

51. EFNS

European Forester's Competition in Nordic Skiing

WELCOME TO ARBERLAND

ARBER HOHENZOLLERN SKI STADIUM
10th - 16th February 2019



51. efns 2019
ARBERLAND
BAYERISCHER WALD
10. bis 16. Februar 2019



TABLE OF CONTENTS

Welcoming words	3
Program Survey	7
General Plan / Venues	8
Competition	9 / 10
Stadium Plan	11
Track	12
Registration / Charges	13
Liability / Privacy	14
How you can reach the ARBERLAND	15
Excursions	16 / 17
Contact	18

PREFACE BY THE PATRONS

Dear Ladies and Gentlemen,
Dear athletes,

as patron of the 51st European Forestal Nordic Ski Competitions I warmly welcome you.

Besides the different competitions in different events the persons in authority and the organizers have arranged a varied framework program. You should not only find ideal competition conditions in the Bavarian Forest, our ambition is also that you appreciate the region and get to know the country and its people.

May these European Forestal Nordic Ski Competitions proceed athletically well and may community spirit and friendship not go short.

Maybe with this international event it is possible to bring the cluster Forest-Forestry-Wood more into focus of the whole population.

I wish you an eventful week where you can feel comfortable and hopefully you come see us again. We try to be a good host. I want to thank especially all persons in authority and organizers, volunteers for their commitment.

Yours sincerely,

HELMUT BRUNNER
Retired Minister of State



Dear Ladies and Gentlemen,
Dear athletes,

as patron I would like to warmly welcome you to the 51st European Forestal Nordic Ski Competitions.

I am very happy that this year's competitions take place at the ARBERLAND. The house Hohenzollern is in the sixth generation active in forest and in the third generation active in tourism, both have also a long tradition at the Arber.

Therefore, that from the owners and employees of forest and wood companies to forest students and forest owners to foresters and wood workers, all are allowed to participate, a broad field of participants appears, that promises certainly interesting competitions. For you not only the sport event presents itself, but also a framework programme with which you get to know the Bavarian Forest in its variety.

A huge event like the EFNS would not be possible without a powerful organisational committee and many helpers. They deserve my special thanks.

I wish all participants successful, fair and accident-free competitions, good snow conditions and amicable meetings also at the framework programme.

KARL FRIEDRICH FÜRST VON HOHENZOLLERN



WELCOMING WORDS

Dear sports fans,

from 10th to 16th February 2019 the EFNS take place for the first time at the Hohenzollern Ski Stadium Großer Arbersee! Aside of the sport activities, that are competitions in the classic and skating technique, the building of relationships inside the European Forest Community is in the focus of these biathlon based sport event.

Already three years ago the ARBERLAND, inspired by the throughout positive experiences with the organization of the IBU Biathlon Series, handed in an application at the committee of the European Forestal Ski Championships. Since then the preparations started. We expect more than 800 participants from more than 20 European countries including their helpers and teams that pursue different professions around forest and wood. A mammoth project for the region, which we start with pride and dedication!

The individual and relay competitions are accompanied by talks, festivities as well as an elaborate excursion program that puts the Bavarian Forest in the center: After the visitors have reached the heights of the treetop path, a visit of the glass manufacture Freiherr von Poschinger is on the schedule. Ski and snowshoe tours round the Arber and the Großer Falkenstein are provided, nature exploration trips with the rangers of the National Park Bavarian Forest as well as a day trip to the three river city Passau. We are not only looking forward to fair competitions and athletic records, but also a successful exchange of experiences and hope that our guests get to know the ARBERLAND as a top-class sport region like no other!

With sporty greetings

HERBERT UNNASCH
Head of OC BAYERISCHER WALD



Dear Friends of Forestal Skiing,

since I started for the first time at the 3rd EFNS in Ruhpolding in 1971, I was fascinated by the idea to be allowed to compete with colleagues and skiers from the forestal and wood sector in a sporting competition. Besides the idea to stay fit for the job through endurance sport, personal contacts with colleagues from all over Europe that I wouldn't want to miss since almost 48 years were very important for me.

Many years as leader of the Bavarian team are my motivation to thank the responsible persons of our region. My idea to be allowed to hold these competitions once in the Bavarian Forest received support from the forestal sector, politics and the OC Bayerischer Wald. Thereby the forestal skiing games come back to a region in which skiing was initiated and established by forestal people more than 100 years ago from now on.

I am convinced that we will justify the trust of the EFNS presidium and of our regional supporters and as far as I am concerned I am looking forward to a great, fair and unifying tournament.

HERMANN KASTL
Team Captain Bavaria
Head of the Förderverein Skilandesleistungszentrum Arber e.V.



WELCOMING WORDS

Dear Ladies and Gentlemen,

As head of the district authority Regen, the ARBERLAND, I am very happy that the 51st European Forestal Nordic Ski Competitions take place at the Großer Arbersee. Around the Hohenzollern Ski Stadium for sure ideal competition conditions are waiting for the athletes.

