



Sudety Cup

30.07-2.08.2026

Bulletin 2

sudetycup.pl

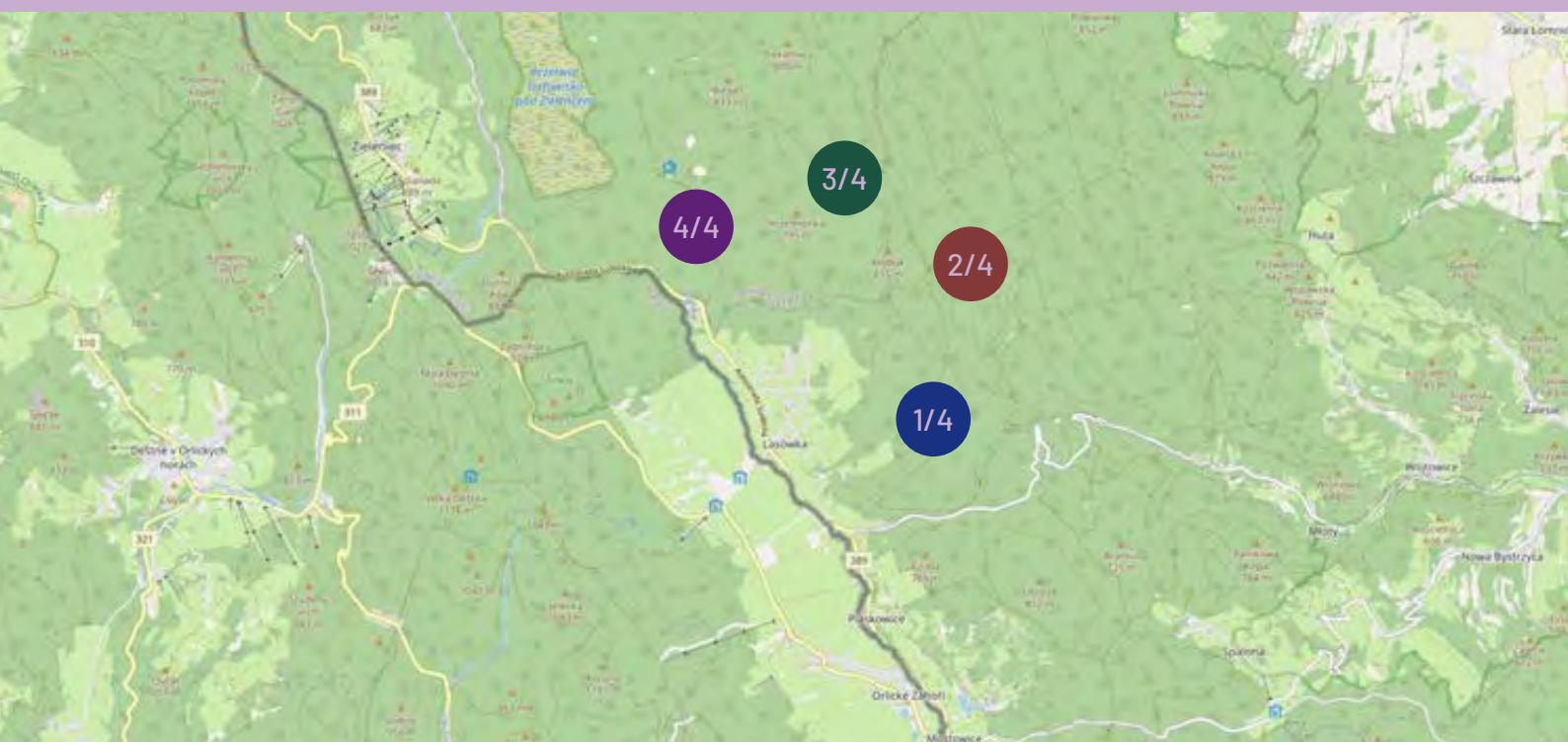


Abstract

Another edition of Sudety Cup is ahead of us and this time we return to where it all began - Lasówka. It was in these forests that the idea for the event was born, an event that each year attracts more and more people seeking genuine contact with nature and a peaceful, welcoming atmosphere. This year's edition once again takes you deep into the heart of Sudety wilderness - from the marshy, almost flat plain around Siwa Skąła, through the route-choice-heavy slopes of Góra Kłobuk, to the mosaic landscape of

Mostowy Potok and the valley of Dzika Orlica where water, undergrowth and terrain details will test your focus and precision. Each stage has its own character, yet all share the same goal: quality - carefully crafted maps, thoughtful course setting and a unique atmosphere. We invite you to take part and rediscover the Sudety step by step, control by control. See you in Lasówka!

