



21-27
January 2024

EFNS
2024

in Les Contamines-Montjoie, France

54th European Foresters' Competition in Nordic Skiing

With the financial support of



Organisation committee



WELCOME WORDS



Welcome to all participants to the 54th European Foresters' Competition in Nordic Skiing!

The village of Les Contamines-Montjoie is very happy and honoured to welcome you for this event and to share with you the competitions. We look forward to show you our valley, our region, and the natural and environmental treasures of our area. Here, sport and nature are an integral part of our *art de vivre*.

I'd like to thank all the competitors and guests for coming. Thank you to all the volunteers who have joined the effort to make this event a success. And thank you to all our supporters and especially to the Auvergne Rhône-Alpes region, the department of Haute-Savoie, the Pays du Mont-Blanc community, the tourist office and technical services of Les Contamines, as well as our many partners and sponsors, without which none of this would be possible.

I wish you all an enjoyable stay, success in the competitions, and a lot of pleasant moments of fellowship. Have a nice week, good luck on the skis, and enjoy the good-natured atmosphere of the week ahead!

*François Barbier, Mayor of Les Contamines-Montjoie
Co-president of the EFNS 2024 Organisation Committee*



Welcome to all, dear long-time and new participants,

Precisely 20 years after the EFNS in Pralognan-la-Vanoise, it's with pride and pleasure that our team, renewed and expanded for the occasion, is hosting once again the EFNS in France. This time in the lovely village of Les Contamines-Montjoie, at the foot of Mont Blanc.

We can count on the steadfast support of the municipality and the French National Forestry Board (ONF) in particular, and rely on numerous volunteers to rise to challenge and prepare a great 54th edition. Thank you to all of our partners and sponsors for their financial and material support.

Through a three-year collective endeavour, we have built the success of this event in close relationship with the local stakeholders of Haute-Savoie. We believe that all ingredients are gathered for a successful EFNS week: racing at a recognised biathlon venue surrounded by unique forests, nature and mountains, exploring unspoilt local heritage and traditions, and meeting dedicated foresters and locals devoted to their valley, its authenticity and sporting values.

I hope you will be many to take part in the excursions, the competitions and the main events. We look forward to welcoming you for this week in les Contamines, to experience once again the moments of cross-border friendship that are so dear to our hearts.

*Stéphane Roudnitska, ONF RTM, EFNS France
Co-president of the EFNS 2024 Organisation Committee*

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PROGRAMME



Sunday 21 /01

10am - 8pm

Arrival of the participants

Accreditation collection at the Info office - Espace Animation



Monday 22 / 01



Excursions

8.30am - 6pm

Full and half-day excursions

See details of excursions p. 14-17

See meeting points and bus departures p. 13

Accreditations must be shown to board the buses



8-10am / 5.-7pm

Info office - Espace Animation

9am - 4pm

Possibility of free XC-ski training- Espace Nordique

7pm - 8pm

Team leaders meeting - Espace Animation

8pm - 9pm

General Assembly of the International Committee - Espace Animation



Tuesday 23/01



Excursions /Free training / Opening ceremony

8.30am - 6pm

Full and half-day excursions

See details of excursions p. 14-17

See meeting points and bus departures p. 13

Accreditations must be shown to board the buses

8-10am / 5.-7pm

Bureau d'accueil - Espace Animation

10am - 4pm

Possibility of free XC-ski training on the tracks in race configuration -
Espace Nordique

8pm - 9.30pm

Opening ceremony - Participants gather at the outdoor ice-skating rink
and parade to the village main square; ceremony and welcome drinks





Wednesday 24/01

Official training / Freestyle individual race / Forestry conference

8-10am / 5.-7pm

9am - 11am

9am - 11.30am

11am - 12pm

12pm - 12.30pm

12.30pm - 4pm

8.30pm - 10pm

Info office - Espace Animation

Racing tracks open for training and warm-up

Official training with shooting (accreditation must be shown for shooting training)

Laser shooting event for the categories concerned

Student D10/H10 XC-ski race - freestyle

Individual biathlon race - freestyle

Forestry conference on "Managing the forests of the French Alps for current and future challenges" - Espace Animation



Thursday 25/01

Classic individual race / Awards ceremony for individual races

8-10am / 5.-7pm

9am - 10 am

10am - 4pm

5pm - 7pm

8pm

Info office - Espace Animation

Laser shooting event for the categories concerned

Individual biathlon race - classic

Awards ceremony for individual races - Main square, Les Contamines

Registration deadline for relay teams



Friday 26/01

Relay race / Festival of Nations / Closing ceremony

8am

8-10am / 5.-7pm

10am - 2pm

1pm - 4pm

7pm - 12am



Relay bib collection by team leaders - Competition office

Info office - Espace Animation

Relay race

Festival of Nations- Espace Nordique

Closing ceremony and party - Salle Léon Curral in Sallanches

Accreditations must be shown at the entrance

7.30pm Awards ceremony for the relay race

8pm Closing ceremony

8.30pm-12am Cocktail dinner and dance



Saturday 27/01

Departure of participants



10am - 12pm

Info office- Espace Animation

LOCATION

Espace Nordique

Espace Nordique or « Domaine Nordique 4 Saisons » is located at:
1867 route de Notre Dame de la Gorge, 74170 Les Contamines-Montjoie.

Espace Nordique hosts:

- the competition stadium
- the competition office, at the back of Chalet Alpinum
- and the Festival of Nations.

Espace Animation

Espace Animation is located in the village at:
74, chemin des Écoles, 74170 Les Contamines-Montjoie.

Espace Animation will host:

- the information office
- a waxing space open to participants
- the team leaders meeting and the General Assembly of the International Committee
- and the forestry conference.

Ice-rink (patinoire)

The Jean-Christophe Simond outdoor ice-rink is located below the main street at:
492, route de Notre Dame de la Gorge, 74170 Les Contamines-Montjoie.

It is the starting point of the opening ceremony's parade. Participants driving to the ceremony are invited to park at the Armancette parking lot.