I personally like the idea that here up to 800 sports fans from 20 nations meet to compete in the athletic competition. That it is not only about the competition, makes the event even more likable. The visitors explore the region, they are not only on the way in the cross country ski tracks, but also in the rural district of Regen. Different excursion possibilities show the variety of the region. At the same time the guests can get to know the forestry of the Bavarian Forest as well as the National Park. The visitors get to know the region here. I think it is very nice that also the glass, our oldest economic branch, plays an important role in the schedule.

I want to use the opportunity and thank the OK for the willingness and the engagement. My special thanks goes to all helpers that campaign for the competitions and events to generally take place. That a huge event like the European Forestal Nordic Ski Competitions generally take place, is because many people become involved and grapple. Thank you very much for that.

I am sure that the participants and their attendants are in good hands here. I wish all athletes that they can enjoy the beauty of the region besides their athletic pleasures. I wish the organizers that everything goes well without accidents. I wish all of us that the weather is good and the snow conditions are enough and that everybody has a good time.

RITA RÖHRL

Head of the rural district Regen



Dear athletes,

I am very happy that the EFNS take place for the 51st time, the first time in the Bavarian Forest, in the ARBERLAND. In the forestry as well as in the ski sport, we look back to a long tradition, but an actual huge event like the EFNS 2019 with more than 800 participants from 20 different countries is a very special honor for us. The district of Lower Bavaria willingly supports this, because besides the sport it is particularly about the structure of relationships inside the European forest society. Especially in times when the splitting of Europe moves on, it is very important to back solidarity – and that in little, in single sections like forestry, so that the people come together and are able to exchange views. For this, besides the single athletic competitions, also the excursions in the vicinity are eminently suitable.

My special thanks to the organizers, the ARBERLAND REGio GmbH, the organizational committee EFNS 2019 as well as all helpers, that contribute that this special competition can take place at the Hohenzollern Ski Stadium Großer Arbersee. We can only hope that the Bavarian Forest winter is well disposed towards us and the event gets the maximum natural snow conditions. The region is looking forward to all participants from throughout Europe and all visitors, that do not want to miss out this premiere.

Yours,

DR. OLAF HEINRICH

President of the district assembly in Lower Bavaria



WELCOMING WORDS

Dear forestal winter sports enthusiasts,

I am very happy that the 51st European Forestal Nordic Ski Championships take place at the Bavarian state forest in the area of the Forestry Bodenmais. We are very proud that this tradition-rich, international event is now also guest in the Bavarian Forest.

The Bavarian State Forest / oder besser Eigenname ? Bayerische Staatsforsten?? gladly support this event, because we want to contribute that many sporty friends can enjoy the nature and idyll of the state forest in the Bavarian Forest.

The picturesque scenery of the event is at the same time the workplace of our employees. With the sustainable cultivation of the state forest our locally colleagues make sure that the recreational usage is most widely possible unrestricted throughout the year. With the daily commitment and the high dedication all wishes and tasks to the forest can conciliate well.

I wish you an exciting, athletically successful and over all delightful week in our woods. I am sure that you will take home many beautiful experiences and impressing forest pictures in your head. I would be very happy, if you come visit us in the Bavarian Forest again soon, with or without skis.

MARTIN NEUMEYER

Head of the Bavarian State Forest



Dear ski and sport friends from the forest sector,

a warmly welcome in the Bavarian Forest, on the green roof of Europe! We are especially happy that the forest experts come exactly to this place to host athletic competitions, because the forest surrounds this region: Together with the neighboring Sumava on the Czech side these woody mountains are the biggest cohesive forest area in Central Europe. Green forest swells, views up to the Alps, waterfalls and ravine valleys and Germany's oldest National Park characterize the scenery. The National Park Bavarian Forest is the only place in Germany that corresponds to the worldwide primeval forest image. Prof. Christian Wirth from the German Centre for Integrative Biodiversity recently confirmed this.

As employee in the wood and forestry branch you are vocationally closely linked to the wood, but also touristically, the forest gains greater importance: The new forest passion goes about. The recreation in a forest area is on the wish list of many people, because the power of nature has a strong regenerative effect. About 2 million guests appreciate every year a stay at the Bavarian Forest. As multifaceted the forest is, as multifaceted is the touristic offer. Over 60 four and five star hotels in the Bavarian Forest are the comfortable wellness addresses in the wood land. In summer you can hike at the quality trail Goldsteig or you enjoy the up and downhill tracks on the Trans Bayerwald with the mountain bike.

In Winter the areas over 1000-meter altitude are relatively snow sure and scenically varied with wide views and wind-protected forest passages. Snow shoe hikers, cross country skiers and downhill skiers find perfect conditions here, including clear mountain air to take a deep breath and a magnificent nature scenery.

