

tenerifeocamp.com



2023 EDITION

-

BULLETIN



WHAT IS TENERIFE O CAMP?

Tenerife O Camp is a "Do It Yourself" training camp, available 365 days a year. You can go whenever you want, stay as long as you like, and make your own training schedule. Tenerife offers also great conditions for alternative forms of training.

The TOC training maps can be purchased in a package or separately from <https://omaps.io>. You can either print the maps yourself or use the omaps.io Print & Delivery service.







TOC - 2023 EDITION

Tenerife O Camp 2023 edition features 6 forest and 10 sprint trainings available until 30.9.2023.


FOREST PACKAGE

Code	Terrain	Dist.	Theme	Drive (min)
CH#1	Chinyero Norte	6,2	Intervals	33
CH#2	San Jose	6,0	Middle	34
AN#1	Arenas Negras	7,0	One man relay	43
AN#2	Arenas Negras	6,0	Control Picking	43
AN#3	Arenas Negras	9,9	Long	43
PC#1	Pinar Chío	5,5	Middle	34

SPRINT PACKAGE

Code	Terrain	Dist.	Theme	Drive (min)
CA#1	Candelaria	3,3	Rhythm	37
LC#1	La Caleta	3,0	Relax	12 
AL#1	Alcala	3,8	Long intervals	18 
SA#1	San Andrés	3,7	Tecnique	60
PU#1	Puerto de Santiago	3,3	Rhythm	24 
PU#2	Puerto de Santiago	4,0	Intervals + long leg	24 
LO#1	Los Cristianos	3,6	Prolog	5 
LO#2	Los Cristianos - Plaza Pedro	4,2	Final	3 
GA#1	Garachico	3,9	Rhythm	57
LA#1	La Alegria	3,9	Intervals / technique	54

Drive time is an estimation from Playa de Las Americas.

 -symbol indicates that it's possible to reach the location with public bus directly in an hour or less.

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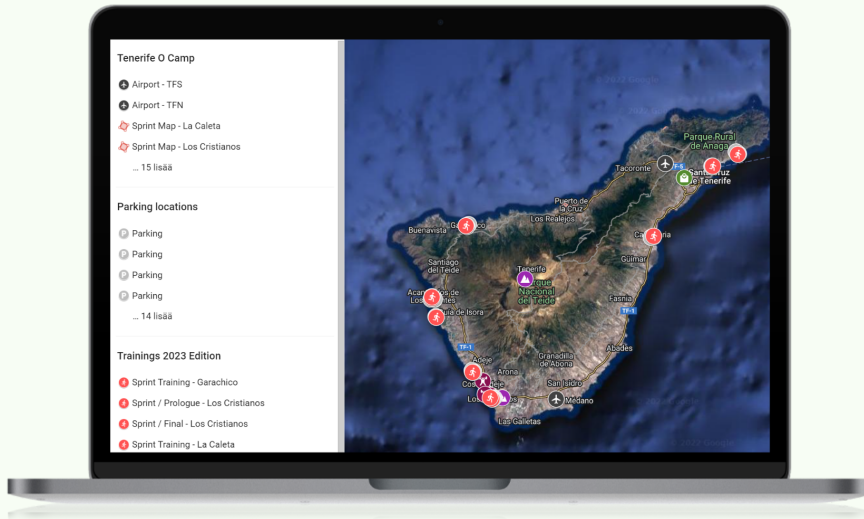
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GENERAL TRAINING INSTRUCTIONS

Main map:

You can find **parking locations** and **starting points** of all trainings from the main map. Also, other useful locations of TOC are marked on the main map. You can access the main map from the QR code on the right or by visiting tenerifeocamp.com > view locations



Controls:

Pink + yellow tapes in the forest trainings. No tapes in sprints trainings.