Main square (place du village)

The tourist office and the town hall are located on the main square at:
18, route de Notre Dame de la Gorge, 74170 Les Contamines-Montjoie.

The square will host:

- the opening ceremony, as end-point to the parade
- the awards ceremony for the individual races.

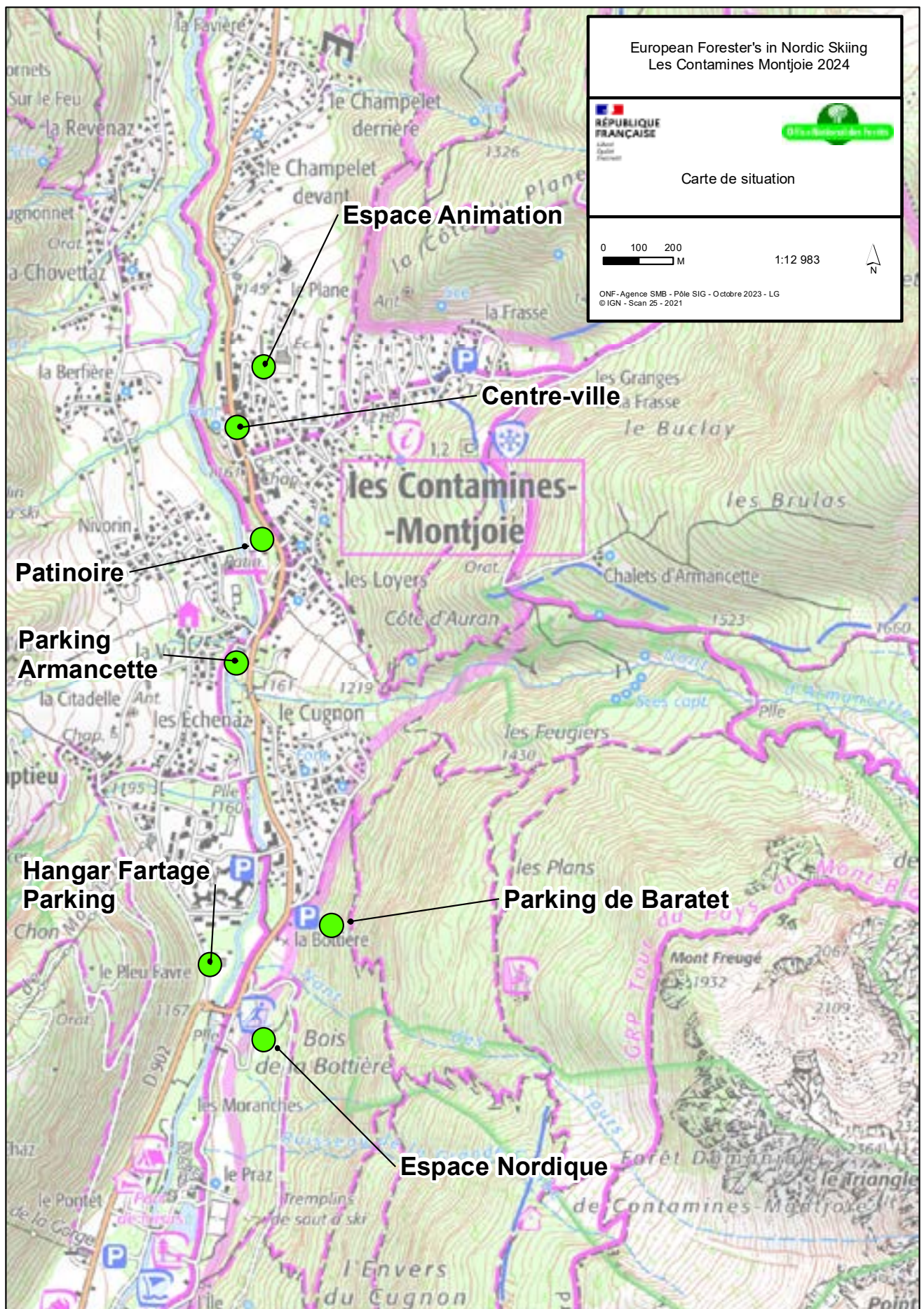
Salle Léon Curral - Cultur(r)al, Sallanches

The closing ceremony will take place in Salle Léon Curral in Sallanches, a 25-minute drive away from the centre of Contamines, not indicated on the map on the next page:

2143 avenue Albert Gruffat, 74700 Sallanches.

As there are no buses available on Friday night, **participants to the closing ceremony are highly encouraged to carpool.** Please note that no hard liquor will be allowed on the premises, as it is primarily a theatre and cultural venue – a bar will have wine and beer on offer.

AREA MAP



COMPETITION VENUE

Access to the whole nordic-skiing site is free for all EFNS participants (competitors and accompanying members) upon showing their accreditation badge, from Monday 22 to Friday 26. Warm-up is allowed during the races on the tracks that remain open to the public. Food-trucks and snacking joints will have beverages and meals on offer on site. Espace Nordique is located between 1164m and 1264m elevation.



COMPETITIONS

Competitions will follow the EFNS Sports and Competition rules currently in force (Sport- und Wettkampfordnung für EFNS).

The team leaders will collect the bibs. The same bib will be used for both individual races. Transponders will be distributed at the start of the individual races, and with the bibs for the relay. Any transponder not returned at the end of the race will be charged 80€.

Individual starts will be spread every 20 seconds, following the startlist available on the EFNS.eu website. The races will be timed by Alp Timing and Les Contamines ski club. Results will be available online progressively at the end of the races, using a QR code.

SHOOTING

- 5 shots from 50m with à 50m (22 long rifle), mechanical targets
- 20 shooting lines, including 3 for left-handed competitors
- 150m penalty loop for every missed target
- Every shot not shot and every penalty loop not run leads to a 2-minute penalty

Shooting training will take place on Wednesday 24 January from 9am to 11am, accreditation badges must be shown (10 bullets per competitor)

Some categories will compete in a laser shooting event with time penalties added to skiing time. The company KIWI Précision will organize this part of the competition, and will invite all participants to try laser shooting on Wednesday and Thursday.