With pleasure we are your host and venue of the 51st European Forestal Nordic Ski Competitions. Such events are our chance to recommend ourselves as winter sport region and prove our competence for such a huge sport event. We are looking forward to the international guests. Become infected of this fresh natural forest and its people, enjoy the competitions in the ARBERLAND and take the Bavarian Forest home with you in your thoughts. I wish all participants successful and accident-free ski competitions as well as a positive stay in the Bavarian Forest.

DR. MICHAEL BRAUN

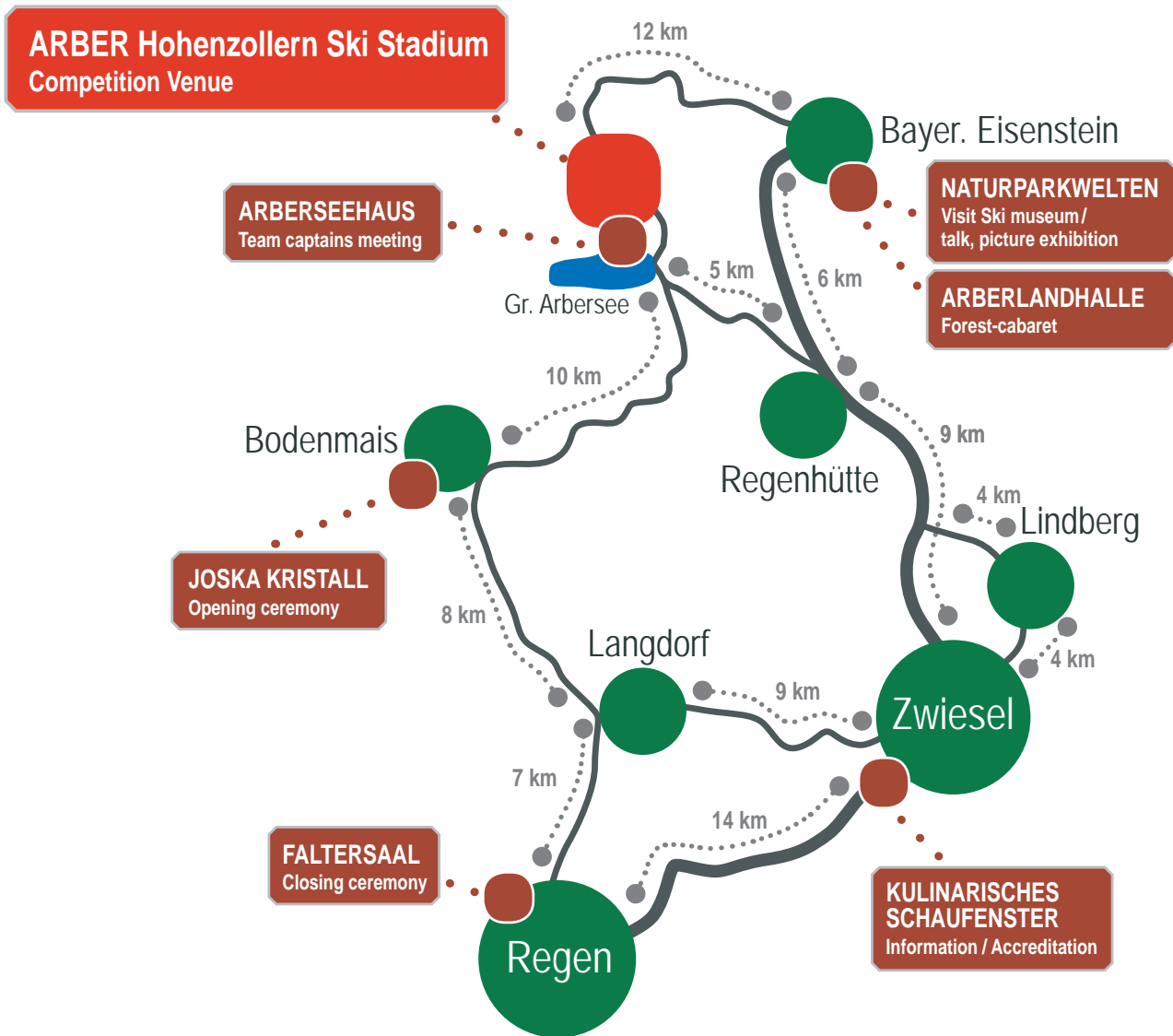
Head of the Tourismusverband Ostbayern e.V.