- Wojtek Dwojak & Jacek Morawski



30.07-2.08.2026

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1/4

Siwa Skala

middle distance
30.07.2026

2/4

Góra Kłobuk

long distance
31.07.2026

3/4

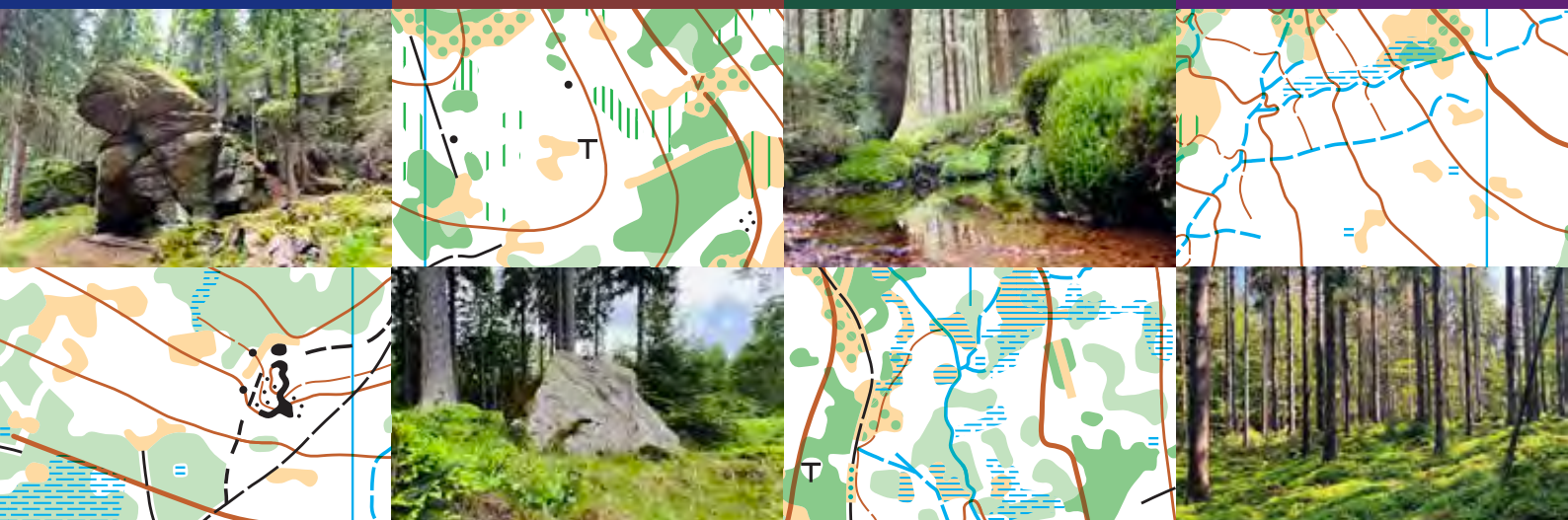
Mostowy Potok

middle distance
1.08.2026

4/4

Dzika Orlica

chasing start
2.08.2026



Organizer

Dolnośląski Związek Orientacji Sportowej
ul. Borowska 1-3
50-529 Wrocław, Poland

Co-organizer

Fundacja Slow Event
Al. Jerozolimskie 89/43
02-001 Warszawa, Poland

Organizing committee

Event Director
Main Referee
IOF Adviser/Controller
Start
SPORTident
Cartography

Wojciech Dwojak
Jacek Morawski
Tadeusz Piłkowski
Arleta Sosenko
Jakub Jończy
Wojciech Dwojak, Jacek Morawski

Partners

International Orienteering Federation
Polish Orienteering Association
Bystrzyca Kłodzka Commune
State Forests
Forest Inspectorate Bystrzyca Kłodzka
Forest Inspectorate Zdroje



Event rank

4-stage individual national ranking event, KM21E classes
with WRE status during 3rd stage.

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Start procedure

- SI clear before start boxes
- 3' SI check
- 2' control descriptions
- 1' maps

0-120 m marked route from timed start to start triangle

Refreshment points

There will be self-service refreshment points during 2nd and 4th stage located on several legs between controls and marked on the map. In addition, during 3rd stage elite classes will have a refreshment point in approx. 75% of their courses. All refreshment points will provide potable water.

Start

	START 1 KM12-80, Średnia, Challenge, Ultra	START 2 KM10, Rodzinna, Enka, Krótka
Stage 1	1200 m	800 m
Stage 2	1800 m	800 m
Stage 3	1600 m	400 m
Stage 4	1400 m	600 m

During each stage the route to each start will be marked with red ribbons.

The participants' clothes will be transported from start to the Event Center after the start of all athletes. The clothes will be available for collection at Sudety shop.



Control descriptions

Printed on the map and separate descriptions available at start.

Time limit

Stage 1	120 minutes	Stage 3	120 minutes
Stage 2	180 minutes	Stage 4	120 minutes

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Open classes

There is no start time assignment for open classes, you can start in the first three hours of the start time (00-180).

Participants competing in both sport classes and open classes with children are asked to do the sport classes course first in order to maintain fair play rules.

Marked courses

Enka and Rodzinna courses will be marked with orange ribbons.

Two maps will be prepared at the start for each registered competitor in Rodzinna class - one for the child, the other one for the parent.

KM10

During 1st and 2nd stage there will be short marked routes on KM10 courses. They will be marked with a marked route symbol on the map (dotted line instead of solid line) and with orange ribbons in the forest.

Punching system

SPORTident system in AIR+ mode will be used for punching during the event.

Chasing start

4th stage will include a chasing start for all classes (apart from open classes). Competitors in each class will start in accordance with the following rules:

- the clock at the entrance to the first start box will be set to -5',
- the best competitor after three stages in each class starts as the first one,
- the next competitors in each class start according to the time losses to the leader (up to 45 minutes loss),
- competitors who are more than 45 minutes behind the leader after three stages start in the interval start.

The final order in the general classification of Sudety Cup in all classes with a chasing start during the 4th stage will be determined by the punch time from the SPORTident FINISH station.

Maps

	Map size	KM50-80 Rodzinna, Enka, Krótka	KM10-45, Średnia, Challenge, Ultra
Stage 1	A4	1:7 500 e-5 m	1:10 000 e-5 m
Stage 2	A4 or A3	1:7 500 e-5 m	1:10 000 e-5 m
Stage 3	A4	1:7 500 e-5 m	1:10 000 e-5 m
Stage 4	A4	1:7 500 e-5 m	1:10 000 e-5 m

All maps prepared according to ISOM 2017-2 in 2026. Digital print on waterproof paper.

Maps will not be collected at the finish, so please follow fair play rules and do not show the maps to competitors who have not already started.



Environment sustainability

Respecting the surrounding nature is extremely important, therefore during the competition we will try to reduce the negative impact of our event on the environment as much as possible – we will replace plastic with paper products where possible. You can also help us with this – bring your own reusable cups for water at the finish line.

Kid's zone

There will be Kid's zone with attractions for the youngest organized at each stage at the Event Center. Also, a special Mini-O course for children located next to the Event Center will be available. Both Kid's zone and Mini-O will be free of charge and available to all willing children without prior registration.

Waste separation

Waste separation will be carried out during the event – clearly marked bins for bio, mixed, plastic, paper, and glass waste will be available in a designated spot within the Event Center. Please use them carefully and dispose of your waste in the appropriate containers – let's take care of the cleanliness and natural environment of the Sudety mountains together!

ÓLAND Super Punch

Every day, near the Kid's Zone, you will find Oland Super Punch – a short orienteering course prepared by Oland, the sponsor of Sudety Cup. Participation is free and open to all competitors. During the Sunday prize-giving ceremony at 14:00, we will draw and reward 10 participants who have completed at least one Oland Super Punch course.

WRE

3rd stage in KM21E classes will be a World Ranking Event race. More information concerning the WRE can be found in the latter part of this bulletin.

Shops

It will be possible to purchase products from the official Sudety collection as well as other sports equipment or footwear for orienteering at the Event Center.

Medical support

An ambulance with paramedics will be located in the Event Center near the finish line.

Toilets

Toilets will be available only in Event Center.

Food

Every day at the Event Center, we invite you to visit the cafeteria. The menu includes grilled dishes, hot and cold drinks, as well as delicious desserts.