DISQUALIFICATION

In case of non-compliance with the EFNS and safety rules, in particular:

- Competitors using free technique in the classic technique races
- Competitors who do not abide by the safety rules of the shooting range
- Competitors who start without their transponder

COMPETITION JURY

EFNS technical delegate

Heinrich SCWHINGSHACKL

Race director

Pierre ABEL

Shooting range director

Jacqueline JORCIN-ROCH

Elected members

Two team leaders representatives

COMPETITION OFFICE

The competition office is at the back of the Alpinum chalet on the stadium, and will open:

Tuesday: 2pm-4pm

Wednesday and Thursday: 9am-5pm

Friday: 8am-3pm

WAXING SERVICE AND FACILITIES

The wax maker VOLA, top sponsor of the 54th EFNS, will offer paying wax services for glide and grip on the eve of competition days on site, from Tuesday to Friday.

Participants can access two waxing spaces:

- Next to the Info office at Espace Animation in the village : 8am-8pm from Sunday to Friday
- In the ski-lift warehouse next to the stadium : 7.30am-6pm from Tuesday to Friday.

CATEGORIES FOR INDIVIDUAL RACES

Category	Distance	Shooting	Birth year	Tracks
Kids W10 and M10	W : 1km M : 1km	Laser	2012 and later	1km
Students W13 and M13	W : 3km M : 3km	Laser	2009 - 2011	3km
Juniors W16 and M16	W: 6km M : 6km	Laser	2006 - 2008	5km+1km
W19 and M19	W : 6km M : 10km	22LR	1994 - 2005	D : 5km+1km H : 2x5km
W31 and M31	W : 6km M : 10km	22LR	1984 - 1993	D : 5km+1km H : 2x5km
W41 and M41	W : 6km M : 10km	22LR	1974 - 1983	D : 5km+1km H : 2x5km
W51 and M51	W : 6km M : 10km	22LR	1964 - 1973	D : 5km+1km H : 2x5km
W61 and M61	W : 6km M : 10km	22LR	1954 - 1963	D : 5km+1km H : 2x5km
W71 and M71	W : 6km M : 10km	22LR	1944 - 1953	D : 5km+1km H : 2x5km
W81 and M81	W: 6km M : 6km	Laser	1943 and earlier	5km+1km
W and M disabled	W: 6km M : 6km	Laser	All	5km+1km

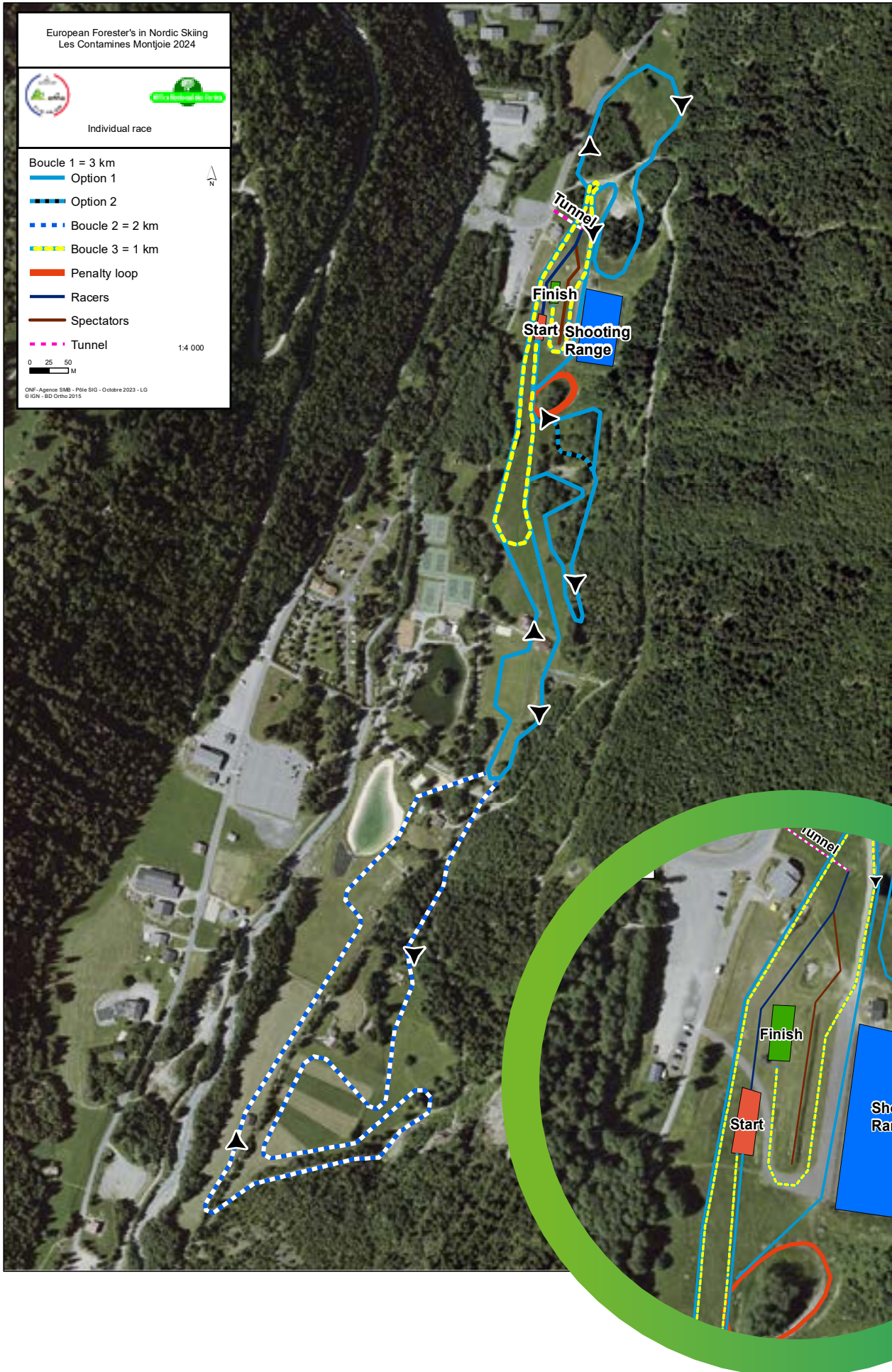
If there are fewer than 3 participants in a category, they will be ranked with the one above.

