



| Training Areas | | Scale | Year | Cartography | Prize per athlete per session | Using possibilities | |
|--|--------------------------|-------|------|--------------------------|-------------------------------|-----------------------------------|---------------------------------------|
| Parts of the WOC Embargoed Area | | | | | | 2022 | 2023 |
| 1 | Part of the embargoe | 10000 | 2022 | Beat Imhof/Urs Steiner | CHF 3.- | Trainingcamp October | Trainingcamp and Training June/July |
| 2 | Part of the embargoe | 10000 | 2022 | Beat Imhof/Urs Steiner | CHF 3.- | Trainingcamp October | Trainingcamp and Training June/July |
| 3 | Part of the embargoe | 10000 | 2023 | Beat Imhof/Urs Steiner | CHF 3.- | | Trainingcamp and Training June/July |
| 4 | Part of the embargoe | 10000 | 2023 | Beat Imhof/Urs Steiner | CHF 3.- | | Trainingcamp and Training June/July |
| Greater region Flims Laax | | | | | | 2022 | 2023 |
| 5 | Bot Fienna Trin | 10000 | 2022 | Urs Steiner | CHF 3.- | Training May-Aug/Oct | Training May-July |
| 6 | Ils Aults Domat/Ems | 10000 | 2019 | Flavio Poltera | CHF 3.- | Training May-Aug/Oct | Training May-July |
| 7 | Crest' Aulta, Bonaduz | 15000 | 2022 | Flavio Poltera | CHF 3.- | Trainingcamp October | Training June/July |
| 8 | Bot Tschavir Bonaduz | 10000 | 2022 | Flavio Poltera | CHF 3.- | Training June-Aug/Oct | Training June/July |
| 9 | Laax Larischs | 10000 | 2022 | Ust Steiner | CHF 3.- | | Trainingcamp and Training June/July |
| Region Arosa Lenzerheide | | | | | | 2022 | 2023 |
| 10 | Arosa, Grünsee | 15000 | 2021 | Urs Steiner | CHF 3.- | Training June-Aug/Oct | Training June/July |
| 11 | Arosa Prätschli/Maran | 10000 | 2021 | Beat Imhof/Urs Steiner | CHF 3.- | Training June-Aug/Oct | Training June/July |
| 12 | Arosa Hinterwald | 10000 | 2021 | Gian-Reto Schaad | CHF 3.- | Training June-Aug/Oct | Training June/July |
| 13 | Scharmoin | 15000 | 2022 | Beat Imhof | CHF 3.- | Trainingcamp October | Training May-July |
| Region Davos Klosters | | | | | | 2022 | 2023 |
| 14 | Davos Zugwald/Drusetscha | 15000 | 2022 | Urs Steiner | CHF 3.- | EGK World Cup Final, Training Oct | Training May-July (with restrictions) |
| 15 | Madrisa | 10000 | 2022 | Flavio Poltera | CHF 3.- | EGK World Cup Final, Training Oct | Training June/July |
| 16 | Bergün | 10000 | 2019 | P-O Derebrant/Beat Imhof | CHF 3.- | Training May-Aug/Oct | Training May-July |
| 17 | Filisur | 10000 | 2019 | Martin Lerjen | CHF 3.- | Training May-Aug/Oct | Training May-July |
| 18 | Flüelapass Davos | 10000 | 2007 | Fausto Tettamanti | CHF 3.- | Training May-Aug/Oct | Training June/July |

