



Resa till Italien!

Bara dagar bort innan det bär av söderut. Avresa sker torsdag morgon 29 juni med övernattnig i Plauen i Tyskland. Hemkomst blir sent på torsdag den 6 juli, med övernattnig i Plauen även på hemvägen.

Tävlingens centralort är i Pieve di Cadore och vi kommer att bo i angränsande byn, Calalzo di Cadore.

Nedan följer tidplan och lite bra att tänka på inför resan.

Bagage: Övernattningssväska för första natten på hotellet i Tyskland, samt vanligt bagage.

OBS! Försök hålla nere bagaget, vi är många i bussen och bussen har begränsat utrymme.
Undvik gärna stolsryggsäckar om det går, eftersom de är så skrymmande.

Buss: Bussen är i det närmaste full. I bussen kommer det att finnas en bestämd sittplan. Några platser längst fram lämnas fria för eventuellt åksjuka.

Mat: I Italien har vi halvpension, lunch löser var och en på dagarna. På resan genom Tyskland ingår frukost på hotellet. Övrig mat under resan löser man själv, på båten eller när bussen stannar.

Valuta: Euro (förutom den korta transfern genom Danmark då det förmodligen inte kommer behövas några danska kronor). Kreditkort fungerar på båten.

Viktigt: Pass, Sport-ID, kompass, orienteringsskor, skavsårplåster, valuta



Länk till tävlingen:

<https://www.5daysitaly.it/>

Detaljerad tävlingsinformation:

https://www.5daysitaly.it/wp-content/uploads/2023/05/Bulletin-1_5-Days-Italy.pdf

(finns även med sist i detta utskick, bra information)

Hotell i Italien, Calalzo di Cadore:

<https://www.hotelbellavistadolomiti.it/>

Hotell i Tyskland:

<http://www.dormero.de/>

Planering, tider

Tid för avfärd i bägge riktningarna är viktig för att passa båt och chaufförens körtider. Övriga tider är preliminära och kan komma att justeras.

Tid	29 Juni
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06:00	Samling Radiomotet, packning av buss
06:30	Avfärd Radiomotet - Gedser (5 timmar 45 minuter)
13:30-15:30	Färja Gedser - Rostock (2 timmar)
~14:00	<i>Lunch:</i> På båten äter var och en lunch
15:30	Rostock - Plauen (6 timmar 30 minuter - inklusive stopp)
~18:00	<i>Middag:</i> Bussen stannar för middag längs vägen
22:00	Framme i Plauen på hotell (http://www.dormero.de)

Tid	30 juni
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07:00	<i>Frukost:</i> Hotel Plauen
08:00	Avfärd Hotel Domero Plauen - Calalzo di Cadore (9 timmar)
~12:00	<i>Lunch:</i> Bussen stannar för lunch längs vägen
17:00	Framme i Calalzo di Cadore (https://www.hotelbellavistadolomiti.it/)
19:30	<i>Middag:</i> Hotel Bellavista

Tid	1 juli (1:a etappen)
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07:00	<i>Frukost:</i> Hotel Bellavista
	Ettapp 1, ca 30 minuter bussresa (10 km) Första start 16:00, starten på arenan
19:30	<i>Middag:</i> Hotel Bellavista

Tid	2 juli (2:a etappen)
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07:00	<i>Frukost:</i> Hotel Bellavista
	Ettapp 2, ca 20 minuter bussresa (5 km) Första start: 10:00, 650 m till start, 70 m stigning till start
19:30	<i>Middag:</i> Hotel Bellavista

Tid	3 juli (3:e etappen)
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06:30	<i>Frukost:</i> Hotel Bellavista
	Ettapp 3, ca 1 timme bussresa (32km) Första start: 10:00, 1550 m till start, 130 m stigning till start
19:30	<i>Middag:</i> Hotel Bellavista

Tid	4 juli (4:e etappen)
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07:00 *Frukost:* Hotel Bellavista

