

# 4th Mountain Bike Orienteering

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September 13<sup>th</sup>

Grand adventures await those who are willing to participate in the raid. Each participant will receive a route map with selected control points and a card on which "winning" the particular levels will be registered. The orienteering is so prepared that everyone can participate according to their individual capabilities and skills. Families with children will have only a few checkpoints to find. Intermediate cyclists will have to gain few more points. Cycling the full route and "gaining" all the checkpoints will be a challenge for the most experienced cyclists. The route will run in the Polish part of the island of Usedom, mostly in forested areas.