

Invitation to take part in a very special ORIENTEERING Event Encompassing the whole of the Old City of Nicosia on Friday 22nd May at 1730 hrs from CVAR.

You are invited to take part in a very special orienteering event on both sides of Nicosia within the walled city, on Friday 22nd May 2026, from CVAR (Centre of Visual Arts and Research), located at 285 Ermou Street, Nicosia 1017, from 1715hrs. Last start time will be 1830hrs. The courses will close at 2000 hrs

Registration, start and finish will be at CVAR and you will receive a timing chip (SI card) which fits on your index finger.



SI Card Timing chip

The event will be FREE (but if you lose the SI-Card, then you will have to pay €40 to replace it!) You will receive a pre-marked map at the start, which will have the control locations points clearly marked. Controls MUST be visited in the correct numerical order. The start and finish point at CVAR is also clearly marked on the map. Only one map and timing chip will be issued per individual or team.



Small sample of the map

If you are a team, then you should stay together and must finish TOGETHER. Teams may consist of two, three or maximum four persons. Children under eighteen must be accompanied by parents. Valid ID cards or passports MUST be carried by everyone taking part to use the crossing points. All participants take part at their own risk.

There will be two courses: a longer, more technical course for the experienced individual orienteers and a shorter, easy course, ideal for novices and family teams.

Once you start you will have up to ninety minutes (an hour and a half) to navigate your way to the control points on the map for your course. There will be control sites on each side of the city but you will only need to cross back

and forth each way, once. There will be a timed out section between the control points close to but not exactly at the crossing points. This will ensure your time spent queuing in line at the crossing points is NOT counted in your overall time! Please note that no photos are permitted near or at the crossing points and all regulations must be adhered to.



Timing control with triangular flag near the crossing points

You will need your own skills to plan your navigation route carefully to make the best use of your time between locations. Since the total time allowed is 90 minutes, you MUST return to the finish within your allotted time as you will be disqualified. Thus, you MUST make sure you are back within an hour and a half from your start time, regardless of how many controls you have managed to find please. At the finish we will record your time.

You may use your mobiles to assist your navigation. You can be as competitive as you wish but the priority is to enjoy the challenge.

There will be small prizes for the male and female individuals, as well as the team that visits all the controls in order and finishes in the shortest time. Also, everyone who completes a course successfully will receive International Orienteering Federation (IOF) certificates since it is World Orienteering Week (WOW)!

We suggest you try and keep your thumb on the point on the map where you actually are at all times. If you become a bit lost, then make your way back to a place you recognize and work it out from there. It is meant to be a FUN challenge.

To enable us to print sufficient maps we would kindly ask you to register on this form below, with all your details please, **no later than 18th May 2026**. Participation numbers will be limited to 100 and once the quota is full, we can no longer accept any entries. So please enter now to avoid disappointment.

<https://forms.gle/Ve5oazLcBrqBKGyZ9>

