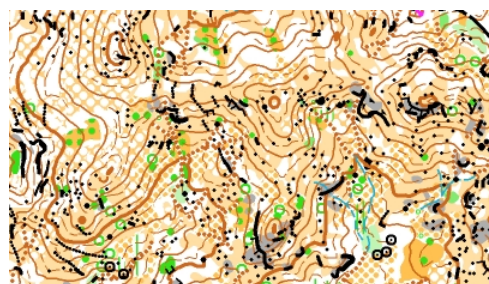
In the centre of the parking and administration area at Aetomoutti on Days 2 and 3, we have recently discovered some mining bees. These bees live individually in holes in the ground. They are friendly, non-aggressive (very rarely sting) and are superb pollinators. They do have a very loud buzz! Their life cycle is very short (only three or four weeks) and they are unlikely to both with us. The area will be taped off and we ask you to kindly leave them alone to get on with their very busy life and just watch them from outside the tapes. They are actually fascinating.



▣ **MAPS:** Please note that the best possible scale will be used for each area and for each course. All maps are Copyright ownership of ORIENTATION Club 2025© and are protected by Copyright Law. No part of any map may be reproduced, distributed, transmitted or modified in any form or by any means, including printing, photocopying, recording, or other electronic (including social media and other apps) or mechanical methods, without the prior written permission of the copyright holder. Any infringements will be prosecuted under the Intellectual Property Law. We kindly ask you to respect this, as our areas are limited.

▣ **Delikipos:**

The 1:7,500 Kornos map (drawn by Hadzhimitev in 2020 and updated in 2022 and 2025 by Peter Smith) will be used. The area is hilly, partly forested, partly open, with some interesting prominent features and crags. This is an amazing area, which was used in 2022. Courses 8-12 will be 1:5,000 A sample of the map is shown here:



▣ **Aetomoutti Forest:**

A 1:7,500 Aetomoutti, drawn by Peter Smith in 2025 will be used. The area is rolling hills, mostly forested with some open and partially open areas with scattered trees. There are interesting rocky features and plenty of re-entrants. This is a lovely new area covered with wild lavender, thyme and asparagus as well as abundant spring orchids. Very runnable with plenty of tracks but parts are quite technical. C1 & C2 will be 1:10,000. C8-12 will be 1:5,000. A sample of the map is shown here:



▣ **Sia/Mathiatis:**

An updated 1:7,500 Sia-Agia Varvara map (originally drawn in 2014 by Hadzhimitev & Garkov) will be used. The area is hilly, with plenty of steep slopes and crags in places, crossed with a few paths and tracks, with a patchwork of cultivation in places. Contour detail is intricate and can be technical. C5-12 will be 1:5,000. A sample of the map is shown here:



▣ **Nicosia old city:**

The 1:5,000 Nicosia Map, updated in 2026, will be used.

Mostly flat, urban area with a maze of narrow, twisting streets. Fast running with good visibility. Although some areas are pedestrianized, most will have normal Sunday traffic to residential housing and commercial outlets. Thus, runners are cautioned to take care. A sample of the map is shown here:



C1OF 2026 Courses with Scale, Distance and Climb. NB - There is no climb in Nicosia except some steps on C1, C2 & C3						
COURSE#	CLASSES	Day 1 - DELIKIPOS Middle Distance	Day 2 - AETOMOUTTI NE Middle Distance	Day 3 - AETOMOUTTI - NW Middle Distance	Day 4 - SIA/MATIATIS Middle Distance	Day 5 - NICOSIA OLD CITY Extended Sprint
C1	M21E	1:7,500/ 6.0km / 220m	1:10,000/ 6.0km / 165m	1:10,000/ 5.8km / 80m	1:7,500/ 5.5km / 330m	1:5,000/ 6.1km / 12m
C2	M20, M21, W21E, M35, M40, M45	1:7,500/ 5.1km / 210m	1:10,000/ 5.1km / 140m	1:10,000/ 4.7km / 80m	1:7,500/ 4.8km / 300m	1:5,000/ 5.3km / 12m
C3	M50, M55	1:7,500/ 4.5km / 140m	1:7,500/ 4.4km / 120m	1:7,500/ 4.3km / 80m	1:7,500/ 4.2km / 250m	1:5,000/ 4.7km / 12m
C4	M18, M60	1:7,500/ 4.3km / 140m	1:7,500/ 4.3km / 95m	1:7,500/ 4.2km / 75m	1:7,500/ 3.7km / 200m	1:5,000/ 4.4km
C5	W20, W21, W35, W40, W45, M65	1:7,500/ 4.1km / 130m	1:7,500/ 3.9km / 85m	1:7,500/ 3.9km / 70m	1:5,000/ 3.6km / 200m	1:5,000/ 3.7km
C6	W18, W50, M70	1:7,500/ 3.5km / 130m	1:7,500/ 3.6km / 80m	1:7,500/ 3.8km / 70m	1:5,000/ 3.2km / 160m	1:5,000/ 3.4km
C7	M16, W55, W60	1:7,500/ 3.2km / 130m	1:7,500/ 3.2km / 70m	1:7,500/ 3.0km / 50m	1:5,000/ 2.9km / 125m	1:5,000/ 3.0km
C8	W16, W65, M75	1:5,000/ 2.9km / 80m	1:5,000/ 2.8km / 60m	1:7,500/ 2.7km / 40m	1:5,000/ 2.4km / 125m	1:5,000 / 2.7km
C9	W70, W75, M80, W80, Open Short	1:5,000/ 2.1km / 70m	1:5,000/ 2.2km / 40m	1:5,000/ 2.2km / 30m	1:5,000/ 2.2km / 80m	1:5,000/ 2.1km
C10	M14, W14, M85, W85	1:5,000/ 2.0km / 35m	1:5,000/ 2.0km / 30m	1:5,000/ 1.9km / 30m	1:5,000/ 1.7km / 50m	1:5,000/ 1.8km
C11	M12, W12	1:5,000/ 1.8km / 30m	1:5,000/ 1.9km / 30m	1:5,000/ 1.7km / 30m	1:5,000/ 1.5km / 50m	1:5,000/ 1.8km
C12	M10, W10, U10	1:5,000/ 1.2km / 30m	1:5,000/ 1.4km / 30m	1:5,000/ 1.4km / 30m	1:5,000/ 1.5km / 50m	1:5,000/ 1.5km

