

## GENERAL INSTRUCTIONS FOR BIKE ORIENTEERING

- **Use of SatNav, smartphone maps or other maps not provided for the specific use as orienteering map is cheating.**
- **Use of car or public transport is forbidden.**
- Compass is allowed, but not necessary.
- Make sure you have the correct map and this sheet of paper. The map can be downloaded to your smartphone/surf pad, print it from [www.malmobiketours.se](http://www.malmobiketours.se) or pick up a copy for 5 SEK at our partners **Travelshop** at Carlskgatan 4 (the goal at the map).
- Make sure you have a working bike, or rent one at **Travelshop**.
- Find your position on the map, and navigate the way over to one of the control points.
- When you are at the right spot, search for the control. It is a laminated sheet of paper with red header and footer.
- Controls situated outside urban environment is sometimes further marked by traditional orange orienteering markers.
- When the control is found, put the mark on the punch card below using the needle puncher.
- If you cannot locate the control, search some more. Should you believe that it has been stolen, please call us and we will put up a new one. Tel: +46 (0) 40-611 64 54
- Once you have located all control points, or as many as you are happy with, leave this sheet to us at **Travelshop** at Carlskgatan 4 (the goal at the map). Should the store be closed, put it in the letter box on the right side of the door.

**Name:**

**Contact info; email or phone:**

(voluntary) \_\_\_\_\_ (also voluntary) \_\_\_\_\_

**Other comments:**

(This theme was the first time we did bike orienteering for the public, so your feedback is important for us) \_\_\_\_\_

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