

Siguldas Kauss 2025 WRE

Sigulda-Krimulda

Pre-Start Information



- **Gauja National Park and special protection areas**

The competition takes place in a unique, specially protected natural area in Gauja National Park. The forest here is typical of ravine and slope forests with large relief features and pronounced biological diversity, including several specially protected habitats such as old-growth forests, slope and ravine forests, and sandstone outcrops. The competition area is located in a geologically unique place in Latvia – Sigulda – in the Gauja River valley. Most of the competition terrain is administered by the Nature Conservation Agency and lies within a Nature Reserve zone whose aim is to protect special natural values and habitats. When planning the courses, the organiser, in cooperation with the Nature Conservation Agency, has paid special attention to protecting these habitats, and the courses have been designed to minimise possible impacts on natural values.



Monitoring is carried out both before and after the competition to record its impact on sensitive areas.

Participants are asked to carefully follow the organisers' instructions, not to cross prohibited areas marked in the terrain, and not to enter areas shown on the map with purple hatching!

You are in a specially protected area:
Gauja National Park!

We invite you to protect and respect
natural and man-made values!

Jūs atrodaties
īpaši aizsargājamā dabas teritorijā:
Gaujas Nacionālajā Parkā!
Aicinām jūs saudzēt un cienīt
dabas un cilvēku radītās vērtības!

● Prohibited Areas

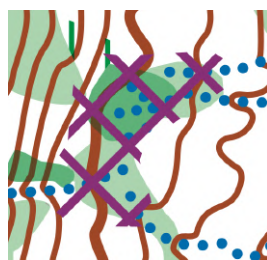
Several specially protected natural areas are marked on the map. The competition area is home to several dozen specially protected species. These include, for example, among plants – Braun’s Holly Fern, Fragrant Orchid, and Broad-leaved Helleborine; and among mosses – Lobaria pulmonaria and Jungermannia leiantha.



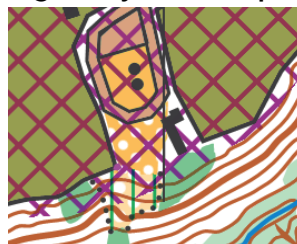
To protect species and habitats, the course planning has been carefully considered so as not to encourage athletes to cross sensitive areas. These areas are marked on the map with ISOM-2017 symbol No. 709



“Out-of-bounds area”. Several places are marked in the terrain with red-and-white tape, restricting the movement of athletes. This tape is shown on the map with a thick purple line. **Crossing this tape in the terrain is strictly forbidden!!!**







It is also forbidden to cross other objects coloured olive green or with purple hatching, including cemeteries (except along publicly accessible roads shown accordingly on the map), highways, the open-air stage, etc.



● Special Symbols on the Map

The following special symbols are used on the map:

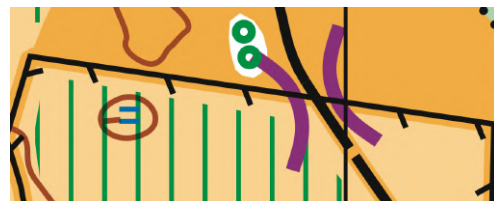
ĪPAŠIE APZĪMĒJUMI / SPECIAL SYMBOLS:

 	LV: aizliegta teritorija - šķērsot aizliegts! Šie ir īpaši aizsargājami biotopi - avoksnāji un minerāvielām bagāti avoti. Dabā nav marķēti vai īpaši apzīmēti, izņemot vietu, kur kartē parādīta bieza lillā līnija ENG: prohibited area - crossing is prohibited! These are specially protected natural habitats - mineral-rich springs. In nature, they are not marked or specially designated, except for the places where a thick purple line is shown on map
	LV: cilvēku veidots objekts (soliņš, "sēnīte"/nojume) ENG: man made object (bench, shed)
	LV: izteikts tiltiņš uz takas ENG: noticeable small bridge over stream or wet place

● Pastures and Fences

There are electric fences in the competition area used for pastures. During the competition, there will be no livestock in the pastures. The fences **will not** be connected to electricity during the competition. Electric fences may be crossed, but please do so carefully to avoid damaging them.

Recommended fence-crossing points are marked on the map. Gates have been installed in the fences at these locations. We encourage you to use these gates to cross the pastures. Not mandatory, but recommended.



- **Marking in the Forest**

During the MIDDLE distance, you may encounter yellow-tape markings in the forest which are used for another day's competition and are not related to the MIDDLE distance.



Please do not touch these markings!

- **Participant Bibs**

Participants in the MW21E classes must wear a bib number. The same bib number is used for both days. Bib numbers for the MW21E classes are available at the Registration tent!

No bib numbers will be used for the other classes.

- **Remote Finish – MIDDLE WRE**

ATTENTION! On the day of the MIDDLE WRE competition (09.08.2025), a Remote Finish will be used. This means that after punching at the Finish, the participant must follow directions to the SportIdent download station located in the Arena.



It is mandatory for the participant to download their SportIdent, regardless of whether or not they completed the entire course! Remember: punching at the Finish control does not yet mean your result has been downloaded!

- **LONG Distance – Mandatory Section and refreshment (water) Points**

During the LONG distance, participants will have one mandatory section that goes under the bridge over the Gauja River. A water point is also located there. Please follow the directions.



During the LONG distance, several water points will be located in the forest. On the map they are marked with the symbol "BUCKET".

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If a water point is directly next to a control, this is shown accordingly in the descriptions, with "BUCKET" indicated in the last column.

Good luck!
Enjoy the Sigulda ravines!