Cafeteria opening hours:

30.07.2026 Thursday	31.07.2026 Friday	1.08.2026 Saturday	2.08.2026 Sunday
12:00-20:00	08:00-16:00	08:00-15:00	08:00-15:00



Fees

KM10-14
Rodzinna
Enka

KM16-20
KM65 and older
Krótką
Średnia

KM21-60
Challenge
Ultra

1st deadline	25 PLN / stage	40 PLN / stage	55 PLN / stage
30.04.2026	100 PLN / 4 stages	160 PLN / 4 stages	220 PLN / 4 stages

2nd deadline	30 PLN / stage	45 PLN / stage	65 PLN / stage
20.07.2026	120 PLN / 4 stages	180 PLN / 4 stages	260 PLN / 4 stages

	35 PLN / stage	50 PLN / stage	75 PLN / stage
late entry	140 PLN / 4 stages	200 PLN / 4 stages	300 PLN / 4 stages

Payments

Dolnośląski Związek Orientacji Sportowej

ul. Borowska 1-3
50-529 Wrocław
Poland

IBAN : **PL87116022020000000230177716**

SWIFT: **BIGBPLPW**

Please include participant details (name and club) and "Sudety" word in bank transfer description.

The validity of the entry within a given deadline is determined by entry fee payment to the organizer's account, not by the fact of just registering an entry via entry system.

Stage classification

As part of the stage classification, winners of stages 1-3 of all classes will receive special awards. After stage 3 we will also award World Ranking Event TOP3 athletes in KM21E classes.

Prize-giving ceremony is scheduled for 19:30 on Saturday and will take place at the scene in the Event Center.

Prize

Gifts and diplomas for the TOP3 participants in each class in the general classification after four stages will be awarded. All Rodzinna and Enka class participants will be awarded small gifts.

Prize-giving ceremony is scheduled for 14:00 on Sunday. Winners will be awarded in the following order: veterans, children, juniors, seniors.

Additional information

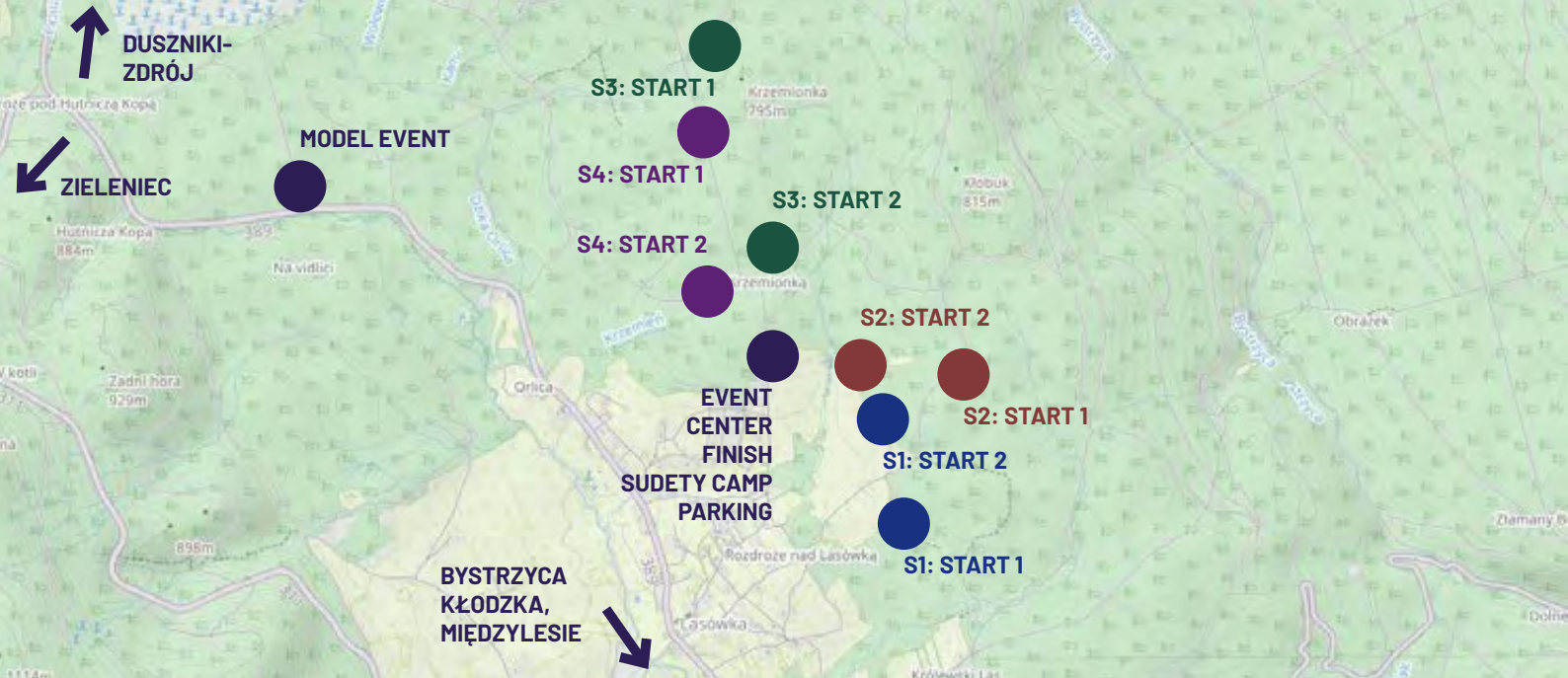
- The organizer provides medical care during the event.
- The organizer has a valid third party insurance.
- The organizer is not responsible for individual insurance of the participants.
- The organizer is not financially responsible for any items lost during the event.
- The organizer reserves the right to change the event program
- The organizer reserves the right to cancel the event due to force majeure.

- The organizer reserves the right to the final interpretation of this Bulletin.
- By registering for the event you consent to the publication of your image on the website sudetycup.pl, in the organizer's social media and in other promotional materials.
- By registering for the event you accept this Bulletin.
- Further information about the event can be found at sudetycup.pl.

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Parking

During the event, we provide free car parking located in the immediate vicinity of the Event Center.

GPS: [50.316040, 16.458167](https://www.google.com/maps/place/50.316040,16.458167)

Event Center

The Event Center of all four stages will be located in the picturesque village of Lasówka, right next to the Polish-Czech border, in a peaceful valley surrounded by the vast forests of the Orlickie and Bystrzyckie Mountains.

