

MOC Tour 2023

17th to 26th March

Greece, North Macedonia, Albania



Preliminary program:

day	Country, place	Activity, map
17 th March Friday	Greece Athens	Arrivals to Athens, transfers, accommodation in a hotel. Overnight in Athens (close to Plaka and Acropolis)
18 th March Saturday	Greece Athens	(Alternative arrivals to Athens), Sightseeing, Athens at your own, Welcome-party. Overnight in Athens.
19 th March Sunday	Greece Athens Meteora	Early morning Sprint race in a famous bohemian quarter Plaka, down by Acropolis. Check out, Departure to Meteora, (350 kms) Guided tour: Visit 3 main monasteries of Meteora and discover the natural beauty and the cultural heritage of this area. Overnight in Kalambaka
20 th March Monday	Greece Meteora Thessaloniki	Sprint race in Kalambaka. Lunch, departure to Thessaloniki (230km) Sightseeing, overnight in Thessaloniki.
21 st March Tuesday	Greece Thessaloniki Serres	After breakfast travel to Serres 85km Competition in forest around Serres. Back to Thessaloniki. Time for a quick swim ? (14 ^o) Overnight in Thessaloniki
22 nd March Wednesday	North Macedonia Prilep	After breakfast departure to Prilep (212km) Afternoon: Middle distance forest race in Prilep. Dinner with a party in a national restaurant Overnight in Prilep.

23rd March Thursday	North Macedonia Ohrid Struga	After breakfast departure to Ohridsko lake. Sightseeing Ohrid (photo orienteering) Evening arrival to Struga, hotel Drim, dinner. Overnight in Struga (total from Prilep 125km)
24 th March Friday	Albania Tirana	After breakfast (or lunch) departure to Tirana (120km) Arrival to Tirana, sightseeing Overnight in Tirana
25 th March Saturday	Albania Tirana	O-race in forest. Sightseeing. Overnight in Tirana. Farewell-party
26 th March Sunday	Albania Tirana	Morning; park race in Tirana Departures



Short info:

Travel-leaders and responsible for o-races:

Zoran Milovanovic and Kjell Einar Andersen (in cooperation with PWT Italia)

Travel company: Allertravel, www.allertravel.no

All details are not ready yet. More details with prices will be at Allertravel`s webb-site in mid-January. There will also be more information about the races (terrain, classes, courses)

It`s possible to book and pay your flights yourselves and get the cheapest and best tickets (for you)

It`s possible to get more information and do pre-booking to Kjell Einar Andersen (kean@sarpsborg.com)