| Region Engadin | | | | | | 2022 | 2023 |
|--------------------------------|----------------------------|-------|------|---------------------------|---------|---|------------------------------------|
| 19 | Susch-Lavin | 10000 | 2021 | Flavio Poltera | CHF 3.- | Training May-Aug/Oct | Training May-July |
| 20 | Tarasp | 10000 | 2022 | Beat Imhof | CHF 3.- | Training July-Aug/Oct | Training May-July |
| 21 | Ftan | 15000 | 2023 | Urs Steiner | CHF 3.- | | Selection Race, Training June/July |
| 22 | Pass dal Fuorn | 15000 | 2016 | Urs Steiner | CHF 3.- | Training June-Aug/Oct | Training June/July |
| 23 | S-Chanf | 10000 | 2016 | Gian-Reto Schaad | CHF 3.- | Training May-Aug/Oct | Training May-July |
| 24 | Stazerwald | 10000 | 2016 | Urs Steiner | CHF 3.- | Training May-Aug/Oct | Training May-July |
| 25 | God Surlej | 10000 | 2022 | F. Tettamanti / R. Gordon | CHF 3.- | Training May-Aug/Oct | Training May-July |
| 26 | Sils/Segl Maria | 10000 | 2016 | Urs Steiner | CHF 3.- | Training May-Aug/Oct | Training May-July |
| 27 | Maloja | 10000 | 2016 | Urs Steiner | CHF 3.- | Training June-Aug/Oct | Training June/July |
| 28 | Diavolezza | 10000 | 2020 | Beat Imhof | CHF 3.- | Training June-Aug/Oct | Training June/July |
| 29 | Corvatsch-Furtschellas | 10000 | 2020 | Beat Imhof | CHF 3.- | Training June-Aug/Oct | Training June/July |
| Region South Alps | | | | | | 2022 | 2023 |
| 30 | San Bernardino | 10000 | 2018 | Olivier Minotti | CHF 3.- | Training July/Aug/Oct | Training Mid-June/July |
| 31 | San Bernardino Süd | 10000 | 2022 | Olivier Minotti | CHF 3.- | Training October | Training Mid-June/July |
| 32 | Passo del Lucomagno | 10000 | 2019 | Fausto Tettamanti | CHF 3.- | Training July/Aug/Oct | Training Mid-June/July |
| 33 | Campra | 10000 | 2022 | Francesco Guglielmetti | CHF 3.- | National Competition, Training Oct | Training Mid-June/July |
| 34 | Dötra | 15000 | 2022 | Francesco Guglielmetti | CHF 3.- | National Competition, Training Oct | Training Mid-June/July |
| Region Central Switzerland | | | | | | 2022 | 2023 |
| 35 | Brünig | 15000 | 2011 | Urs Steiner | CHF 3.- | Training May-Aug | Training May-July |
| 36 | Grindelwald | 15000 | 2018 | Urs Steiner | CHF 3.- | Training May-Aug, Oct | Training May-July |
| 37 | Seelisberg | 10000 | 2020 | Urs Steiner | CHF 3.- | Training May-Aug | Training May-July |
| Region Churfirsten/Glarnerland | | | | | | 2022 | 2023 |
| 38 | Selamatt | 15000 | 2022 | Beat Imhof | CHF 3.- | National Competition, Training Mid-Sept/Oct | Training May |
| 39 | Säntisalp | 15000 | 2018 | Beat Imhof | CHF 3.- | Training Mid-Sept/Oct | Training May |
| 40 | Bräch - Bruwaldalp | 10000 | 2019 | Urs Steiner | CHF 3.- | Training Aug-Oct | |
| 41 | Lau-Thurwies (Unterwasser) | 10000 | 2022 | Beat Imhof | CHF 3.- | Training Mid-Sept/Oct | Training May |
| 42 | Gänderich (Wolzenalp) | 10000 | 2022 | Beat Imhof | CHF 3.- | Training Mid-Sept/Oct | Training May |

Mapprinting has to be done by the training participants. WOC-organizers can provide printing service if desired. Please note that this may take some days to organize.

Terms of use of the ordered OCAD files:

There is no fee for these OCAD-files, only the session fee per athlete and training is payable.

The ordered OCAD files may exclusively be used for WOC 2023 training activities of the subject, which has purchased the files (e.g. national teams athletes and coaches).

The ordered OCAD files may not be spread any further to subjects or individuals not being members of the subject which had purchased the files. Distributed files will get specific hidden stamp.

All sessions have to be entered in the trainings tool on the WOC-webpage. Only athletes have to pay the session fee, team officials and coaches may visit the terrains and use the maps for free.

The files may be spread among team members to be used during their individual training trips outside national team official camps. In such cases, the session fee of 3 CHF/athlete/session applies as well.

Joined trainings - athletes from several countries may take part at joined sessions organised by a team who has ordered the OCAD files. Session fee of 3 CHF/athlete/session applies for all athletes taking part.

The permission to use the purchased OCAD files expires completely by the last day of WOC 2023.

All persons entering the terrain of the training maps are responsible that they respect the agreement between the map owner and the authorities. No trainingsessions are allowed in forbidden access times!

A violation of the regulation will have the same consequences as entering an embargoed area.

We want you to be well prepared for WOC 2023. Please coordinate your wishes and needs with us. For any training purposes contact the responsible person, Simone Niggli, simone.niggli@woc2023.ch