Maps:

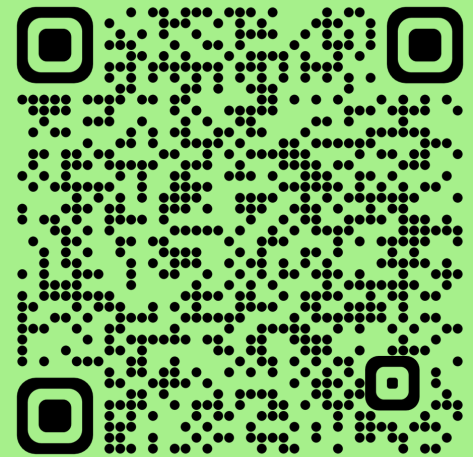
Follow the latest IOF mapping standards. To make the most out of the sprint trainings, please follow the rules of IOF forbidden area symbols. In urban areas construction sites, pop-up restaurants etc. appear throughout the year. Please let us know if some place has changed permanently.

Traffic:

Because Tenerife is a popular tourist destination, there can be a lot of pedestrian traffic, some areas being busier than others. We recommend doing the sprint trainings as early as possible as it gets busier in the evening. Always remember to follow the local traffic rules.





LINK TO MAIN MAP:





SPRINT TRAINING, CANDELARIA

CA#1

Map:

 Alvar Palmen 2022
 1:3000, 2.5m

Course:

 18 cp
 3.3 km

Description:

Normal type sprint course that is suitable for hard intensity workout. Control lines cross multiple times so be careful to run controls in the correct order.

Terrain:

This sleepy fishing town is known for its significant religious and cultural buildings. It is also an excellent sprint terrain.



Old architecture, modern apartment buildings, and labyrinthine impassable walls. Candelaria has it all to create many challenges for runners.




SPRINT TRAINING, LA CALETA

LC#1

Map:

 Alvar Palmen 2022
 1:3000, 2.5m

Course:

 18 cp
 3.3 km

Description:

This training is perfect for chillin' & cruising in the sun. Due to La Caleta's location at the end of Costa Adeje beach boulevard, the course is easy to combine with a jog along the sea.

Terrain:

La Caleta is a small fishing village and resort at the end of the beach boulevard of Costa Adeje.



For tourists, it's a hidden gem. For orienteers, it's a pure pleasure with its versatile elements and laid-back atmosphere.





SPRINT TRAINING, ALCALA

AL#1

Map:

 Alvar Palmen 2022
 1:3000, 2.5m

Course:

 21 cp
 3.8 (2 x 1.9) km

Description:

This training is possible to run as a normal course or as 2 x 1.9km "over-race-pace" intervals by taking a break at the **map flip** (12th control).

Terrain:

On top of the sea cliffs, there is a quiet and gently sloping town. Its curvy promenade along the coastline and many shaped buildings ensure great elements for sprint orienteering.



After the workout, we recommend a refreshing visit to some of the black beaches of Alcala.



SPRINT TRAINING, SAN ANDRÉS

SA#1

Map:

 Alvar Palmen 2022
 1:3000, 5m

Course:

 17 cp
 3.7 km

Description:

This course requires intense map reading and rhythming. Control lines cross multiple times so be careful to run controls in the correct order.

Terrain:



The area consists of two very different areas. The downtown of San Andres is flat with different shaped buildings. By contrast, steep stairways and tiny buildings in the uptown area make it extremely difficult to navigate even with easy speed.

After the workout, we recommend recovering break at the famous Playa de las Teresitas.




SPRINT PROLOG, LOS CRISTIANOS LO#1

Map:

 Teemu Lehtoranta 2022
 1:4000, 2.5m

Course:

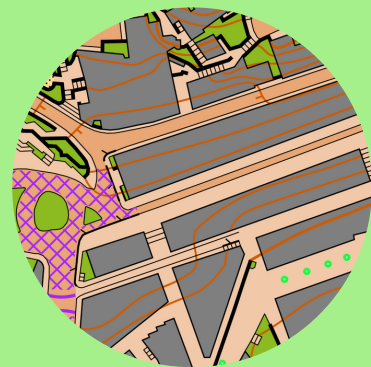
 15 cp
 3.6 km

Description:

This "Prolog/Qualification" course has legs with tricky route choices and shorter legs where small things matter. The course is set in a way that enables high pace. Be careful with the traffic!