CATEGORIES FOR RELAY RACES

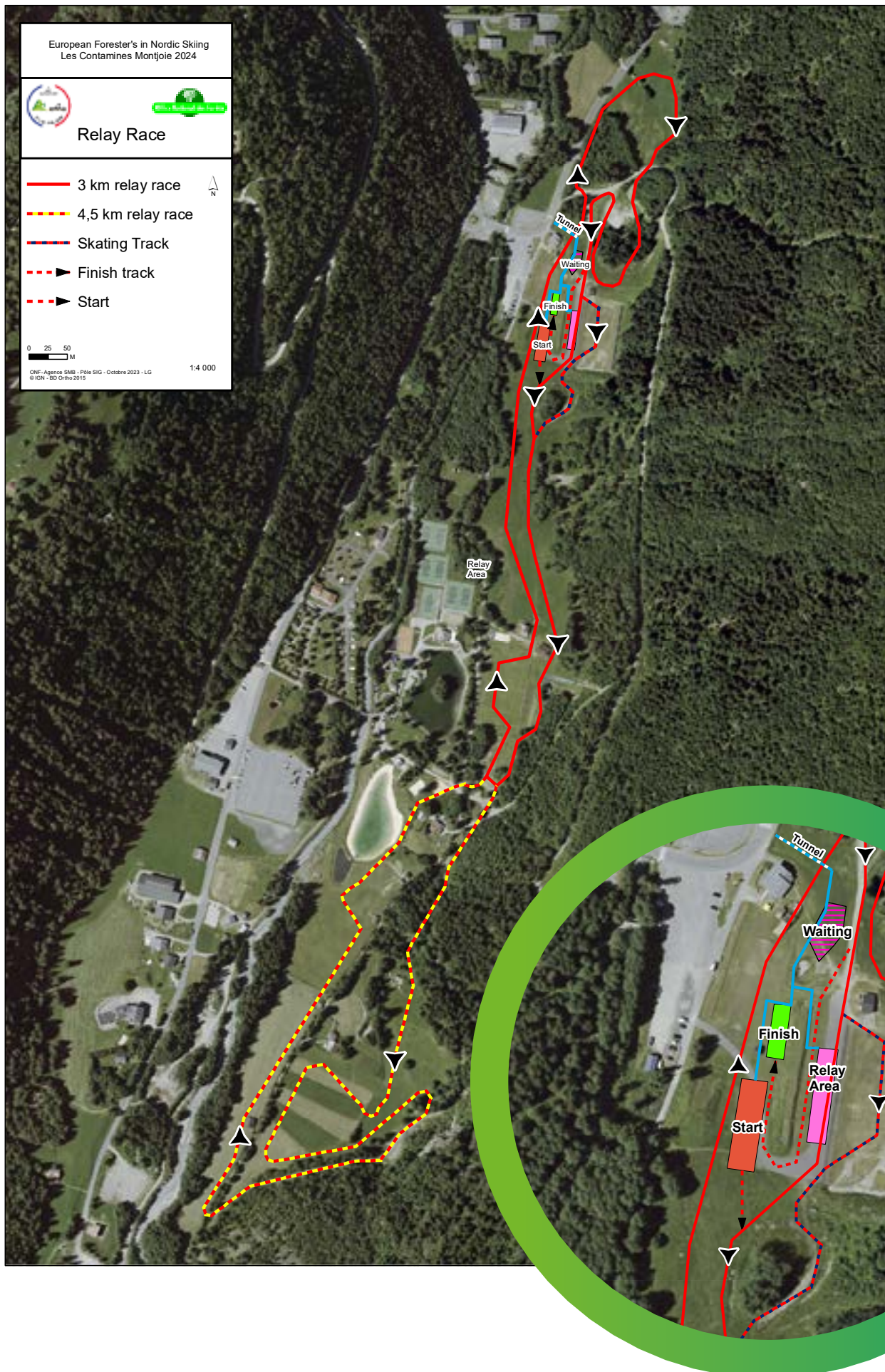
Category	Distance	Technique	Tracks
W13	3 x 3 km	1CT + 2 F	3km
M13	3 x 3 km	1CT + 2 F	3km
W16	3 x 4.5 km	1CT + 2 F	4.5km
M16	3 x 4.5 km	1CT + 2 F	4.5km
Women under 50	3 x 4.5 km	1CT + 2 F	4.5km
Women over 50	3 x 4.5 km	1CT + 2 F	4.5km
Men under 50	4 x 9 km	2CT + 2 F	2x 4.5km
Men over 50	4 x 9 km	2CT + 2 F	2x 4.5km

Relay registration must be provided to the Competition office via the required file **by Thursday 25 January 8pm.**