## Chrystallo's Catering will be there to serve you for the first four days in the field.

All items are homemade, with fresh ingredients, and love.

All prices are in Euro. Prices are subject to change. Payment in cash or by Revolut.

Pre-orders preferred, up to 48hrs in advance.

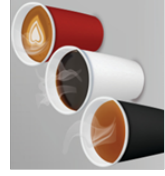
Email: [chrystallo@hotmail.com](mailto:chrystallo@hotmail.com)

Whatsapp +357 97725615

Coffee/Tea..... €1.50

Hot Chocolate..... €2.00

Homemade Lemonade..... €1.50



Mediterranean Couscous Salad..... €8.00  
(substitute quinoa for couscous)..... €1.00  
(add chicken/boiled egg/avocado)..... €5/€2/€2  
Assorted Sandwiches..... €4.50  
Halloumi Bread..... €3.50  
Olive Spirals..... €3.00  
Banana Bread..... €3.00  
Chocolate Chip Cookie..... €2.50  
Oatmeal Raisin Cookie..... €2.00

## DAY 1 – DELIKIPOS:

The ADMINISTRATION AREA, START and FINISH AREA for Day 1 will be in the Delikipos Community Picnic Area at: **34°54'46.01"N 33°21'42.92"E**

<https://what3words.com/consolidate.muffle.d.treated>

There is parking adjacent and if it fills up there is another track to the East.

<https://what3words.com/concerts.reckons.ac.cumulates>

**NO PARKING IS PERMITTED ALONG THE MAIN ROAD**, as it can be busy. There are toilets in the picnic area.

Competitors may warm up around the picnic site area. Coffee/tea and snacks may be purchased from our caterer. Please bring your own drinking water.

The Delikipos competition area is strictly out of bounds to all, (except for competitor's actual competition time), until after the last runners have finished for the day.