Terrain:

With long beaches, hundreds of restaurants, and cozy resorts, Los Cristianos is a popular place among tourists. The Prolog course is set between the older parts of Los Cristianos and the hotel/resort area including serpentine streets and small parks.





SPRINT FINAL, LOS CRISTIANOS LO#2

Map:

 Teemu Lehtoranta 2022
 1:4000, 2.5m

Course:

 18 cp
 4.2 (3.2)km

Description:

The course is set to use the most challenging parts of the area. **Map flip** is at control 9. Possibility for **shortcut** by skipping the loop from 13th to 17th to make the course 3.2 km.



Terrain:

In the heart of Los Cristianos, there is a square called Plaza Pedro. It is surrounded by the tricky harbor area, labyrinthine stairways, and old town streets. What a great place for Sprint Final.




SPRINT TRAINING, PUERTO DE SANTIAGO PU#1

Map:

 Alvar Palmen 2022
 1:4000, 2.5m

Course:

 13 cp
 3.3 km

Description:

This course ends near the coastline 45m lower than the starting point. In this course, it's important to rhythm your orienteering. The training is good for both hard and easy pace workouts.



Terrain:

The area consists of old town areas with narrow passages mixed with modern hotel complexes. Steep hills and stairways ensure that in this terrain route choices really matter.





SPRINT INTERVALS, PUERTO DE SANTIAGO PU#2

Map:

 Alvar Palmen 2022
 1:4000, 2.5m

Course:

 17 cp
 4 x 1200-600m

Description:

The purpose of this interval training is to practice preparing for long and challenging legs. Training has 4 x 1200-600m sprint intervals that end with a long and challenging route choice leg. Steep climbs make the shortest routes not always the fastest. All Intervals are on the same map. Between the intervals, there are short transitions that are marked on the map.

Terrain:

See above.

After the workout, we recommend a refreshing dip in natural pool of Los Gigantes.

Difficulty

Climb



Traffic

Views


SPRINT TRAINING, GARACHICO

GA#1

Map:

 Tommi Hakuli 2021
 1:4000, 2.5m

Course:

 17 cp
 3.9 km

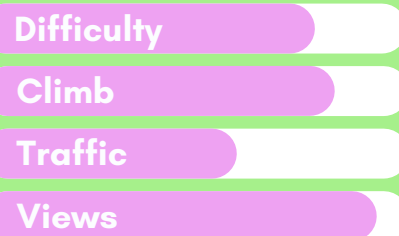
Description:

Normal type course with 180m climb and tricky route choices. The training is good for both hard and easy pace workouts. **Check** the situation of the gates around the parking place 100m west of control point number 5.

Terrain:

The town of Garachico was destroyed 300 years ago by a volcanic eruption. Nowadays, it's excellent sprint terrain with old buildings and labyrinthine park areas.



After the workout, we recommend a refreshing dip in "piscinas".





SPRINT INTERVALS, LA ALEGRÍA

LA#1

Map:

 Tommi Hakuli 2021
 1:4000, 5m

Course:

 26 cp
 1.2 + 1.1 + 1.6km

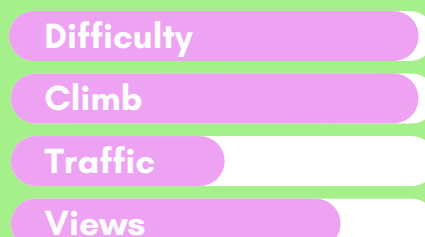
Description:

Three intervals that use the most technical area. This training requires intense map reading and the climb challenges physically. All intervals are on the same page.

Terrain:

This neighborhood rises from sea level to above 100 meters extremely steeply.



However, physical toughness is not the only challenge orienteers will encounter. Extremely narrow and irregular streets make it a possible place for the largest sprint orienteering mistake you have ever made.