INDIVIDUAL RACES

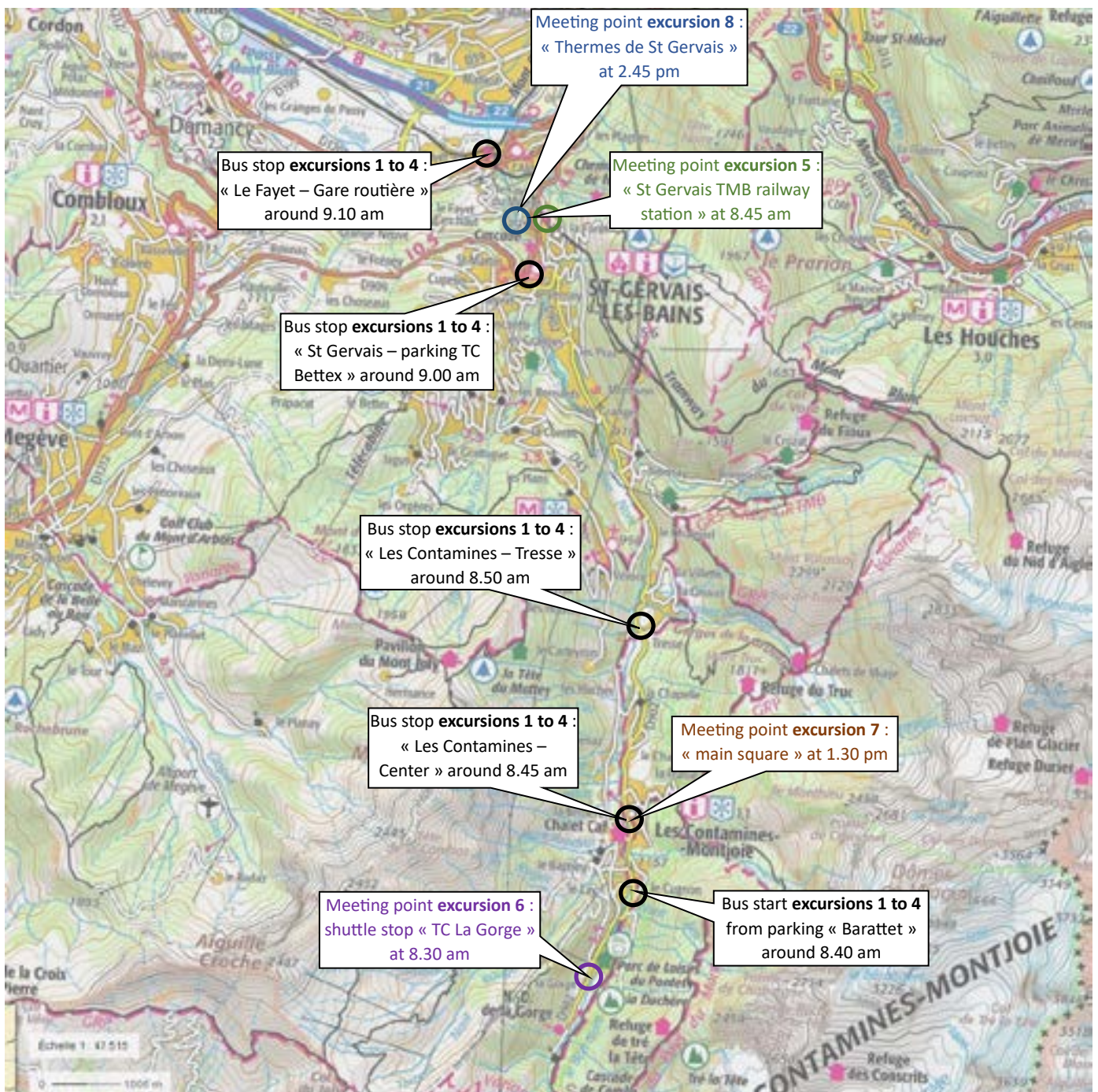


RELAY RACES



EXCURSIONS

DEPARTURE AND MEETING POINTS FOR THE EXCURSIONS



EXCURSIONS

All eight excursions presented here will take place on both Monday 22 and Tuesday 23 January.

Excursion 1: Tour of Annecy and its lake

Fee (restaurant lunch included): 75 €

Maximum capacity 100 people / day (1 bus for English-speakers, 1 bus for German-speakers, 50 seats each)

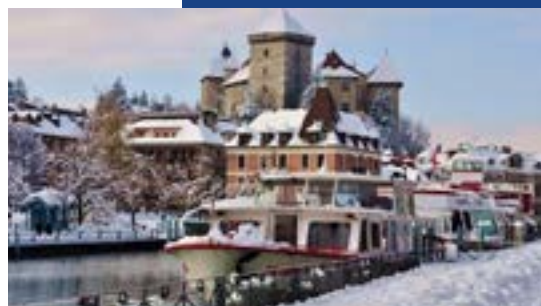
Schedule: departure from Les Contamines at 8.45am – return at 6pm (1.5-hour drive)

Programme:

This cultural excursion will allow you to explore the charms of Annecy, the capital city of Haute-Savoie, dubbed the Venice of the Alps for its medieval town of colourful streets and canals, and renowned for the blue waters of its lake. Experts of local history and heritage will take you on a walk from Palais de l'île to the castle, a former residence of the Counts of Geneva. You will then enjoy a lunch of Savoy dishes at « Les Ecuries du Pré Carré » before some free time to spend in the city or lakeside. In the afternoon, you will visit the Museum of Cloche Paccard, a bell-making company founded in 1796.



Lake Annecy in winter
© Haute-Savoie Photos



Annecy castle
© Olivier Puthon

Excursion 2: Tour of Chamonix – Mont Blanc

Fee (lunch not included): 80 € for Aiguille du Midi / 50 € for Brévent

Limited to a 100 people / day (1 bus going to Aiguille du Midi, 1 bus going to Brévent, each with Both English- and German-speaking guides)

Schedule: departure from Les Contamines at 8.45am – return around 5.30pm (1-hour drive)

Required equipment: very warm gear for Aiguille du Midi (3842 m)

Programme:

This sightseeing excursion will take you to the most iconic landmark of the region. Please choose from option 1 "Aiguille du Midi (3842m)" or option 2 "Brévent (2525m)", both by cable-car from Chamonix. Option 1 will take you to the highest cable-car in France, starting point to the Vallée Blanche for skiers. You will enjoy a breathtaking, up-close view to the Mont-Blanc summit (4810m) and the glaciers from a panoramic terrace. Option 2 offers an unforgettable view on the same range and the Chamonix valley at your feet, at lower elevation and from the opposite slope. A tour of the Chamonix town-centre is included in both options, as well as free time for lunch and a stroll.