Etapp 4, ca 1 timme bussresa (39 km)
Första start: 10:00, starten på arenan

19:30 *Middag:* Hotel Bellavista

Tid	5 juli (5:e etappen)
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07:00 *Frukost:* Hotel Bellavista

Etapp 5, ca 15 minuter bussresa, vi får antagligen gå så att chauffören får vila (3 km)
Första start: 10:00, 900 m till start, 45 m stigning

Lunch: Löser var och en på arenan innan avfärd

14:00 Avfärd Pieve di Cadore - Plauen (9 timmar)

~18:00 *Middag:* Bussen stannar längs vägen

23:00 Framme i Plauen på hotell (<http://www.dormero.de>)

Tid	6 juli
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08:00 *Frukost:* Hotel Plauen

09:00 Avfärd Plauen - Rostock (6 timmar 30 minuter inklusive stopp)

~13:00 *Lunch:* Bussen stannar för lunch längs vägen

15:45-17:45 Färja Rostock - Gedser (2 timmar)

17:45 Gedser - Radiomotet (6 timmar 30 minuter inklusive stopp)

~19:00 *Middag:* Middag/bensträckare längs vägen

24:00 Hemma vid Radiomotet

Rumsfördelning Dormero

Room	First Name	Last Name	First Name	Last Name
1	Katarina	Almehed	Ulf	Almehed
2	Annika	Andreasson	Tomas	Andréasson
3	Rasmus	Arfwedson	Zebastian	Arfwedson
4	Richard	Berglund	Bo	Neidenström
5	Katarina	Borne	Thomas	Borne
6	Maria	Djupström	Björn	Djupström
7	Martin	Ek	Martin	Skovbjerg
8	Peo	Ek	Marie	Carlsson
9	Lena	Hammersberg	Peter	Hammersberg
10	Pia	Heikkinen	Richard	Torsein
11	Anders	Hellgren	Erik	Ruotsalainen
12	Sofia	Helmertz	Niklas	Helmertz
13	Sten	Helmertz	Karin	Helmertz
14	Karin	Ingelhag	Susann	Skovbjerg
15	Jonas	Jerlin	Patrik	Ellrén
16	Malin	Lamm	Anders	Lamm
17	Marcus	Lamm	Alexander	Fedje
18	Anders	Lindén	Karin	Lindén
19	Anna	Martner	Jonas	Martner
20	Harald	Martner	Emil	Wallenius
21	Tim	Martner	Melker	Åkesson
22	Maja	Torsein	Ellen	Skovbjerg
23	Lars-Gunnar	Wallenius	Malin	Wallenius
24	Lennart	Vamling	Maria	Vamling
25	Magnus	Wide	Marie	Wide
26	Joakim	Åkesson	Karin	Åkesson
27	Daniel	Fredriksson	Love	Moden
Single 1	Andrius	Charitonovas		
Single 2	Bus driver			

Rumsfördelning Park Hotel Bellavista

	First Name	Last Name	First Name	Last Name
1 Double room	Katarina	Almehed	Ulf	Almehed
2 Double room	Annika	Andreasson	Tomas	Andréasson
3 Double room	Rasmus	Arfwedson	Zebastian	Arfwedson
4 Double room	Katarina	Borne	Thomas	Borne
5 Double room	Marie	Carlsson	Peo	Ek
6 Double room	Daniel	Fredriksson	Love	Modén
7 Double room	Lena	Hammersberg	Peter	Hammersberg
8 Double room	Pia	Heikkinen	Richard	Torsein
9 Double room	Karin	Helmertz	Sten	Helmertz
10 Double room	Sofia	Helmertz	Niklas	Helmertz
11 Double room	Anders	Lamm	Malin	Lamm
12 Double room	Anders	Lindén	Karin	Lindén
		Lysemark		
13 Double room	Hillevi	Rubendahl	Per	Rubendahl
14 Double room	Anna	Martner	Jonas	Martner
15 Double room	Lars-Gunnar	Wallenius	Malin	Wallenius
16 Double room	Lennart	Vamling	Maria	Vamling
17 Double room	Magnus	Wide	Marie	Wide
18 Double room	Joakim	Åkesson	Karin	Åkesson
19 Double room	Jonas	Jerlin	Bo	Neidenström
Double room + extra				
1 bed	Maja	Torsein	Ellen	Rubendahl
	Ellen	Skovbjerg		
1 Single room	Richard	Berglund		
2 Single room	Andrius	Charitonovas		
3 Single room	Maria	Djupström		
4 Single room	Patrik	Ellrén		
5 Single room	Anders	Hellgren		
6 Single room	Erik	Ruotsalainen		
7 Single room	Bus driver			
1 Single room DUS	Karin	Ingelhag		
2 Single room DUS	Susann	Skovbjerg		
1 Family room	Harald	Martner	Björn	Djupström
	Emil	Wallenius	Martin	Skovbjerg
Family room + extra				
1 bed	Martin	Ek	Alexander	Fedje
	Marcus	Lamm	Tim	Martner
	Melker	Åkesson		