MIDDLE, SAN JOSE

SJ#1

Map:

-  Alvar Palmen 2022
-  1:10 000 (1:7500), 5m

Course:

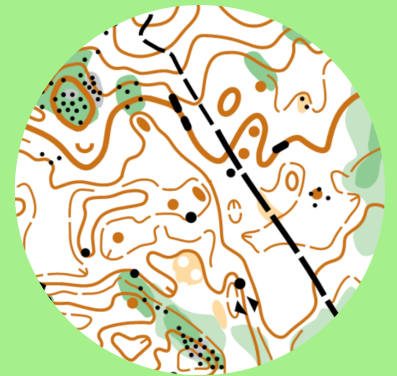
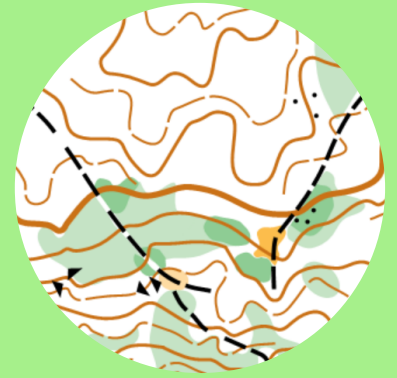
-  20 cp
-  6.0 km

Description:

Possibility for a shortcut to make the course 4.0 km. Versatility of the forest make adjusting your rhythm key to success on this middle-distance course with great route choice legs as well as more intense legs in detailed areas.

Terrain:



There are flat areas with versatile land formations, forested volcano craters, curvy slope terrain with varying visibility, and old farmland with labyrinthine bushes. Rockiness and visibility vary a lot.





INTERVALS, CHINYERO NORTE

CH#1

Map:

-  Teemu Lehtoranta 2022
-  1:10 000 (1:7500), 5m

Course:

-  26 cp
-  5 x 1,0-1,3 km

Description:

Five intervals in different parts of the terrain. All intervals are on the same map and have 4-6 controls. There are no tapes at starting point of the intervals.



Terrain:

Labyrinthine scattered bushes with excellent runnability, open lava flow, and detailed curvy Canarian pine forest with pine needle/rocky covered ground.



ONE MAN RELAY, ARENAS NEGRAS AN#1

Map:

 Tommi Hakuli 2022
 1:10 000 (1:7500), 5m

Course:

 23 cp
 7.0 km

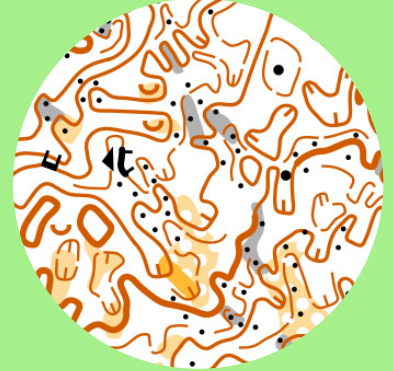
Description:

Relay-type course with forking. Recommended running this training as the mass start. Easy to shortcut.

Terrain:



On the eastern side of the lava flow of Arenas Negras, this sloping pine forest rises from 1150m to 1450m above sea level.

This large forest is covered with tons of different volcanic landforms. Up on the slope, there are fast and bare pine forest plains and as you descend, the vegetation becomes denser subtropical forests.



CONTROL PICKING, ARENAS NEGRAS AN#2

Map:

 Tommi Hakuli 2022
 1:10 000 (1:7500), 5m

Course:

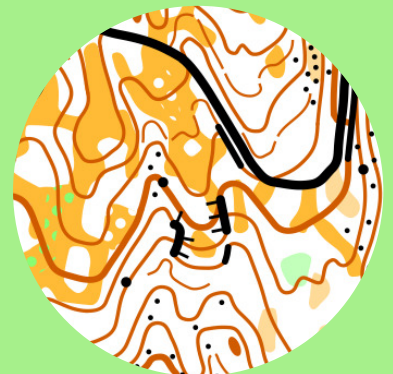
 31 cp
 6.0 km

Description:

Perfect course for practicing control picking. Perfect for an easy speed workout. The starting point is located 150m above the finish.