WEEK PROGRAM

Sunday,	10.02.:	<p>Arrival of the participants Accreditation/Information: Kulinarisches Schaufenster „Schmankerl der Region“, Info-Zentrum 1, 94227 Zwiesel Open from 4 p.m. - 8 p.m. Distribution of the participants' documents to the team leaders</p>
Monday,	11.02.:	<p>Excursions Accreditation/Information: Kulinarisches Schaufenster „Schmankerl der Region“, Info-Zentrum 1, 94227 Zwiesel Open from 8 a.m. - 6 p.m. Starting at 8 a.m. departure to the excursions in Bodenmais and Zwiesel (see excursion program on the pages 16/17) 2 p.m. - 10 p.m. EFNS area at the ARBER Hohenzollern Ski Stadium</p>
Tuesday,	12.02.:	<p>Excursions Training Competition office at the ARBER Hohenzollern Ski Stadium is open from 8 a.m. – 6 p.m. Subsequent accreditation is possible in the competition office! Starting at 8 a.m. departure to the excursions in Bodenmais and Zwiesel 10 a.m. - 4 p.m. EFNS area at the ARBER Hohenzollern Ski Stadium 10 a.m. - 5 p.m. Official training with shooting in the ARBER Hohenzollern Ski Stadium 4.30 p.m. Team leaders meeting in the Arberseehaus from 5.30 p.m. EFNS area at the JOSKA Glasparadies in Bodenmais 8 p.m. Opening ceremony at the JOSKA Glasparadies in Bodenmais</p>
Wednesday,	13.02.:	<p>Individual Competitions Competition office at the ARBER Hohenzollern Ski Stadium is open from 8 a.m. – 6 p.m. 10 a.m. Start individual race - classic technique 10 a.m. - 7 p.m. EFNS area at the ARBER Hohenzollern Ski Stadium 8 p.m. Forest cabaret evening in the ARBERLAND-Halle in Bayer. Eisenstein</p>
Thursday,	14.02.:	<p>Individual Competitions Competition office at the ARBER Hohenzollern Ski Stadium is open from 8 a.m. – 7 p.m. 10 a.m. Start individual race - skating technique 10 a.m. - 7 p.m. EFNS area at the ARBER Hohenzollern Ski Stadium 6.30 p.m. Visitation of the ski museum of the NaturparkWelten in Bayer. Eisenstein 8 p.m. Talk and picture exhibition about wood types in the Bavarian Forest 50 years (NaturparkWelten in Bayer. Eisenstein) until 7 p.m. Registration for relay</p>
Friday,	15.02.:	<p>Relay competitions Competition office at the ARBER Hohenzollern Ski Stadium is open from 8 a.m. – 4 p.m. 9 a.m. Start Relay ca. 1 p.m. Celebration of the nations at the ARBER Hohenzollern Ski Stadium (Please bring your steel mug from Antholz) 7 p.m. Award ceremony, handover of the flags and final ceremony at Falter hall in Regen</p>
Saturday,	16.02.:	<p>Departure of the participants Information: Kulinarisches Schaufenster „Schmankerl der Region“, Info-Zentrum 1, 94227 Zwiesel Open from 8 a.m. - 1 p.m.</p>

GENERAL PLAN



COMPETITION

Competition Rules

The competitions are organized according to the competition rules of the EFNS.

Eligible are:

- Owners and employees of forest and timber companies / woodworking and their families
- Forest students and pupils
- Forest owners
- Foresters
- Lumberjacks
- Persons who have completed a forestal education
- Family members of all groups of persons mentioned before as well as pensioners

Categories

The categories are divided into sex and age groups.

Category	Label	Age Group
Students	D 13, H 13	2004 and younger
Juniors	D 16, H 16	2001 - 2003
Women/Men	D 19, H 19	1989 - 2000
Women/Men	D 31, H 31	1979 - 1988
Women/Men	D 41, H 41	1969 - 1978
Women/Men	D 51, H 51	1959 - 1968
Women/Men	D 61, H 61	1949 - 1958
Women/Men	D 71, H 71	1939 - 1948
Women/Men	D 81, H 81	1938 and older
Invalids	D, H	All

Individual Competitions

The individual competitions are performed in classic technique (CT) and free technique (FT).

Category	Distance	Details
Students D 13, H 13	3,2 km	1 lap WITHOUT shooting
Juniors D 16, H 16, Women/Men D 81 / H 81, Invalids D/H	6,2 km	2 laps WITHOUT shooting
Women D 19, D 31, D 41, D 51, D 61, D 71	6,2 km	2 laps WITH shooting
Men H 19, H 31, H 41, H 51, H 61, H 71	9,2 km	3 laps WITH shooting

COMPETITION

Shooting:

5 shots, 50 meter, standing position. For every off-target shot a penalty lap of 150 meters must be run.

Time Penalties:

Every not performed shot respectively every not run penalty lap results in a time penalty of two minutes.

Disqualification:

Disqualified will be: who runs in free technique in a classic competition, who infringes the safety rules at the shooting range, who starts without transponder.

Evaluation – Prizes:

If there are not minimum 3 participants in one competition registered, it will not be evaluated and the participants are assigned to the next stronger category. The first three of each category get a certificate, a medal respectively a trophy. For place 4 to 6 there are material prizes and certificates. At the relay the first three of each category are rewarded. **Under all active participants many worthy material prizes will be raffled.**

Relay Competitions

All relay competitions take place without shooting.