Buss 16
(JLS19G)



57 platser
+ guide

CHAUFFÖR		GUIDE			
Maria Djupström	Susann Skovbjerg	mittgång	Reserv	Reserv	
Karin Ingelhag	Richard Berglund		Anders Lamm	Malin Lamm	
Annika Andreasson	Tomas Andréasson		Marie Carlsson	Peo Ek	
Anders Lindén	Karin Lindén		Lars-Gunnar Wallenius	Malin Wallenius	
Lennart Vamling	Maria Vamling		Magnus Wide	Marie Wide	
Lena Hammersberg	Peter Hammersberg		Jonas Jerlin	Bo Neidenström	
Patrik Ellrén	Andrius Charitonovas		TOA		
Karin Helmertz	Sten Helmertz		KÖK		
Sofia Helmertz	Niklas Helmertz		Anna Martner	Jonas Martner	
Joakim Åkesson	Karin Åkesson		Katarina Borne	Thomas Borne	
Pia Heikkinen	Richard Torsein		Katarina Almehed	Ulf Almehed	
Anders Hellgren	Erik Ruotsalainen		Rasmus Arfwedson	Zebastian Arfwedson	
Maja Torsein	Ellen Skovbjerg		Love Moden	Daniel Fredriksson	
Harald Martner	Björn Djupström	Emil Wallenius	Martin Skovbjerg		
Martin Ek	Alexander Fedje	Marcus Lamm	Melker Åkesson	Tim Martner	



Unione
Montana
Centro Cadore



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO



FONDO
COMUNI
CONFINANTI



PROVINCIA DI
BELLUNO



PROVINCIA DI
BELLUNO



**DOLOMITI
BELLUNESI**
The Mountains of Venice

DOLOMITI CENTRO CADORE
5 DAYS ITALY
ORIENTEERING 2023

From 1 to 5 July 2023
www.5daysitaly.it



Comune di
Auronzo di Cadore



Comune di
Calalzo di Cadore



Comune di
Domegge di Cadore



Comune di
Lorenzago di Cadore



Comune di
Lozzo di Cadore



Comune di
Perarolo di Cadore



Comune di
Pieve di Cadore



Comune di
Vigo di Cadore



D.O.P.
Mela Val di Non



**MI PIACE PERCHÉ
NASCE E CRESCE NEL POSTO IDEALE
PER COLTIVARE LE MELE.**



DALLE VALLI DI MELINDA, LA MELA CHE LA PENSA COME TE.

Mi piace perché è prodotta in modo sostenibile, in armonia con la natura.

Mi piace perché utilizza solo energie rinnovabili.