Terrain:


See above.



LONG DISTANCE, ARENAS NEGRAS AN#3


Map:

 Tommi Hakuli 2022

 1:10 000, 5m

Course:

 18 cp

 9.9 km

Description:

Long-distance course utilizing the whole terrain of Arenas Negras. 520 meters of climb offers both physical challenge and route choices.


Terrain:


See above. In addition, there is a steep forested volcano.




FOREST TRAINING, PINAR CHÍO PC#1

Map:

 Tommi Hakuli 2022

 1:10 000, 5m

Course:

 20 cp

 5.5 km

Description:

Spicy middle distance course with a mix of fast volcanic ash fields and detailed rocky lava flows. Map flip at 13th control.

Terrain:

1600 meters above sea level there is the forest of Pinar Chío with its magnificent views towards the island of La Gomera and Teide.

The separate pine trees grow on the smooth grounded slope with many small, look-alike landforms. The lower part of the terrain is rockier and very detailed providing intense orienteering.



ALTERNATIVE FORMS OF TRAINING

Trail running and hiking:

Rocky mountain views, tropical forests, and topping volcanoes. There are endless possibilities for trail running and hiking in Tenerife.

For a trail running map, you can use mapant.es to get a map from where ever you like.

Track & Field:

Many of Europe's top athletes use the Antonia Dominguez Alfonso Olympic Stadium in their winter training camps.

Cycling:

Tenerife is one of the world's most popular road cycling destinations. There are many bike rentals to find road bikes, MTBs, or E-bikes. Route inspiration can be found on Strava.

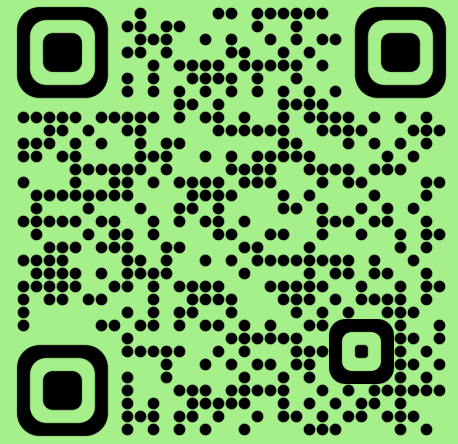
Swimming and aqua jogging:

Finding a swimming pool in Tenerife couldn't be easier. Also, many beaches are enjoyable places to aqua jog in the sea. If looking for full distance swimming track, visit Tenerife Top Training Center.

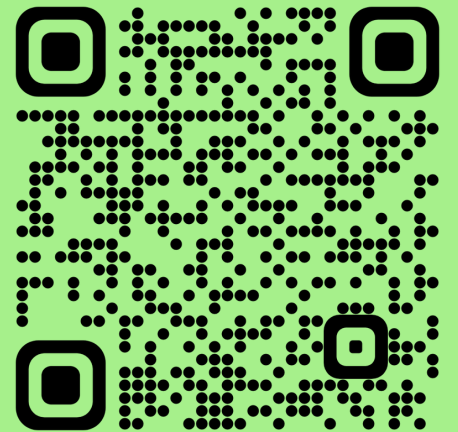
Gym:

While hotel gyms might not have everything you need to get pumped, we have gathered some of the best gyms to the **Main Map**.

TENERIFE'S BEST TRAIL RUNNING ROUTES:



MAPANT TENERIFE:



TOC - 2024 EDITION

We are looking to make Canary Islands the best possible place for orienteering. The 2024 Edition will introduce more new maps for forest and sprint. In the future, we want to keep providing fresh maps with top-quality courses and always be ready to evolve the camp with new ideas. Follow us on Instagram and on Facebook to stay updated @tenerifeocamp



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If you have questions or need a custom offer, get in touch!



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