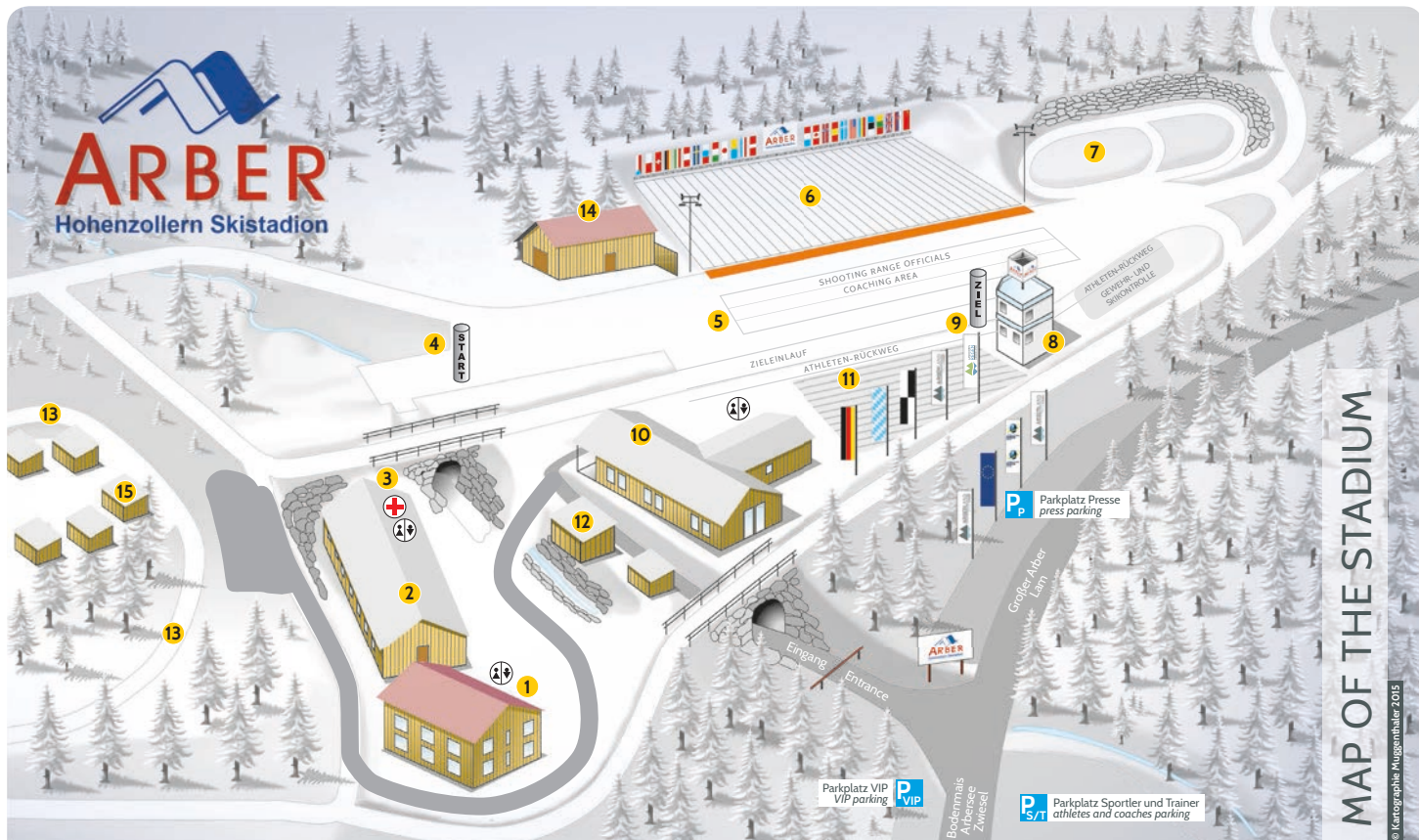
Category	Distance	Technique
Youth female D 13 / D 16	3 x 6 km	1 CT + 2 FT
Youth male H 13 / H 16	3 x 6 km	1 CT + 2 FT
Women under 50 D 19 / D 31 / D 41	3 x 6 km	1 CT + 2 FT
Women over 50 D 51 / D 61 / D 71 / D 81	3 x 6 km	1 CT + 2 FT
Men under 50 H 19 / H 31 / H 41	4 x 9 km	2 CT + 2 FT
Men over 50 H 51 / H 61 / H 71 / H 81	4 x 9 km	2 CT + 2 FT

Competition Jury

Siegfried Kaltenbach	Technical Delegate EFNS
Josef Schneider	Competition Director
Günther Süß	Shooting Range Director
N.N.	Team Delegate
N.N.	Team Delegate

The decision on the results of the competitions is up to the competition jury.