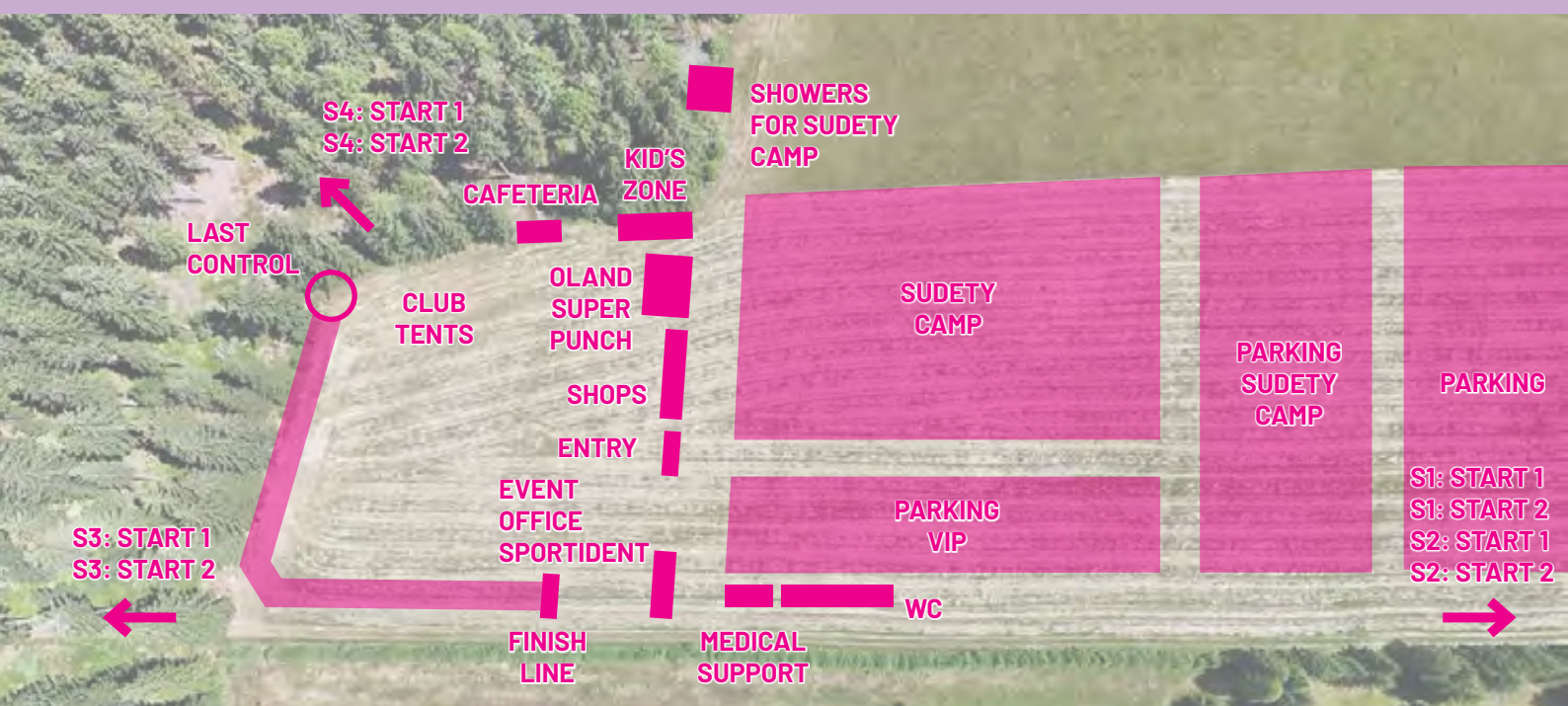
Event Office

Athletes who have already paid the entry fee do not need to visit the Event Office before the start. Please come to the Event Office only to handle the following issues:

- late entries to open classes
- collection or rental of a SPORTident card
- payments and invoices

Event Office opening hours:

30.07.2026	31.07.2026	1.08.2026	2.08.2026
Thursday	Friday	Saturday	Sunday
12:00-20:00	10:00-16:00	10:00-15:00	09:00-15:00



30.07-2.08.2026



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Model Event

0/4

Model Event

official training
29.07.2026



Parking

Free forest parking.
GPS: [50.325538, 16.424147](https://www.google.com/maps/place/50.325538,16.424147)



Program

15:00	start
18:00	finish closing



Model Event will be your first opportunity to experience the wild forests surrounding Lasówka. The training will take place on a new map, in terrain directly adjacent to the competition area, offering a perfect introduction to the challenges ahead. **You may start at any time between 15:00 and 18:00**, while controls will be collected from 18:00 onwards. Control punching will be carried out using the SPORTident system. A limited number of additional maps will also be available for participants who did not register in advance, at a price of 25 PLN per person.

Courses

	Ultra	Challenge
 3,9 km	3,9 km	2,9 km
 18 CP	18 CP	14 CP
 25 m	25 m	20 m

Map pickup at the parking tent.



Start & finish

Located near the parking area.



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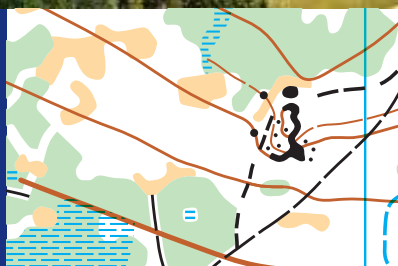
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Stage 1

1/4

Siwa Skala

middle distance
30.07.2026



Parking

Free car parking located
near the Event Center.



Program

15:00
20:00

first start
finish closing



First stage takes you into the **mystical Sudety plain** – an almost flat yet surprisingly demanding area where every step can change the rhythm of your race. A dense network of ditches and marshy depressions will dictate its own cadence, while the shifting vegetation – from fast, white forest to thickets and overgrown rides – will require constant focus. In a landscape with almost no contour detail, the compass will become your most reliable ally as you navigate around the majestic Siwa Skala.



Start

START 1

1200 m to start, follow red
ribbons

START 2

800 m to start, follow red
ribbons

Finish

Located in the Event
Center.



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Stage 2

2/4

Góra Kłobuk

long distance
31.07.2026



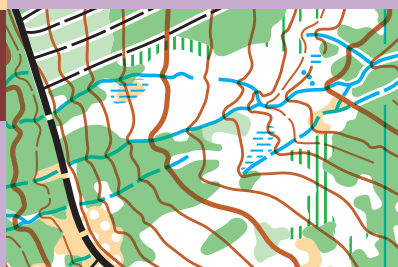
Parking

Free car parking located
near the Event Center.



Program

11:00 first start
16:00 finish closing



Stage two takes you into a **land of demanding route choices** where the mountain character of the terrain requires full focus from the very first meters. Around the summit of Góra Kłobuk, you will encounter tightly packed contour lines and the deep valley with its stream will play a key role in shaping many route options. Variable runnability – from open forest to green thickets and overgrown strips – will limit visibility and slow your movement. As in any long distance, success will depend on calm, strategic route-choice decisions.

Start

START 1

1800 m to start, follow red
ribbons

START 2

800 m to start, follow red
ribbons



Finish

Located in the Event
Center.



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Stage 3

3/4

Mostowy Potok

middle distance
1.08.2026



Parking

Free car parking located
near the Event Center.



Program

11:00 first start
15:00 finish closing



Third stage leads you through a **mosaic of subtle challenges** where moderately undulating terrain hides numerous watercourses along the valley of the Mostowy Potok. The shifting vegetation – fast forest mixed with thickets and small clearings – will significantly limit visibility and require frequent map contact. Marshy areas will become natural barriers while numerous point features will serve as valuable navigational anchors. This stage is part of the World Ranking Event (WRE), so precision and smooth navigation will be especially important.