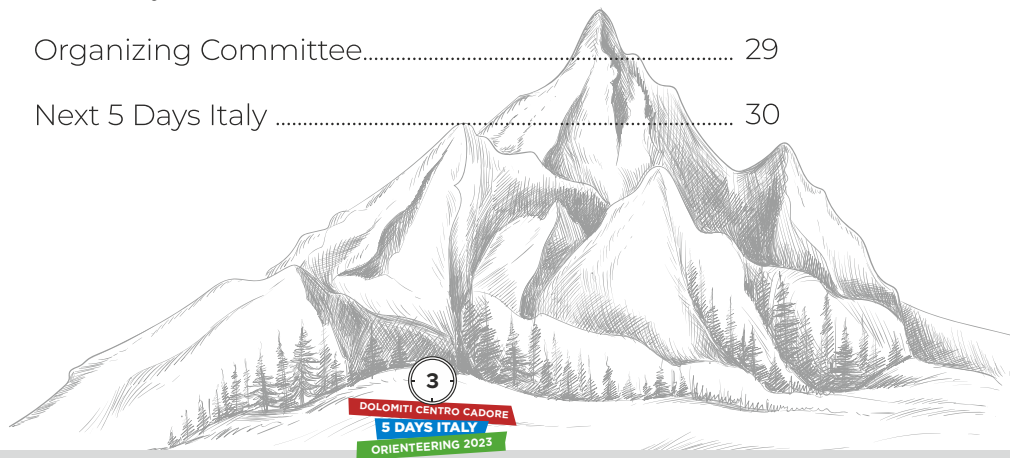
Mi piace perché è l'unica al mondo ad essere conservata nel cuore della montagna.

Mi piace perché i suoi fiori sono impollinati naturalmente dalle api,
grazie alla collaborazione con gli apicoltori della valle.

SEGUICI SU    MELINDA.IT

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INTRO



"5 Days of Italy" is not just a sporting experience, able to further enrich the range of events offered by our Region. This event, taking place on the Dolomites, a UNESCO World Heritage Site also known as "Mountains of Venice", contributes to promoting the excellence of a territory full of fascination, not only from an environmental point of view, but also from an historical and cultural perspective and, last but not least, which is rich in a food and wine offer able to meet every expectation.

Therefore, I deeply thank the whole organizing Committee for the great passion and dedication proven in the organization of every single aspect of this event, a perfect combination and harmonic representation between outdoor sporting activity and a slow sustainable rediscovery of this peculiar part of our Region.

Wishing all participants to have fun and to achieve their objectives, I hereby conclude by extending my warmest greetings and the ones of the whole Veneto Region.

Dr. Luca Zaia

President of the Veneto Region



It is not hard to get lost in the beauties of the Dolomites and Cadore, in the millenary woods and valleys rich of nature, history and culture. It is a sort of Stendhal syndrome, which captures the viewer attracted by so much beauty. This is what I wish for the athletes who will run across our mountains during the "5 Days of Italy": for the competition they will have to orient themselves, use the compass and the map to find the right path; but may they return to get lost in the midst of the extraordinary wonders of our mountains!

I welcome them, their companions and the organizers of this orienteering event to the Belluno Dolomites, in the province of Belluno.

Sport is a vehicle of human values and an exceptional mean for territorial promotion.

It is all the more so, when it leads people and athletes to immerse themselves in nature in a sustainable and conscious way.

Good race to everyone

Roberto Padrin

Province of Belluno president



INTRO



The Unione Montana Centro Cadore is delighted to have seized the opportunity to hold this important international event dedicated to Orienteering, which must be understood as a strategic tourist promotion for our wonderful Dolomite area.

Going into the specifics and learning that Orienteering is a sport that consists of knowing how to move over unknown terrain, using only a compass and a topographical map, the certainty has been consolidated that our territory, the Heart of Cadore, is among the most suitable for hosting this event, expressing not only the characteristics but also the values of the discipline. Hence, the scheduled event will certainly be a high-level international sports meeting, but it will also be a great global celebration and, for Central Cadore, the Gateway to the

Dolomites, an unprecedented opportunity to make itself known and appreciated in terms of nature and culture

Dott. Pier Luigi Svaluto Ferro

Presidente dell'Unione Montana Centro Cadore



I would like to offer the greetings from FISO to all the Athletes and to all the Nations that have decided to be present in Veneto Region for 5 Days Italy Dolomiti Cadore. I would also like to send my best wishes to the organizing committee which has taken on a responsibility both for the development of the sport of orienteering in Italy and for the economic and social impact that the event will have on (and in) the different villages that host the races.