In case of bad weather causing the interruption of cable-car operation, an alternative tour will be organised to Montenvers (train of the Mer de glace) followed by a tour of Chamonix and Argentière.



Aiguille du Midi



Mt Blanc range seen from Brévent
© S. Roudnitska

Excursion 3: Cross-country skiing at Plateau des Glières

Fee with restaurant lunch included): 70 €

or without restaurant lunch: 40€

Limited to 100 people / day (2 buses of 50 seats)

Schedule: departure from Les Contamines at 8.45am – return around 6pm (1.5-hour drive)

Required equipment: your own cross-country skiing gear (skiing or classic)

Programme:

This excursion will mix sports and culture and will take you to 50km of XC-skiing tracks on a (usually) sun-facing plateau, also renowned for its historical significance as a Resistance stronghold during WWII. Our guides and interpreters (EN/FR/DE) will lead two groups ("sports" and "touring") around the plateau with commentary on the natural landscape.

After a morning of skiing, an aperitif will open a lunch of local dishes at « l'Auberge des Glières ». You will then have the opportunity to get back on the skis independently, or to visit the Museum of the Maquis at col des Glières, to learn of the historical events that took place on the site.



Monument and skiing tracks of Les Glières
© Pays de Fillière

Excursion 4: Managing natural risks at the foot of Mt Blanc

Fee (restaurant lunch included): 58 €

Limited to 50 people / day (1 bus of 50 seats -> 2 groups of 25)

Schedule: departure from Les Contamines at 8.45am – return around 5.30pm (1-hour drive)

Required equipment: warm gear and footwear appropriate to walk in the snow (binoculars optional but nice-to-have)

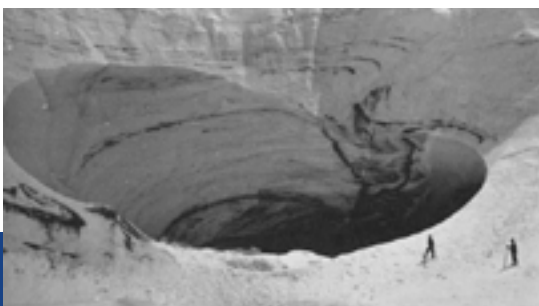
Programme:

This technical excursion (EN/FR/DE) will introduce you on site to several types of natural hazards that threaten urbanised areas and roads in the Valley of Chamonix and in Les Contamines. The area supervisor and engineers specialized in restoration of mountain terrains (ONF RTM) will share their practical and scientific knowledge, with a representative of the Chamonix municipality in charge of natural risk mitigation.

You will learn about the underlying causes, the stakes and the protection measures against the major avalanches of Bourgeat and Taconnaz, as well as the glacial and periglacial risks increased by climate change in a densely urbanized area. Lunch at a restaurant in Les Houches is included.



Avalanche at Bourgeat in 2018
© DH Simon



Glacial lake outburst flood from Tête Rousse to St Gervais in 1892
© G. Couttet

Excursion 5: Forest management at the Voza pass

Fee (restaurant lunch included): 65 €

Limited to 80 people / day (2 groups of 40)

Schedule: departure from Tramway du Mont Blanc (TMB) station in St Gervais at 8.45am – return around 4.45pm (30-minute ride)

Required equipment: appropriate footwear and snow-shoes (limited stock of loaned snow-shoes to be booked upon registration). Musical instruments are welcome and can be left in a secure location during the hike.



ONF foresters
© ONF

Programme:

This technical excursion (EN/FR/DE) is made for foresters who'd like to know more about the management and exploitation of public and private forests of the Mont Blanc valleys.

You will reach the Voza pass a by cogwheel tramway (TMB, in service since 1905). Members of the national forestry board (ONF) and the national centre for forest owners (CNPF) will guide you on snow-shoes into the forests of Tête de la Charme (1890m) to discuss their multiple functions, their operating access, their exploitation techniques, and the effects of global warming.

You will have lunch at a restaurant at the Voza pass, followed by some free time to enjoy the area accompanied by music and/or walking towards Bellevue where you will reach a viewpoint on the Bionnassay glacier and Mont Blanc. Return by TMB around 4pm.



Tramway du Mt Blanc at the Voza pass

Excursion 6: Explore the nature reserve of Les Contamines

Fee (lunch included): 45 €

Limited to 50 people/ day (2 groups of 25, EN/DE)

Schedule: Departure bus stop/parking lot « TC de la Gorges » (Contamines) at 8.30am – return around 4.30pm

Required equipment: appropriate footwear and snow-shoes (limited stock of loaned snow-shoes to be booked upon registration), water bottle, optional binoculars. Prepare cash to pay for drinks at the refuge (not included in the lunch).



Snow-shoeing through the natural reserve
© jagispourlanature.org

Programme:

Immerse yourself in the wilderness of the natural reserve of Les Contamines-Montjoie, the highest reserve in France, through a beautiful snow-shoeing itinerary (no technical difficulty, 750m elevation gain).

Each group (1 German-speaking, 1 English-speaking) will be led by a staff member of the reserve (Asters) and a professional mountain guide.

You will go up the municipal forest of La Rollaz via the Roman road, until Refuge des Prés (1937 m), to enjoy a warm lunch, facing Mont Blanc. You will explore a variety of ecological systems, and discuss the management of biodiversity, the quiet areas to protect the wilderness, the scientific monitoring of protected species, and conflicts in land uses.

Excursion 7: Tour of the local heritage and farms of Les Contamines-Montjoie (half-day)

Fee (no meal included): 10 €

40 people/day

Schedule meet on Les Contamines main square at 1.30pm – return around 4.30pm (free shuttles and walking)

Required equipment: appropriate footwear for snowy conditions

Programme:

A half-day tour of the history, architecture and local craft of the valley of Les Contamines, led by a local figure. Gilles Barbier will tell you tales of his home valley, guiding you through the traditional and baroque heritage of the village centre, to the Notre-Dame de la Gorge church, and to the Sabotdance farm where you will have the opportunity to taste local charcuterie and cheese produce.