Start

START 1
1600 m to start, follow red
ribbons

START 2
400 m to start, follow red
ribbons



Finish

Located in the Event
Center.



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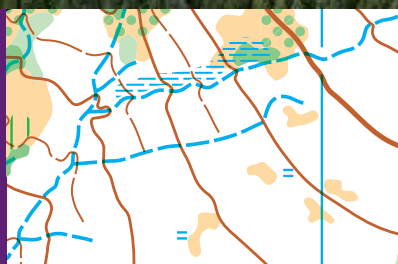
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Stage 4

4/4

Dzika Orlica

chasing start
2.08.2026



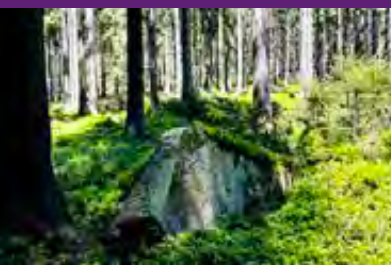
Parking

Free car parking located
near the Event Center.



Program

10:00 first start
14:00 finish closing



The final stage takes you into a **landscape of valleys and wetlands** where distinct relief and the dominant main valley will require repeated elevation changes. Runnability will shift from open forest to dense undergrowth and green strips that slow you down. The main challenge will be the marshy valley of Dzika Orlica where ditches and the central stream can easily disrupt your plans and block simple shortcuts. It is a demanding finale in which victory goes to those who can read the terrain as well as the map.

Start

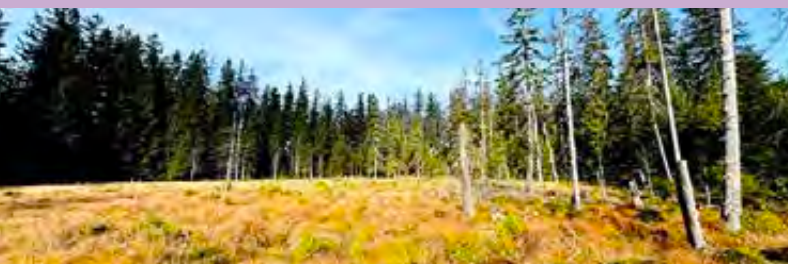
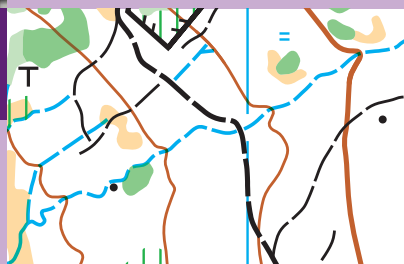
START 1
1400 m to start, follow red
ribbons

START 2
600 m to start, follow red
ribbons



Finish

Located in the Event
Center.



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WRE Appendix



Climate

Temperature for July in Lasówka vary between 10 and 24 °C with an average of 15 °C. Average rainfall for July is 110 mm with 15 rainy days during a month. The weather can be anything from warm and sunny to windy and rainy. Please take into account that the race will be held between 700 and 900 m a. s. l., so the weather conditions at start and finish can differ a lot and change rapidly.

Visas

According to current regulations, citizens of some countries must obtain a visa in order to enter Poland. Please check the following website for more information:

<https://www.gov.pl/web/diplomacy/visas>

Visas should be applied for at your closest Polish embassy. Please note that conditions of entry may change. All participants are advised to keep themselves updated on the situation by consulting their local Polish embassy.

Transport

No transport offered by the organizers.

Winning time

30-35 minutes for both KM21E classes.

GPS-enabled devices

GPS-enabled devices (watches etc.) can be carried provided that they are not used for communication or navigation.

Control descriptions

The dimensions of control descriptions are as follows:

K21E	6,0 x 15,5 cm
M21E	6,0 x 17,5 cm

Complaints

Complaints must be submitted in writing at the Event Office no later than 15 minutes after the full results have been published.

Jury

Łukasz Charuba	POL
Karol Galicz	POL
Marek Wołowczyk	POL

Training opportunities

Apart from the official Model Event available the day before Stage 1, free training maps from previous editions of Sudety Cup are available on our website:

<https://sudetycup.pl/en/maps/>

Summary of entries received

Nation	K21E	M21E
Austria	1	
Czech Republic	10	12
Germany		2
Great Britain		1
Hong Kong	2	5
Hungary		1
Israel	1	
Japan		1
Lithuania	1	4
Norway		1
Poland	18	26
Taiwan	1	1
Ukraine	2	1
TOTAL	36	55

Sudety Camp



Location

Sudety Camp is located right next to the Event Center, meaning you will be at the heart of the action throughout the entire weekend. Just a short walk separates you from the start, finish and the post-race gathering area. We hope that the surrounding mountains, beautiful nature, and the unique atmosphere of camping together will make Sudety Camp an unforgettable part of your Sudety Cup experience.

GPS: [50.316040, 16.458167](#)

Parking

A dedicated parking area has been prepared for participants staying at Sudety Camp, located directly next to the campsite. Separate parking areas are provided for participants staying in tents and for those arriving with camper vans.

For the comfort and safety of all participants, please do not drive onto the campsite.