I would like to thank in particular the local authorities, the FISO delegation from Veneto, the regional CONI, the sponsors and the many volunteers who will be the real architects of what we hope will be the great success this sporting event can guarantee.

Hoping to see a large participation and expecting exciting results we wait for all the athletes and team in Cadore. Welcome in Veneto Region, welcome in Italy.

Sergio Anesi

Fiso President



Dear orienteering friends,

We are thrilled to announce the beginning of the Fifth edition of 5 Days Italy! This event brings together orienteering enthusiasts of all ages and backgrounds for a week of excitement and team spirit. It's a celebration of our shared love for orienteering. 5 Days Italy stands out as the only orienteering event in Italy that spans an entire week, providing athletes from different countries and cultures with the opportunity to come together. We are proud to showcase some of the best terrains our country has to offer, including UNESCO Sites, adding an extra touch of uniqueness to the experience.

Over the past fifth years, we have listened to your valuable feedback and continuously improved the event.

Our goal has always been to ensure that everyone has the best possible time with us and within the incredible orienteering community. We are now fully prepared and eagerly await your arrival for 5 Days Italy 2023. Moreover, we extend a warm invitation for you to join us again in 2024 and 2025. Get ready for an unforgettable experience filled with thrilling races and memorable moments. We wish you all enjoyable and fulfilling days during the event. Remember to cherish the time spent with fellow orienteering enthusiasts and always keep your spirits high! Best regards.

Mauro Gazzero

*President 5 Days Italy
Organizing Committee*





Monday 2nd July 2023 - Stage 3 - MIDDLE DISTANCE - Valgröden (Passabè)

Tuesday 3rd July 2023 - Stage 4 - MIDDLE DISTANCE - Fiemme (Santina di Fiemme)

Wednesday 5th July 2023 Stage 5 - SPRINT DISTANCE - Pieve di Cadore

Saturday 3rd July 2023 - Stage 1 - MIDDLE DISTANCE - Cortina/Pescostaia di Cadore

Sunday 2nd July 2023 - Stage 2 - LONG DISTANCE - Monte Zucco (T-18) - Cadore

PROGRAMME

TIME SCHEDULE

Thursday 29th and Friday 30th June 2023

Arrivals and Model Event
Forest: Misurina & Somadida Forest;
Urban: Calalzo di Cadore & Cortina

Saturday 1st July 2023

Stage 1 - MIDDLE DISTANCE
Perarolo di Cadore-Caralpe Forest
(First Start 4.00 p.m.)
Opening Ceremony: 7.00 p.m. by
"Sport in Caralpe"
Price Giving Ceremony: 7.30 p.m

Sunday 2nd July 2023

Stage 2 - LONG DISTANCE
Monte Zucco - Tai di Cadore
(First Start 10.00 a.m.)

Monday 3rd July 2023

Stage 3 - MIDDLE DISTANCE
Valgrande
(First Start 10.00 a.m)
Price Giving Ceremony Stage 2 and 3:
"6.30 p.m. by Tiziano Square in Pieve
di Cadore

Tuesday 4th July 2023

Stage 4 - MIDDLE DISTANCE Fiammes
Forest, Cortina d'Ampezzo
(First Start 10.00 a.m)

Wednesday 5th July 2023

Stage 5 -SPRINT DISTANCE
Pieve di Cadore
(First Start 10.00 a.m)
Price Giving Ceremony Stage 4 and 5
and overall at 2.00 p.m. by Tiziano
Square in Pieve di Cadore

ONSITE ENTRY

On site entries during 5 Days Italy
are allowed until availability of maps at the following prices:

Direct Easy (on site)	€ 10,00
Direct Difficult (on site)	€ 18,00
MW-10 MW 12	€ 10,00
Classes up to MW - 20	€ 20,00
Adults	€ 28,00