## DAY 2 and DAY 3 – AETOMOUTTI FOREST:

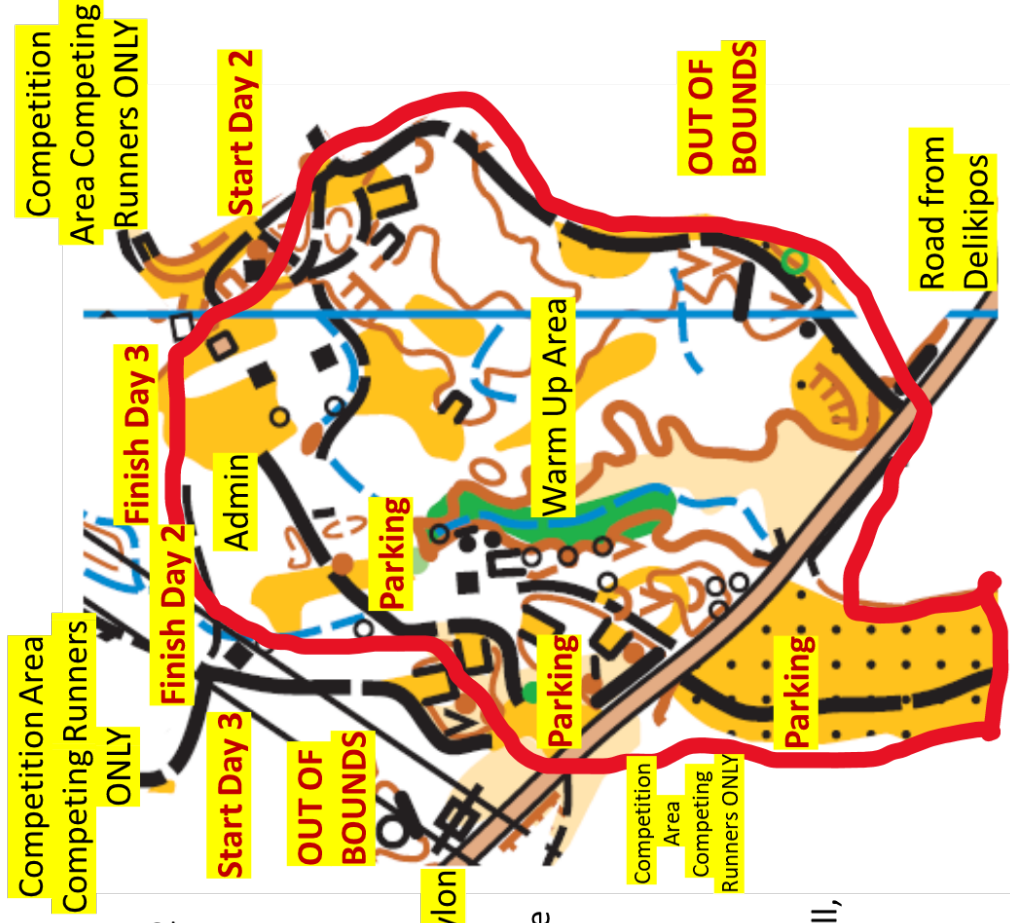
The ADMINISTRATION AREA, START and FINISH AREA for Day 2 and Day 3 will be at “Aetomoutti”, along the road between Delikipos and Mathiatis at: **34°54'46.0"N 33°21'42.9"E**  
<https://what3words.com/outbound.fortunately.storing>

Turn into the dirt track by the pylon and take the right hand track. There is ample parking and if it fills up there is another track on the South side of the road. **NO PARKING IS PERMITTED ALONG THE MAIN ROAD.**

For warm up, please stay in the immediate area marked on the map here

Coffee/tea and snacks may be purchased from our caterer. Please bring your own drinking water. There will be portable toilets near the start of the track. (NB. Take your own paper in case it runs out).

The Aetomoutti competition area is strictly out of bounds to all, (except for competitor’s actual competition time), until after the last runners have finished on the third day.



## DAY 4 – SIA / MATHIATIS:

The ADMINISTRATION AREA and FINISH AREA for Day 4 will be just off a dirt track, found on the North side, along the tarmac road between Sia and Mathiatis at: **34°57'27.88"N 33°20'50.92"E**

<https://what3words.com/allegation.tunic.flounce>

There is parking there and along the dirt track heading North of the turn off and Admin area.