Basic information

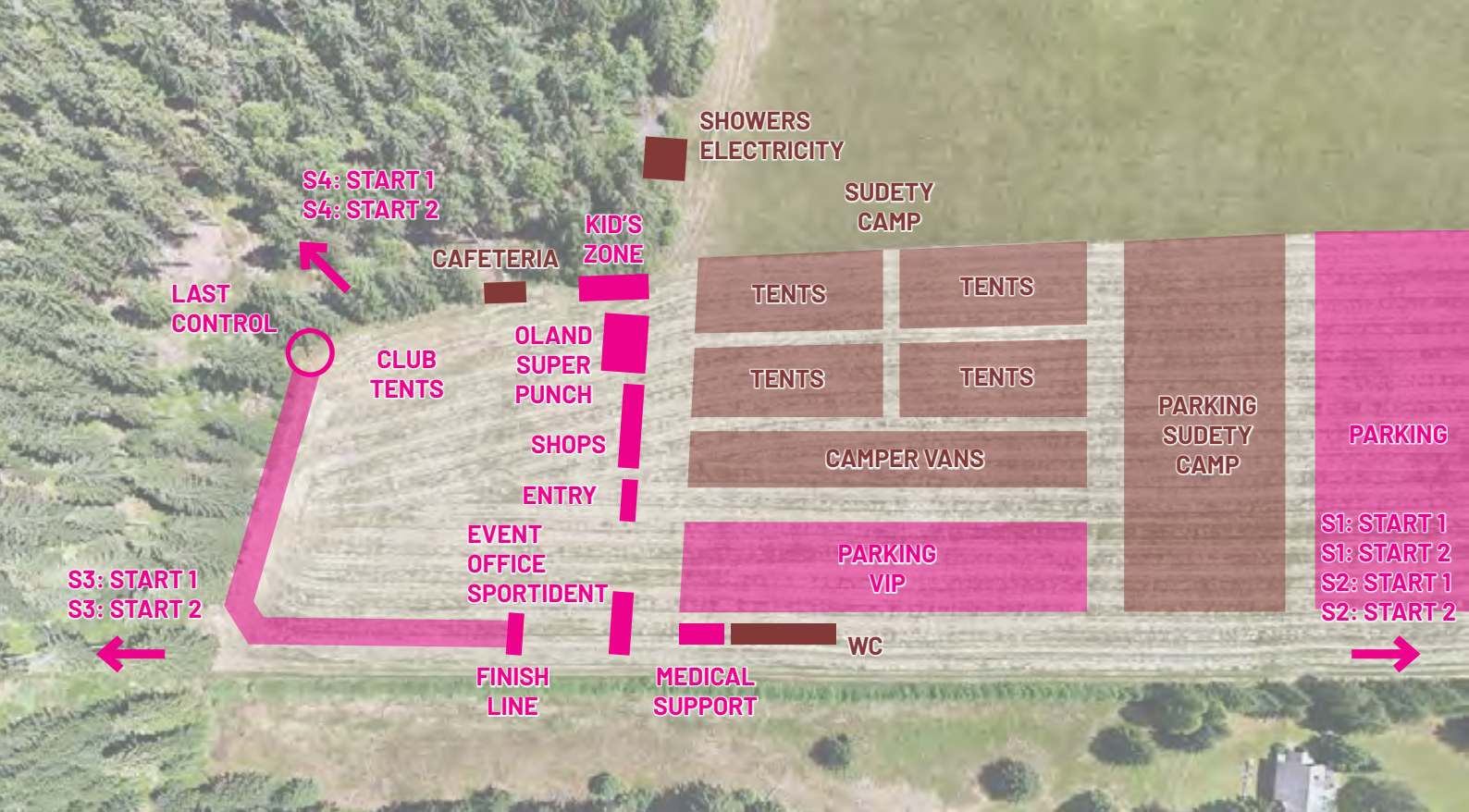
- Check-in on Wednesday from 18:00.
- Check-out on Sunday by 16:00.
- Participants arriving before 21:00 on Wednesday will be guided by the organizers to their designated tent or camper van pitch.

- If you arrive after 21:00, please choose any available pitch designated for tents or camper vans.
- Quiet hours between 22:00 and 06:00.
- Open fires are strictly prohibited throughout Sudety Camp.

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Sanitary facilities

Field showers with hot water are available exclusively for Sudety Camp residents. The showers are open daily from 11:00 to 21:00. As our water supply is limited, we kindly ask for your understanding and encourage everyone to use the showers responsibly, so there is enough hot water for all.

Toilets and an outdoor washbasin are located next to the Event Center and are available 24 hours a day.

Electricity

Between 11:00 and 21:00, 230 V power outlets will be available near the showers for charging mobile phones, GPS watches and other small electronic devices. Please do not connect high-power appliances such as electric kettles, heaters or similar equipment.

Shops

Lasówka is a small mountain village with very limited shopping facilities. The nearest grocery stores are located in Zieleniec and, across the Czech border, in Orlické Záhory (both approximately 5 km away). A larger supermarket can be found in Duszniki-Zdrój (approximately 16 km away). We recommend purchasing any essential supplies before arriving at Sudety Camp.

Cafeteria

If you do not feel like cooking, we invite you to visit the cafeteria at the Event Center. In the morning you can enjoy freshly brewed coffee and tea, while throughout the day we will serve grilled food and delicious desserts. More information can be found in the Cafeteria section of this Bulletin.

Waste

Please help us keep Sudety Camp clean by separating your waste. Recycling bins are located next to the cafeteria at the Event Center, while a mixed waste bin is also available near the showers. Let us work together to keep the campsite clean and protect the beautiful natural surroundings.

Respect your neighbours

Sudety Camp is a shared space for all participants. Please respect the quiet hours, keep your campsite tidy and be considerate of your neighbours. Together, we can create a pleasant atmosphere where everyone can relax and recharge before the next day's competition.

Course details

	1/4	2/4	3/4	4/4	
	<i>Siwa Skala</i>	<i>Góra Kłobuk</i>	<i>Mostowy Potok</i>	<i>Dzika Orlica</i>	
K10	 1,9 km  9 CP  40 m	 2,5 km  10 CP  60 m	 1,9 km  11 CP  40 m	 2,3 km  10 CP  40 m	K10
K12	 2,4 km  12 CP  50 m	 3,0 km  11 CP  60 m	 2,8 km  11 CP  50 m	 2,8 km  10 CP  45 m	K12
K14	 2,6 km  11 CP  50 m	 3,2 km  11 CP  60 m	 2,6 km  9 CP  40 m	 3,2 km  10 CP  70 m	K14
K16	 2,7 km  12 CP  55 m	 4,3 km  11 CP  170 m	 2,7 km  12 CP  40 m	 4,2 km  10 CP  75 m	K16
K18	 3,0 km  12 CP  55 m	 4,8 km  10 CP  200 m	 2,9 km  14 CP  45 m	 4,5 km  15 CP  90 m	K18
K20	 3,2 km  13 CP  65 m	 5,3 km  13 CP  210 m	 3,2 km  18 CP  60 m	 5,1 km  14 CP  90 m	K20
K21	 3,1 km  13 CP  65 m	 5,2 km  11 CP  210 m	 3,0 km  16 CP  50 m	 4,6 km  13 CP  85 m	K21
K21E	 3,7 km  16 CP  80 m	 7,0 km  15 CP  260 m	 3,7 km  20 CP  60 m	 6,3 km  17 CP  120 m	K21E
K35	 3,0 km  12 CP  55 m	 4,8 km  10 CP  200 m	 2,9 km  14 CP  45 m	 4,5 km  15 CP  90 m	K35
K40	 2,7 km  12 CP  55 m	 4,3 km  11 CP  170 m	 2,7 km  12 CP  40 m	 4,2 km  10 CP  75 m	K40
K45	 2,7 km  11 CP  60 m	 4,0 km  11 CP  170 m	 2,6 km  11 CP  50 m	 3,4 km  10 CP  70 m	K45