Rental SI - Card 3€/stage

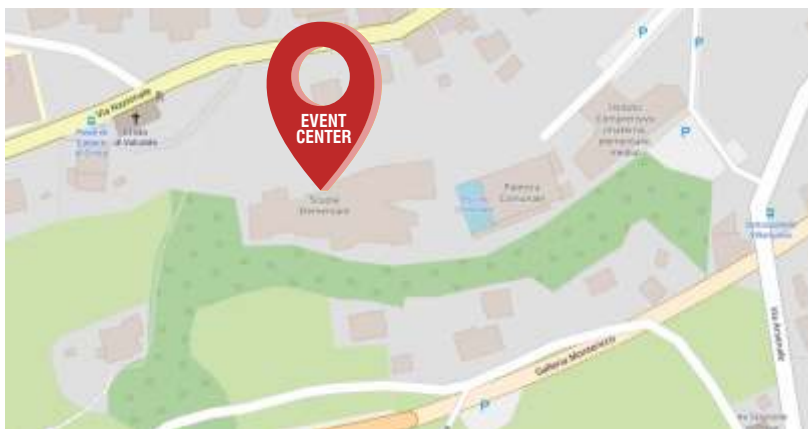
EVENT CENTER

PRIMARY SCHOOL PIER FORTUNATO CALVI IN PIEVE DI CADORE
Piazzale Martiri della Libertà, 7, 32044 Pieve di Cadore (BL)

<https://goo.gl/maps/mnLb4HVSeR4HweMd7>

Office Hours:

Thursday 29 th	From 15.00 p.m. to 19.00 p.m.
Friday 30 th	From 09.00 a.m. to 12.00 a.m. From 13.30 a.m. to 19.00 p.m.
Saturday 1 st	From 18.00 p.m. to 19.00 p.m. (secretary office remains always open at competition arena during the races for any question or problem)
Sunday 2 nd	
Monday 3 rd	
Tuesday 4 th	
Wednesday 5 th	



For any problems or questions
you can always send an email to info@5daysitaly.it
or a message at +39 347 96 99 321 (Mara)

CAMPERS

Camper Area is in Lagole Steet <https://goo.gl/maps/1z5KMma1rrhpcPMz8>



IT IS POSSIBLE FOR CAMPERS and MOTORHOMES TO STAY ALL DAY LONG BOOKING A PLACE SENDING AN EMAIL TO info@5daysitaly.it

TO BOOK A PLACE: <https://forms.gle/T4qoFxeKeNf7aRvg8>

SPECIAL PASS TO BUY AND COLLECT AT EVENT CENTER at the price of 5,00 €/day

PLEASE TAKE NOTE THAT THERE ARE NO SERVICES INCLUDED (water, toiletsservices etc..)

PICK UP POINT in Piazzale Dolomiti in Taidi Cadore <https://goo.gl/maps/6bpbzYrha2TYcFVt5>

1st STAGE (01 July 2023) - Price 15,00 €
PIEVE DI CADORE - CARALTE
(drop off athletes near pasticceria Beduschi)

3rd STAGE (03 July 2023) Price 15,00 €
PIEVE DI CADORE - VAL GRANDE (COMELICO SUPERIORE)
(drop off athletes near Terme di Valgrande)

4th STAGE (04 July 2023) Price 15,00 €
PIEVE DI CADORE - CORTINA
(drop off athletes near parking Fiammes Bus navetta)

IF YOU BOOK ALL 3 STAGES SHUTTLE BUS THE PRICE is 40,00 €
SHUTTLE BUS SHOULD BE BOOKED IN ADVANCE
<https://forms.gle/ZgMNHtcSZg6LUCBX9>

SHUTTLE PASS should be collected at event center when you'll collect your bib

SHUTTLE



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COMPETITION CLASSES AND BIBS

M10, M12, M14, M16, M18, M20, M21 Elite, M21 Long, M21 Short, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80

W10, W12, W14, W16, W18, W20, W21 Elite, W21 Long, W21 Short, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80

Easy Short (DES), Easy Middle (DMS), Easy Long (DEL)

DifficultShort (DDS), DifficultMiddle (DDM), DifficultLong (DDL)

Direct courses will not have overall result, only a daily results.

