



PHOTOS: KIMMO HIRVONEN

# JUKOLA 2018 PRE CAMPS

Pajulahti Olympic Training Center



**Pajulahti Olympic Training Center**, located in Lahti, southern Finland, offers excellent training facilities for teams and individuals preparing for Lahti-Hollola Jukola 2018. Comfortable accommodation, well-balanced meals and up-to-date training venues in safe and clean surroundings within easy access to the training terrain.

We look forward to hearing from you!

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LAHTI-HOLLOLA  
JUKOLA  
16.-17.6.2018  
www.jukola.com/2018

## Our versatile facilities for off-forest training

- several ball halls
- dance studio
- meeting rooms
- main gym with David Fitness Center stations
- 25-meter swimming pool: 4 lanes, saunas and a jacuzzi
- multisport hall with running track, vertical and horizontal jumps
- outdoor running track and jumps
- massage therapy rooms and therapists
- fully equipped exercise testing laboratories
- leisure activities to complete Your stay with us: Adventure Park, canoeing, disc golf, beach volley, jogging trails, lakeside saunas etc.

## CAMP INFO

**Sport standard rooms** (2-8 persons), incl. breakfast  
Period 1 all days 25 May – 2 July, 2017  
and Sun-Fri on other weeks 45€ / person / night

Period 2 all days 3 July – 13 August, 2017  
and Fri-Sun on other weeks 50€ / person / night

Upgrade to hotel standard room +10€ / person / night  
Single room +25€ / night

**Meals served from buffet**  
lunch or dinner 11,85€  
soup lunch 8,45€

**Payments**  
Reservation fee 150€ / group 1-10 persons  
300€ / group 11 -> persons  
Remaining total cash/credit card at Pajulahti reception

**Printed training maps** to be ordered from the office of Lahden Suunnistajat -37 by e-mail: [toimisto@ls37.fi](mailto:toimisto@ls37.fi)  
Further information: **Aleksi Anttolainen**  
[aleksi.anttolainen@live.fi](mailto:aleksi.anttolainen@live.fi), tel. +358 44 505 0293  
Single map 7 €. Lahden Suunnistajat-37 will invoice the maps in beforehand and send them by mail +6 €. Pre-ordered maps will also be available in Pajulahti.

**Official training terrain** is located in Lahti - Hollola area. Trainings are planned in Sairakkala (Lahti-Suunnistus 5-6 August, 2017), areas of Tiirismaa, Tapanila and Lahti Sports Center.

**Distance from Pajulahti:**  
Lahti Sports Center 20 km / 20 min  
Sairakkala 45 km / 30-40 min  
Tapanila 25 km / 25 min  
Tiirismaa 30 km / 30 min

All prices incl. VAT



Pajulahti

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