MAP OF THE STADIUM



MAP OF THE STADIUM

© Kartographie Muggenthaler 2015

- | | | | |
|--|------------------|-----------------------------|------------------|
| 1 Organising Committee-House, Catering | 5 Trainer | 9 Finish | 13 Warm up lap |
| 2 Competition Office, Jury, Judges, Logistic and Transport Office, Accreditation, Press Center | 6 Shooting range | 10 ARBERLAND Stadl Catering | 14 Material hall |
| 3 Weapon, Ski control | 7 Penalty lap | 11 Spectators | 15 Wax container |
| 4 Start | 8 Time keeping | 12 Information | Toilets Doctor |

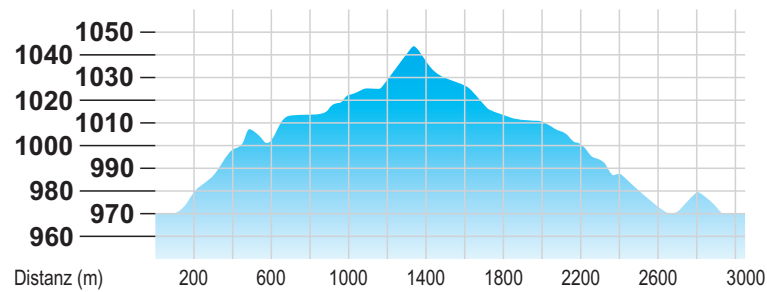


TRACKS

Blue Track: 3 km
(track start 120 m, track finish 80 m)



Elevation Profile 3 km



Length: 3050 m - HD: 74 m - MC: 85 m - TC: 85 m

REGISTRATION

Competition:

Registration only on the EFNS website: <https://www.efns.eu/de/registration>

Time of application: 15.11.2018 until 31.12.2018

Late registration for the competitions (only at the organizer – info@ok-bayerischer-wald.de) are possible until 31.01.2019 (additional charge 25 €).

Accommodation:

Every participant/ federation books the accommodation on his own at the accommodation provider. Further information can you get at the Tourist Information Bayer. Eisenstein (Phone +49 9925 940316), Bodenmais (Phone +49 9924 778135), Langdorf (Phone +49 9921 941113), Lindberg (Phone +49 9922 1200), Regen (Phone +49 9921 60482), Zwiesel (Phone +49 9922 5001692) or at the organizing committee EFNS 2019 - OC BAYERISCHER WALD - ARBERLAND REGio GmbH (Phone +49 9921 9605-3131, eMail: info@ok-bayerischer-wald.de).

FEES

The entry fee includes: shuttle service during the week, parking fees, entry cabaret evening, visit ski museum Naturpark-Welten, talk/ picture exhibition about woodworks in the Bavarian Forest 50 years ago, EFNS-badge, EFNS-charge and starter package.

Entry fee:

1 Individual competition 65,- €

2 Individual competitions 75,- €

For individual starters included

Accompanying person basic charge 25,- €

For participants up to 25 years the entry fee is not to apply!

Ceremonial final ceremony at the Faltersaal:

Incl. three-course menu
and 1 drink

29,- €

For children 7-15 years

14,50 €

Payment! The entry fees, excursions and further fees must be paid until 31.12.2018. For cancellation the money is not reimbursed. The registration/charge can be transcribed to another participant.

BANKACCOUNT:

Recipient: OC BAYERISCHER WALD

IBAN: DE 78 7415 1450 0023 1882 61

BIC: BYLADEM1REG

Sparkasse Regen-Viechtach

LIABILITY / PRIVACY

Disclaimer:

With the disposal of the registration to EFNS the participant refrains from the enforcement of claims of all kinds against the committee for European Forestal Nordic Skiing Competitions (IK – EFNS) as well as the organizer of the EFNS (local Organizing Committee). The disclaimer refers to personal or material damages that are attributable to negligence of any degrees and on the period of time between the start of the journey to EFNS, the competition week and end with the travel activity. The participant keeps in his own interest a verification of an actual indemnity and accident insurance and is owner of an actual health certificate that proofs the physical ability for the participation at competitions. Irrespectively of this obligation to produce proof the participant releases the IK_EFNS and the local Organizing Committee of any kind of liability of incurred damages of persons, materials or financial loss against third parties by the participant including incurred legal costs for the defense of claims of third parties. The Organizing Committee itself proves obligatorily the existence of an indemnity and accident insurance for its members, helpers and for spectators to the EFNS.

Privacy:

The personal data indicated at the registration will be saved mechanical and only gathered for the implementation of the named competition. The data will be transferred also to the local organizer. The data will be passed on to the responsible team leader of the above chosen team for organization and payment handling. Furthermore, the data for timekeeping, placement and results will be gathered and passed on. All credentials especially name, age group, residence and team will be published in starting and result lists, on the internet, in the press and notice. Moreover, photos will be taken during the complete EFNS, films and interviews of the organizer will be published on this or possibly other websites or print media. Particularly videos will be published via the YouTube channel of the EFNS. Further information on the privacy and your rights can you find at www.hohenzollern-skistadion.de/de/911-2/

HOW YOU CAN REACH THE ARBERLAND



By car:

Over the state road B 11 and B 85 the ARBERLAND is connected to the autobahn A 3 (Regensburg – Passau) and the A 92 (Deggendorf – Munich).