Sainte Trinité church in Les Contamines
© S. Roudnitska



Notre-Dame de la Gorge
© lescontamines.com

Excursion 8: 3-hour spa session at Thermes de St Gervais (half-day)

Fee (no meal included): 45 €

40 people/day (participants must be over 13 years old)

Schedule: meet directly at Thermes de St Gervais at 2.45pm (you will be greeted by an English-speaking volunteer) – end of session at 6pm

Required equipment : bathing suit (long shorts and full body swimsuits are not allowed), clean slippers (or buy a pair for 6€) and a 2€ coin for your locker (bathrobe and towel provided)

Programme:

Unwind for 3 hours at the thermal spa of les Bains du Mont Blanc, nestled in a scenic park: a wellness experience in thermal water naturally warm and beneficial to your health. You will enjoy the different temperatures of the saunas, steam rooms, relaxing and herbal tea stations, as well as the indoor and outdoor pools, with a view on Gorge du Bonnant.



Thermes de Saint Gervais les Bains
© savoie-mont-blanc.com

Alpine skiing

The Contamines Montjoie Hauteluce ski area offers a rebate of 15€ to EFNS participants, i.e. a 37,50€ fee for a full day of enjoying the 120km of alpine skiing slopes facing Mont Blanc. This offer is limited to one day per participant during the EFNS week, upon showing their accreditation.

Cross-country skiing races

Two major cross-country skiing races will take place in the region right before and after the 54th EFNS. Participants who are interested may find more information on the following websites:

- Les Belles Combes (Visma Ski Classic Challenger), 20-21 January in Jura (2-hour drive from Les Contamines): www.lesbellescombes.fr
- La Foulée Blanche, 24-28 January in Vercors (2.5-hour drive from Les Contamines): www.lafouleeblanche.com

FORESTRY CONFERENCE

Managing the forests of the French Alps in the face of current and future challenges

Wednesday 24 January, 8.30-10pm - Espace Animation

French forests are the 4th forested area in Europe. In the Northern French Alps area, they cover a third of the land. These forests fulfill essential needs for alpine communities: carbon capture, biodiversity reserves, water filtering, barriers against natural hazards, economic asset, source of well-being for the population.

Alpine forests are facing multiple challenges nowadays. A panel of representative of local forest management and R&D will cover these challenges, and the strategy and tools used locally to manage them.

*The conference is moderated by Jérôme Bock, research officer at ONF, and **talks take place in English**. Questions can be asked in German, French and English.*

Forest management in the French Alps area - An introduction to the main lines of forestry in France and most specifically in the area of the Alps

Lucas BARRULL (Forester – Faucigny unit - ONF)

Didier CORNEVIN (Silviculture specialist, Savoie-Mont-Blanc area - ONF)

We will start with an overview of the types of forest estate and their management, before introducing the multifunctional forest and its vegetal facies. We will then focus on silviculture in public forests and present two recently-developed tools that help managing them, especially in the context of climate change and major evolutions in forestry. When these two key factors come into play, forest management decision-making can be aided by two software named ClimEssences and Lumifor. Fir and spruce will be used as two examples of species to showcase these tools' capabilities.

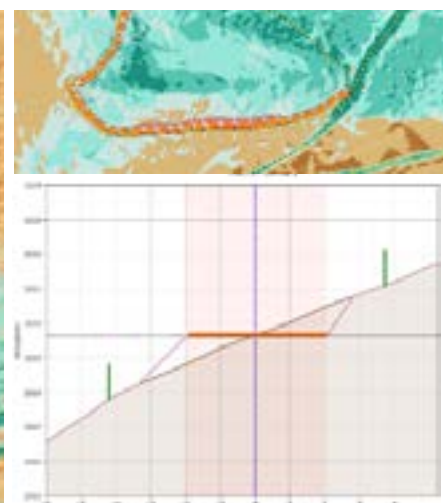
Sylvaccess, Sylvaroad et Cubaroad - 3 GIS tools to help forest managers plan access to forest resources in mountain areas

Laurent MALABEUX (R&D and Innovation specialist Chambéry - ONF)

Sylvain DUPIRE (Research engineer - INRAE)

Identifying and characterizing the conditions of access to forest resources are strategic conditions to manage them sustainably and on a multifunctional basis.

3 GIS tools have been developed recently. They are based on spatial information, in particular DEM (Digital Elevation Model) from aerial LiDAR, the specific parameters of each logging technique (skidder, forwarder and cable yarder) and route network (e.g. Road Vs Skid trail).



These new tools provide maps and data to help answer the following questions:

1. Within a given forest, which areas and what volume of timber can be reached, using which logging techniques?
2. Is it technically possible to design a new road and skid network to improve the accessibility of a forest?
3. What volumes of excavation and embankment materials are needed for each new forest access?
4. How do this new road and skid network impact the access to the forest resources?

We will cover these questions using a concrete example located in the French Northern Alps.

Responses of forests to climate change in the Alps

Christophe RANDIN (Researcher and lecturer / Université de Lausanne,
Director of Fondation Jean-Marcel Aubert and of the Flore-Alpe botanical garden in Champex-Lac)

The world is currently experiencing a period of rapid and unprecedented climate warming and the Alps are particularly affected, with rates of temperature increase two times higher than on global average. In line with these warming trends over recent decades, phenological shifts and upward migrations of tree species have been observed in these regions. Understanding and predicting how forests in the Alps respond to climate change are therefore two pressing ecological issues since they locally cover up to 60% of the territory and provide key services for mountain regions, such as protection against rock fall, soil erosion and avalanches, wood production and now, potential for carbon sequestration.

During this presentation I will first provide a synthesis of reported responses of forest to climate change in the Alps, with results coming mainly from long-term monitoring programs. I will then present results from forecasting studies for the 21st century and discuss some of the main challenges specific to modelling tree species and forest in mountain regions. I will conclude by showing how adaptive monitoring loops, combining monitoring, remote sensing and modelling, can be useful for forest management in complex terrains such as in the Alps.