	1/4	2/4	3/4	4/4	
	<i>Siwa Skala</i>	<i>Góra Kłobuk</i>	<i>Mostowy Potok</i>	<i>Dzika Orlica</i>	
K50	 2,6 km  12 CP  55 m	 3,4 km  10 CP  110 m	 2,5 km  10 CP  40 m	 3,1 km  11 CP  60 m	K50
K55	 2,5 km  11 CP  50 m	 3,0 km  10 CP  65 m	 2,5 km  9 CP  40 m	 2,9 km  10 CP  60 m	K55
K60	 2,5 km  11 CP  50 m	 3,0 km  10 CP  65 m	 2,5 km  9 CP  40 m	 2,9 km  10 CP  60 m	K60
K65	 2,2 km  10 CP  40 m	 2,5 km  8 CP  50 m	 2,4 km  8 CP  40 m	 2,4 km  6 CP  40 m	K65
K70	 2,2 km  10 CP  40 m	 2,5 km  8 CP  50 m	 2,4 km  8 CP  40 m	 2,4 km  6 CP  40 m	K70
K75	 2,0 km  9 CP  45 m	 2,2 km  7 CP  40 m	 2,1 km  8 CP  35 m	 2,3 km  7 CP  35 m	K75
K80	 2,0 km  9 CP  45 m	 2,2 km  7 CP  40 m	 2,1 km  8 CP  35 m	 2,3 km  7 CP  35 m	K80
M10	 1,9 km  9 CP  40 m	 2,5 km  10 CP  60 m	 1,9 km  11 CP  40 m	 2,3 km  10 CP  40 m	M10
M12	 2,4 km  12 CP  50 m	 3,0 km  11 CP  60 m	 2,8 km  11 CP  50 m	 2,8 km  10 CP  45 m	M12
M14	 2,9 km  13 CP  60 m	 3,9 km  11 CP  100 m	 3,1 km  9 CP  45 m	 3,7 km  10 CP  75 m	M14
M16	 3,1 km  13 CP  65 m	 5,2 km  11 CP  210 m	 3,0 km  16 CP  50 m	 4,6 km  13 CP  85 m	M16
M18	 3,4 km  15 CP  75 m	 6,4 km  13 CP  250 m	 3,5 km  17 CP  60 m	 5,7 km  15 CP  110 m	M18

	1/4	2/4	3/4	4/4	
	<i>Siwa Skala</i>	<i>Góra Kłobuk</i>	<i>Mostowy Potok</i>	<i>Dzika Orlica</i>	
M20	 3,6 km  16 CP  75 m	 7,6 km  13 CP  270 m	 3,6 km  18 CP  55 m	 7,0 km  18 CP  130 m	M20
M21	 3,7 km  16 CP  80 m	 7,0 km  15 CP  260 m	 3,7 km  20 CP  60 m	 6,3 km  17 CP  120 m	M21
M21E	 4,9 km  19 CP  95 m	 11,7 km  19 CP  430 m	 4,8 km  23 CP  75 m	 9,1 km  25 CP  170 m	M21E
M35	 3,6 km  16 CP  75 m	 7,6 km  13 CP  270 m	 3,6 km  18 CP  55 m	 7,0 km  18 CP  130 m	M35
M40	 3,3 km  14 CP  70 m	 6,4 km  14 CP  230 m	 3,3 km  15 CP  45 m	 5,3 km  16 CP  100 m	M40
M45	 3,2 km  13 CP  65 m	 5,3 km  13 CP  210 m	 3,2 km  18 CP  60 m	 5,1 km  14 CP  90 m	M45
M50	 3,2 km  12 CP  65 m	 4,9 km  11 CP  200 m	 3,0 km  12 CP  45 m	 4,5 km  14 CP  90 m	M50
M55	 2,9 km  12 CP  55 m	 4,4 km  11 CP  180 m	 2,9 km  14 CP  40 m	 4,2 km  13 CP  90 m	M55
M60	 2,7 km  11 CP  60 m	 4,0 km  11 CP  170 m	 2,6 km  11 CP  50 m	 3,4 km  10 CP  70 m	M60
M65	 2,6 km  12 CP  55 m	 3,4 km  10 CP  110 m	 2,5 km  10 CP  40 m	 3,1 km  11 CP  60 m	M65
M70	 2,5 km  11 CP  50 m	 3,0 km  10 CP  65 m	 2,5 km  9 CP  40 m	 2,9 km  10 CP  60 m	M70
M75	 2,2 km  10 CP  40 m	 2,5 km  8 CP  50 m	 2,4 km  8 CP  40 m	 2,4 km  6 CP  40 m	M75

	1/4	2/4	3/4	4/4	
	<i>Siwa Skała</i>	<i>Góra Kłobuk</i>	<i>Mostowy Potok</i>	<i>Dzika Orlica</i>	
MSO	2,0 km 9 CP 45 m	2,2 km 7 CP 40 m	2,1 km 8 CP 35 m	2,3 km 7 CP 35 m	MSO
Rodzinna	1,9 km 8 CP 45 m	2,1 km 7 CP 55 m	2,1 km 6 CP 40 m	2,2 km 6 CP 40 m	Rodzinna
Enka	1,9 km 8 CP 45 m	2,1 km 7 CP 55 m	2,1 km 6 CP 40 m	2,2 km 6 CP 45 m	Enka
Krótką	2,5 km 10 CP 50 m	2,9 km 11 CP 70 m	2,6 km 9 CP 40 m	3,0 km 8 CP 60 m	Krótką
Średnia	3,5 km 15 CP 65 m	4,0 km 10 CP 110 m	3,5 km 12 CP 60 m	4,0 km 11 CP 80 m	Średnia
Challenge	2,7 km 13 CP 50 m	3,6 km 10 CP 120 m	2,8 km 16 CP 45 m	3,5 km 13 CP 65 m	Challenge
Ultra	3,6 km 16 CP 75 m	5,0 km 13 CP 200 m	3,5 km 18 CP 55 m	5,1 km 16 CP 90 m	Ultra





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Bystrzyca Kłodzka

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Zieleniec Peat Bog

Admission:

Free

Distance from EC:

[6 minutes \(6 km\)](#)

More:

wroclaw.lasy.gov.pl

Zieleniec Peat Bog is a unique nature reserve in the Orlickie Mountains, one of the best-preserved high peat bogs in the area. This place teems with life – round-leaved sundew grows here and rare butterfly species hide among the mosses.

Wooden boardwalks lead through the picturesque landscape, allowing visitors to walk without disturbing the delicate ecosystem. Viewing points offer panoramas of the surrounding peaks and the Kłodzko Valley. It is an ideal place for relaxation and contact with nature, especially recommended for nature photography enthusiasts.