By train:

The most important interchange is the IC and ICE stop Plattling. Here long-distance trains from all directions stop. Here you have a connection with Waldbahn to the ARBERLAND.

By plane:

From the airports Munich, Nürnberg, Linz and Prague, that are located between 150 and 220 km from the ARBERLAND; you can reach us in 1 ½ up to 2 ½ hours journey time by car or 3 – 4 hours by train respectively bus.

Against payment of a fee a transfer from respectively to the airport will be organized.

EXCURSIONS 11./12.02.2019

1

EXCURSION 1:

Adventure Tour National Park Bavarian Forest

Monday and Tuesday (11./12.02.) whole-time | Participation fee: 21,- €/pers.

Bus departure 8 a.m. Bodenmais, 8.30 a.m. Zwiesel • Return to Zwiesel 4 p.m., Bodenmais 4.30 p.m.



NATIONALPARK
Bayerischer Wald

Treetop strikers: Experience new insights from up to 44 meters height! On the longest tree top path worldwide the employees of the National Park administration Bavarian Forest accompany you on a 1,3 km long exciting tour where you can get the know the local nature from a bird's perspective.

To owls, bear and otter: Get to know the animals in and outside of the enclosures and learn more about their habitat and way of life in the eco system forest. Besides owls, bears and otters you can also experience wild cats and red deer very close.

2

EXCURSION 2:

Bavarian Forest – Hohe of Wood and Glass

Monday (11.02.) whole-time | Tuesday (12.02.) half-day | Participation fee: Mo. 20,- €/pers., Tu. 16,- €/pers.

Bus departure 8 a.m. Bodenmais, 8.30 a.m. Zwiesel • Return to Zwiesel 1 p.m. (semidiurnal), 4 p.m. (whole time), Bodenmais 1.30 p.m. (semidiurnal), 4.30 p.m. (whole time)

Since 1568 the Barons von Poschinger produce hand blown glass for customers in the whole world. The glass manufacture is moreover Europe's leading expert in custom-made products. Besides the family runs a modern forest holding with 2300 hectares' forest ownership, which extends along the hillsides of the Rachel from 600 to 1190 meter' absolute altitude. The Poschinger-woods show a mixed mountain forest with a beech proportion of 48 percent. With the wood of the estate woods today the forms for the manufacture are still produced. After a guided tour through the glass manufacture it is about: taking care of storm areas, forestry in the mixed mountain forest, damages though red deer and new hunting strategies.

3

EXCURSION 3:

On the Steps of the Capercaillie in the High Levels of the Arber

Monday (11.02.) whole-time (max. 60 participants) | Participation fee: 13,- €/pers.

Bus departure 8 a.m. Bodenmais, 8.30 a.m. Zwiesel • Return to Zwiesel 4 p.m., Bodenmais 4.30 p.m.

Ski Tour over ca. 30 km with cross country skis from the cross country center Bretterschachten over the Chamer Hütte to the finish Gasthof Schareben. We glide on the "Auerhahnloipe" with skis, with short detours into the high level forest and numerous information on the forestry, fauna and landscape, in direction of the Arber. After the lunch break at the Chamer Hütte the tour leads along the wildlife reserve Arber over the "Fuchsreibe" to the "Schareben". Here is a cozy stop with coffee break and return to Bodenmais and Zwiesel.

4

EXCURSION 4:

Snow Shoe Hike from Bodenmais to the Arber though tree Nature Reserves

Monday (11.02.) whole-time | Participation fee: 12,- €/pers.

Bus departure 8 a.m. Bodenmais, 8.30 a.m. Zwiesel • Return to Zwiesel 4 p.m., Bodenmais 4.30 p.m.

Sheer walking time: ca. 5 hours

Altitude difference: ca. 800 metres

An excursion leads on foot respectively on snow shoes through three uncultivated natural forest reserves with mixed hill forests (the triad of beech, fir and spruce) up to the highest summit of the Bavarian Forest, the Großer Arber with its natural high level spruce forests, past a (icy) waterfall and a typical high level moor. On the way there are information on bio diversity in the higher gradients of the Bavarian Forest and the impacts of the climatic change.

5

EXCURSION 5:

Culture Town Passau

Monday and Tuesday (11./12.02.) whole-time | Participation fee: 35,- €/pers.

Bus departure 8 a.m. Bodenmais, 8.30 a.m. Zwiesel • Return to Zwiesel 4 p.m., Bodenmais 4.30 p.m.