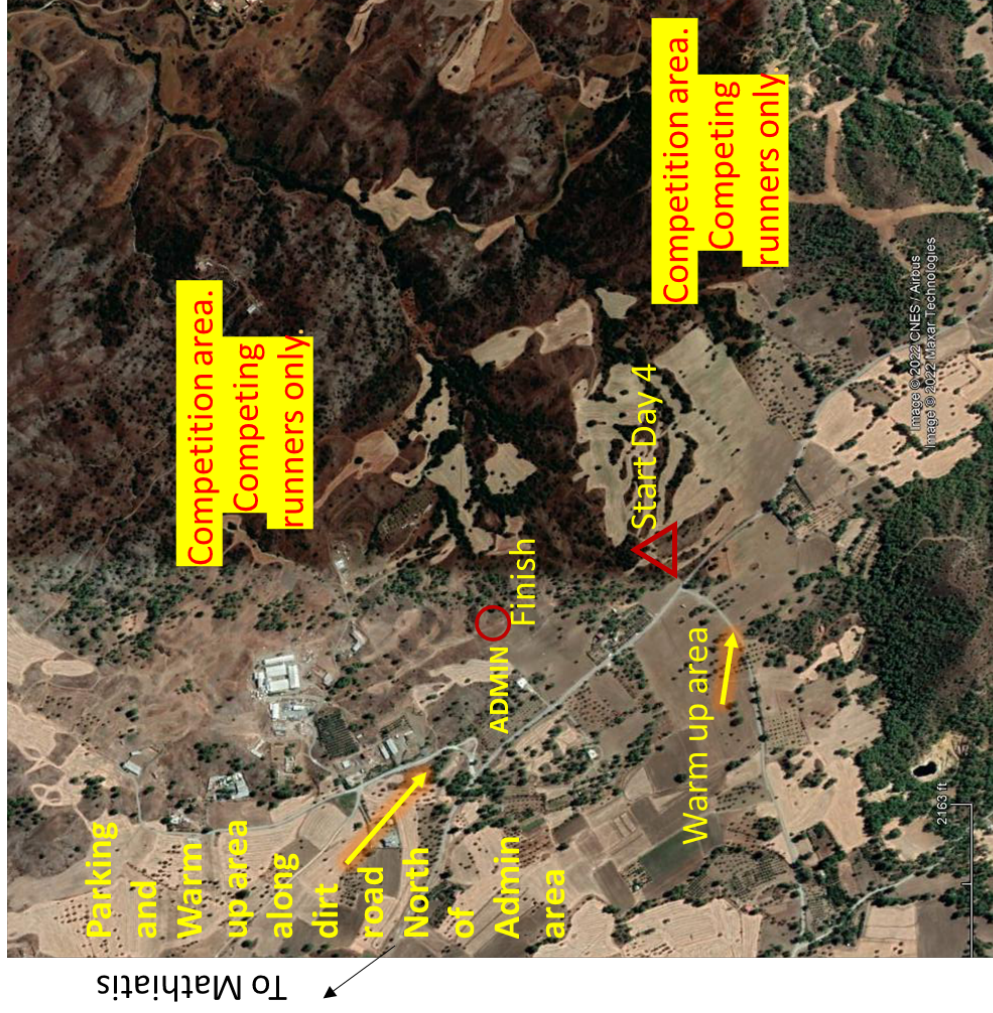
The start is 0.75 km away, back along the main road towards Sia to the South East. Please allow 8 minutes to walk there from the Admin area.

<https://what3words.com/nobles.viola.thrills> **NO**

**PARKING is permitted along this asphalt road.**

Coffee and snacks may be purchased from our caterer at the Admin area. Please bring your own water! There will be portable toilets near the Admin area. (NB. Take your own paper in case it runs out).

If the track indicated for warm up is blocked, then please warm up near the admin area.



## DAY 5 – NICOSIA OLD CITY

The START and QUARANTINE area for Day 5 will be on the lower level of Eleftheria Square.

There is ample parking in the municipal parking lots (you have to pay on exit) on Tripoli Bastion to the NW of Eleftheria Sq and in the moat area to the SE. The whole of the city INSIDE the walls will be strictly out of bounds to all, (except for competitor's actual competition time), until after the last runners have finished. Any competitors observed in the old city competition area from 0500 hrs on Sunday 22nd March, until after the event, will be disqualified. This will be strictly upheld.

ALL competitors must enter into the quarantine area on the lower level of Eleftheria Square by 0945 hrs. Warm up is possible there on the lower level in D'Avila Gardens. There is underpass, a café and public toilets on the lower level.

Prizegiving for the whole event will be in front of the Admin area on the lower level at Eleftheria Square at approx 1300 hrs.



### ■ IMPORTANT NOTICE:

All participants in the Cyprus Orienteering Festival take part at their own risk and responsibility. Whilst a full risk assessment for each event will be conducted and will be made available, the organisers cannot and will not be held responsible for any accidents or damages that may occur during the event. We strongly suggest you take out your own travel insurance. If you have not already done so, we recommend One Insurance, who have a simple App and have excellent cover for travel insurance.: <https://oneinsurance.com.cy/>

### ■ FIRST AID & NEAREST HOSPITALS:

A qualified First Aider and Medic will be on duty at all events.

A first aid kit and drinking water will be available at the administration areas of each event.

The event emergency numbers are: **Diana Bridger: +357 97775414 or Peter Smith: +357 97647796 or our Medic: George Evangelou: +357 96277487.**

First aid will be available in the Admin area by the finish each day where our Medic will be stationed.

The nearest Accident & Emergency units are:-

NICOSIA General Hospital, just off the end of the main highway into Nicosia. Tel 22603000.

<https://what3words.com/complain.sleep.empire>

LARNACA General Hospital, on the West side of Larnaca. Tel 24800500.

<https://what3words.com/stuck.kitchen.canyons>

### ■ WEATHER:

Please note that the weather in March can often be varied and changeable. Please bring appropriate clothing including waterproofs and jackets.

[www.cyprus-weather.org](http://www.cyprus-weather.org)

### ■ ORGANISER CONTACT DETAILS:

Ms Diana BRIDGER

Email: [cyprusorienteeringfestival@gmail.com](mailto:cyprusorienteeringfestival@gmail.com)

Mobile: +357 97775414

THE CYPRUS INTERNATIONAL ORIENTEERING FESTIVAL IS SUPPORTED BY:



See you in  
Cyprus for  
CIOF2026!