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sudetycup.pl



Paper Museum in Duszniki-Zdrój

Admission:

Paid

Distance from EC:

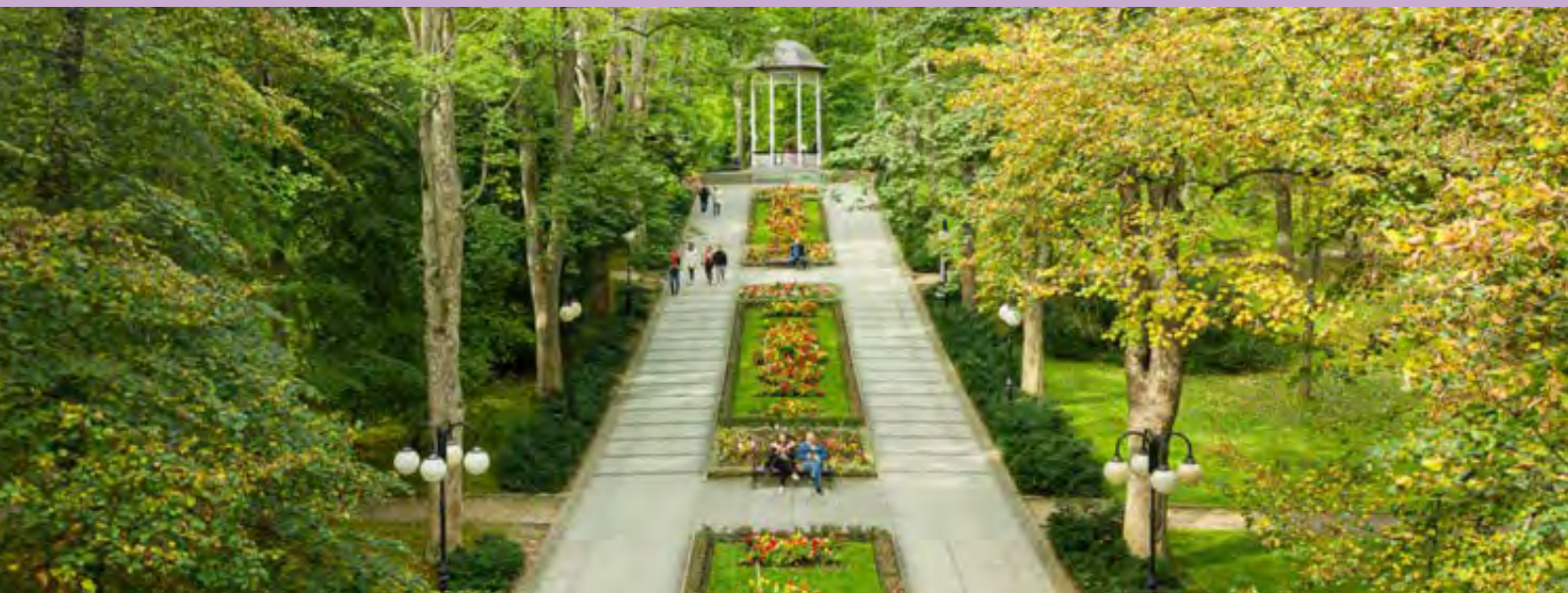
[16 minutes \(14 km\)](#)

More:

muzeumpapiernictwa.pl

The Paper Museum is housed in a historic 17th-century paper mill, one of the few in Europe. This fascinating place brings the history of paper to life before visitors' eyes.

The biggest attraction is the hand papermaking demonstrations using medieval techniques, in which visitors can participate themselves. The museum displays historic machines and tools, as well as unique paper collections. This is a great attraction for families, offering education and interaction in one place.



Spa Park in Polanica-Zdrój

Admission:

Free

Distance from EC:

[29 minutes \(24 km\)](#)

More:

polanica.pl

The Spa Park in Polanica-Zdrój covers nearly 13 hectares of greenery, where exotic trees and historic spa buildings create a unique atmosphere. It is the heart of the spa town, full of tranquility and charm.

The park features a mineral water pump room, a concert shell and the Spa Theater. Strolling along the paths among flowers and fountains is pure pleasure. In season, concerts and cultural events take place here. It is the perfect place to relax after the race and regenerate in the midst of greenery.



Szczeliniec Wielki

Admission: Paid
Distance from EC: [30 minutes \(25 km\)](#)
More: pngs.gov.pl

Szczeliniec Wielki is the highest peak of the Stołowe Mountains (919 m above sea level), known for its characteristic flat summit and rocky labyrinth. Reaching the top requires climbing approximately 665 stone steps.

At the summit, a reward awaits – breathtaking views of the Kłodzko Valley and the Śnieżnik Massif. The rocky labyrinth hides formations with intriguing names, including “Grandfather’s Armchair” and “The Camel”. The “Szwajcarka” shelter invites visitors to rest and enjoy a meal. This is a must-see for every mountain hiking enthusiast.



Spa Park in Kudowa-Zdrój

Admission: Free
Distance from EC: [29 minutes \(26 km\)](#)
More: kudowa.com.pl

Established in the 18th century, the Spa Park in Kudowa-Zdrój delights with its English style and charming pond. This is a space full of exotic vegetation, historic villas, and a spa-town atmosphere.

In the park, you will find a mineral water pump room, a spa theater, and a concert shell. Summer palm trees and flower carpets give it a Mediterranean character. Strolling along the paths among greenery is a true feast for the senses. This is a must-visit spot on the map of anyone who appreciates spa-town ambiance and beautiful gardens.



Błędne Skały

Admission: Paid
Distance from EC: [35 minutes \(29 km\)](#)
More: pngs.gov.pl

Błędne Skały is a natural labyrinth of rock corridors and crevices formed by sandstone erosion. It is one of the top attractions of the Stołowe Mountains, captivating visitors with its extraordinary rock formations.

The walk through narrow passages leads through picturesque corners where rocks take on whimsical shapes resembling animals, mushrooms and people. Along the route, there are viewpoints offering panoramas of the Stołowe and Bystrzyckie Mountains. This is a must-visit spot for anyone who appreciates extraordinary landscapes.



Castle in Międzyzylesie

Admission: Paid
Distance from EC: [35 minutes \(32 km\)](#)
More: zamekmiedzylesie.pl

The Castle in Międzyzylesie is a medieval stronghold rising picturesquely above the Nysa Kłodzka River. Although now in ruins, its walls still make a great impression and attract history enthusiasts.

The castle ruins offer beautiful views of the town and surrounding mountains, making it an excellent starting point for hiking trips into the Bystrzyckie Mountains. The site holds many secrets – legends say that underground tunnels lie beneath the castle. It is an ideal proposition for those who enjoy atmospheric, less-frequented places.

Sudety Cup

2027

Bystrzyckie Mountains

1/4

Stage 01

middle distance
15.07.2027

2/4

Stage 02

long distance
16.07.2027

3/4

Stage 03

middle distance
17.07.2027

4/4

Stage 04

chasing start
18.07.2027



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15-18.07.2027

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July 11 ——— 17
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POLAND ———