Three rivers from three cardinal points – from the west the Danube, from the south the Inn and from the north the Ilz – make the landscape at the three river corner a unique beauty. With it the baroque old town, which was created by Italian masters in the 17th century and in whose center the Cathedral St. Stephan with the biggest cathedral organ of the world rises. Here charm and beauty, history and culture, art and experience are paired. Passau is always worth a journey! Look and see! A tour informs about the history of Passau. It leads through the charming alleys of the romantic old town past sights like cathedral, residence, town hall and many more. The afternoon is free to enjoy. Explore the "Neue Passauer Mitte" with lots of shops and shopping possibilities.



EXCURSIONS 11./12.02.2019

6 **EXCURSION 6:**  **NATIONALPARK Bayerischer Wald**

What we can learn from doing nothing! **Sheer walking time: ca. 4 hours**
Altitude difference: ca. 700 metres

Monday and Tuesday (11./12.02.) whole-time | Participation fee: 14,- €/pers.
Bus departure 8 a.m. Bodenmais, 8.30 a.m. Zwiesel • Return to Zwiesel 4 p.m., Bodenmais 4.30 p.m.

Snow Shoe Tour to the Großer Falkenstein: At this more demanding snow shoe tour the employees of the National Park Bavarian Forest lead you to the top of the Großer Falkenstein (1315m). From the summit plateau the view opens to the west and southwest to the Großer Arber and to the mountain chain of the Anterior Bavarian Forest. Directly lying at your feet is the basin of the Zwieseler Winkel. Hereby you learn more about the history and natural equipment of this special habitat.

7 **EXCURSION 7:**  **NATIONALPARK Bayerischer Wald** **Easy hike - lasts 2 hours**

Primeval Forest on the doorstep

Monday and Tuesday (11./12.02.) half-day | Participation fee: 14,- €/Pers.
Bus departure 8 a.m. Bodenmais, 8.30 a.m. Zwiesel • Return to Zwiesel 1 p.m., Bodenmais 1.30 p.m.

Primeval Forest adventure trail Watzlik-Hain: Experience together with employees of the National Park Bavarian Forest the wilderness in the unique primeval forest remains at the foot of the Großer Falkenstein. Feel the power of ancient mighty trees and the eternal circulation of becoming and fading.

Fascination red deer: Subsequently you can observe the behavior of the red deer and other animals with a National Park forester at a feeding ground in the corral and pass the waiting time with interesting discussions, for example about protection of species and wild animal management in the National Park!

8 **EXCURSION 8:**

Forestal Excursion with snow shoes – **Sheer walking time: ca. 5 hours**
Altitude difference: ca. 850 metres

Group of companies Fürst von Hohenzollern FORST

Snow Shoe Tour to the Großer Arber • Monday (11.02.) whole-time | Participation fee: 18,- €/pers.
Bus departure 8 a.m. Bodenmais, 8.30 a.m. Zwiesel • Return to Zwiesel 4 p.m., Bodenmais 4.30 p.m.

Presentation of the forest enterprise Hohenzollern – forestry in the most beautiful forest district of the Bavarian Forest with skiing operation, economy, experience nature. From Seebachschleife (637m above sea level) the snow shoe tour leads thorough unique mixed mountain forests and the Großer Arbersee (934m above sea level) to the top of the Großer Arber (1456m above sea level). Lunch possibility at the Arberseehaus. Afterwards collective descent to the lower terminus ARBER-BERGBAHN.

Snow shoe equipment (snow shoes and poles) can be rent for 15€. (Please indicate at the registration).

9 **EXCURSION 9:**

Forestry excursion with touring skis – **Sheer walking time: ca. 1,5 hours**
Altitude difference: ca. 450 metres

Group of companies Fürst von Hohenzollern FORST

Skitour to the Großer Arber • Tuesday (12.02.) half-day | Participation fee: 17,- €/pers.
Bus departure 8 a.m. Bodenmais, 8.30 a.m. Zwiesel • Return to Zwiesel 1 p.m., Bodenmais 1.30 p.m.

Presentation of the forest enterprise Hohenzollern – forestry in the most beautiful forest district of the Bavarian Forest with skiing operation, economy, experience nature. From the Großer Arbersee the skitour leads to the top of the Großer Arber (1456m above sea level). Lunch possibility at the Arberschutzhaus. Afterwards collective descent to the lower terminus ARBER-BERGBAHN.

Ski touring equipment cannot be provided and must be brought. There is no danger of avalanche at the tour. Touring skis required, no cross country skis.

Program modifications reserved. The excursions are offered in German and English.
Minimum number of participants 20 persons/Excursion.

Please note: A stop respectively a lunch (10-15 Euro) is planned at all excursions. The food is not included in the named travel price per person. **All consumed drinks & food must be paid on site in cash.**

CONTACT

Organising Committee EFNS 2019

OC BAYERISCHER WALD | ARBERLAND REGio GmbH | Amtsgerichtstraße 6-8
 D-94209 Regen | Phone +49 9921 9605-3131 | info@ok-bayerischer-wald.de
 www.ok-bayerischer-wald.de

The organising committee EFNS 2019
 is looking forward to welcoming you!