Funding forest management and shaping resilient forests

Nicolas Anfrey - Lauriane Hennet / CNPF AURA

Forests face many challenges due to climate change and expectation from society. How can they adapt to increasing temperatures and modified water regimes to continue to provide wood, water filtration, landscape or habitat for biodiversity? How to finance and implement such a complex management?

Carbon storage funding can be an opportunity to renew the forest with planting operations and ensure less vulnerability for the future of the forest. In this context, BioClimSol and ClimEssence are tools used to understand what are the best chances for tree species to thrive in the local changing environment and existing soil. In Magland, Chamonix valley, a storm impacted a large portion of private forest in 2019. Since then, decisions were taken using existing tools and classic fir tree and spruce were planted in lesser amount in preferably higher altitude than previously done while other altitude, pines were introduced.

Carbon storage is the most funded forest service, apart from wood provisioning, but gathering funding from other services can be achieved. This may include water protection, recreation and habitat for biodiversity. This is as well an opportunity for better multifunctional management of forests that can lack funding options and consider other concerns than wood production obstacles. A framework for developing financing options for the different services provided by forests could answer this issue and help shape resilient forests for the future.

REGISTRATION FEES

The 54th EFNS are open to all professionals, students and retired people from the forestry and wood sector, as well as their family members.

The registration period runs from 1 November to 2 December 2023 on the EFNS.eu website, and with a late-fee of 15€ for registrations from 3 December until 15 December.

FEES

Registration options	Price / participant
1 individual race + relay	75€
2 individual races + relay	85€
Relay only	45€
All junior races (1999 and later)	free
Accompanying guest	35€
Closing ceremony and party	35€
Closing ceremony - child (2012-2018)	15€
Closing ceremony - child (2019 and later)	free
Excursions	
#1 - Tour of Annecy and its lac	75€
#2 - Tour of Chamonix - Mont-Blanc	Option A Aiguille du Midi : 80€ Option B Brévent: 50€
#3 - XC-skiing at plateau des Glières	With lunch : 70€ Without lunch : 40€
#4 - Managing natural risk at the foot of Mont Blanc	58€
#5 - Forest management at Voza pass	65€
#6 - Nature reserve of Les Contamines	45€
#7 - Heritage of Les Contamines-Montjoie	10€
#8 - 3h spa session - Thermes de St-Gervais	45€

Registration includes:

- welcome pack
- access to the opening ceremony
- access to the forestry conference
- access to the XC-skiing tracks of Domaine Nordique des Contamines the whole week
- access to the shuttle bus in circulation within Les Contamines-Montjoie

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Legal notice

Insurance

Civil liability

The organisers of the 54th EFNS have taken out a policy covering their civil liability as well as that of the participants duly enrolled, from the start line to the finish line, for any damage to property or personal injury they may accidentally cause to third parties or to each other.

Personal accident

It is the responsibility of participants to check with their insurance company that they are covered for any personal injury they may incur while taking part in this type of event. If they are not, it is in their interest to take out a policy with their insurer to cover them for personal injury.

Material damage

Neither the organiser nor its insurer will cover any damage suffered by participants, particularly in the event of a fall or theft. It is up to each participant to decide whether or not to take out cover against this type of risk with their insurer.

Health

It is the responsibility of participants to seek medical advice as to their fitness to compete in biathlon and cross-country skiing events, and to check with their insurance company that they are covered for healthcare costs in France.

Personal data protection

In accordance with legal and regulatory provisions, participants have the following rights:

- request access to their personal data collected by the organisers at any time.
- request rectification of their personal data.
- request the deletion of their data if the following conditions are met:
 - the data is no longer necessary for the purposes for which it was collected or not processed in accordance with the information initially received;
 - they withdraw their consent, where consent is the sole legal basis for processing the data;
 - they object to the processing of your data and there is no legitimate reason justifying the processing, or to the processing of their data for canvassing purposes;
 - the data has been processed unlawfully.

By way of exception, a request for erasure will not be accepted where processing is necessary:

- to comply with the legal obligations of the organisers in terms of retention periods;
- to establish, exercise or defend legal claims.

Participants may exercise their rights by contacting efns2024@gmail.com.

Waver of image rights

Participants expressly authorise the organisers and their beneficiaries, such as partners and the media, to use the still or audiovisual images in which they may appear, taken during their participation, on all media, including promotional and/or advertising documents, throughout the world and for the longest period provided for by the law, regulations and treaties in force, including any extensions that may be made to this period.

Modifications, neutralisation or cancellation

In the event of force majeure, natural disasters, adverse weather conditions or any other circumstances endangering the safety of competitors, the organisers reserve the right to modify, cancel or interrupt the event without participants being entitled to claim any reimbursement whatsoever.

This is a translation and only the French version of this legal notice is authentic.



How to get to Les Contamines?

Accommodation

Accommodation is available in the village of Les Contamines-Montjoie, and within a 25-minute drive from the stadium in Saint-Gervais, Megève and Sallanches. As accommodation is always fully booked for this period of the year, we strongly encourage participants to book as soon as possible, especially for large groups. For rentals, contact the tourist office of the town. A list of hotels and rentals is available on the websites efns.eu and EFNS 2024.

Easy access by train and road

- Geneva international airport: 80km (1-hour drive)
- High-speed train from Paris to Saint-Gervais-le-Fayet
 - Bus from Geneva (1 hour) and Saint-Gervais
- Highway A40 from Geneva or Annecy, exit n°21 Passy, 13km from Les Contamines-Montjoie

The Organisation Committee of the 54th EFNS is looking forward to welcoming you in Les Contamines-Montjoie !



PARTNERS OF THE 54TH EFNS

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Contact the EFNS 2024 Organisation Committee

efns2024@gmail.com



54. EFNS Les Contamines-Montjoie



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Webpage



bit.ly/m/EFNS2024