No price giving will be done for Direct courses.

Free start time for these classes, using punching-start

BLUE BIBS

For categories:

M21 Élite, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80.



RED BIBS

For categories: W21 Élite, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.



GREEN BIBS

For categories:

M21 Long, W21 Long, M21 Short, W21 Short, M20, W20, M18, W18, M16, W16, M14, W14.



YELLOW BIBS

For Punch Start categories: Difficult Long, Difficult Middle, Difficult Short, Easy Long, Easy Middle, Easy Short, M12, W12, M10, W10.

The last Punch Start will be possible fifteen minutes after the last athlete on the starting list.



Bibs will be collected at event center during opening hours

GENERAL INFORMATION



FIRST AID: There will be a First Aid Point in every Arena, provided by qualified medical staff.



TOILETS: Chemical toilets will be present in every Arena



SI-CARD: it is possible to rent Sicard at € 3,00/each stage
The Si-Card will be withdrawn after the last stage at which the competitor is registered.
If the Si-Card is lost by the competitor s/he must pay a penalty of 30€.



Shoes: In Stage 5 competitors can use normal running shoes.
In Stages 1,2,3,4 it is recommended to wear orienteering shoes.

Environmental statement and water:

Although many people are travelling a long way for our event, we are endeavoring to reduce the event's environmental impact as much as possible. We will not therefore be providing bottles of water for competitors at the finish of the courses. You will be expected to bring your own water. Therefore, there will be some fountains and water tanks at the finish Arena. We would also like competitors to take their own rubbish "home" with them.



PLASTIC BAGS WILL NOT BE AVAILABLE FOR MAPS

PRIZE GIVING CEREMONY

The prize giving ceremonies will take place the following days:

Saturday 1st July 2023

Opening Ceremony at 7.00 p.m. Prize giving Ceremony **STAGE 1** at 7.30 p.m.
By "Sport Facilities (Impianti Sportivi) in Caralte"
<https://goo.gl/maps/twbFK6xPKThR2WraA>

Monday 3rd July 2023 Prize giving Ceremony **Stage 2** and **Stage 3** at 6.30 p.m.
by Tiziano Square in Pieve di Cadore - <https://goo.gl/maps/kfzuYBfYcjXuaGFr6>

Wednesday 5th July 2023 Prize giving Ceremony **Stage 4** and **Stage 5** and **overall Result** at 2.00 p.m.
By Tiziano Square in Pieve di Cadore - <https://goo.gl/maps/kfzuYBfYcjXuaGFr6>

In case of bad weather conditions, the prize giving ceremonies will take place at Piazza Tiziano by Caffè Tiziano in Pieve di Cadore



PARKINGS

MODEL EVENT FOREST Somadida Forest Villa Gregoriana Auronzo di Cadore

There are some parking
along the street
**(it is not possible to park
within the Villa Gregoriana)**



<https://goo.gl/maps/M2w2btohtkc7NLKB8>

MODEL EVENT FOREST **Misurina Lake**

Paid Parking: <https://goo.gl/maps/BMfGTkzqpA7KuWdy5>

SPRINT MODEL EVENT **Cortina d'Ampezzo**

Paid Parking "ex Ferrovia" <https://goo.gl/maps/vu3JnrWdaNjjQn1X8>

Paid Parking "Piazzale Marconi" <https://goo.gl/maps/mTT58kZmaJSSudo87>

SPRINT MODEL EVENT **Calalzo di Cadore**

1) Parking in Via Montanel <https://goo.gl/maps/AKi15ket6JztxzWc9>

2) Parking in Viale Marconi <https://goo.gl/maps/9qS63HEqxnd21AGm9>

MODEL EVENT

Forest: Misurina & Foresta Somadida **Urban:** Calalzo di Cadore & Cortina

The maps can be purchased at the event Centre from Thursday 29 to Friday 30 June during opening hour

There are FOUR types of maps: 2 Sprint and 2 Forest

CALALZO Scale 1:4.000, eq.2,5 mt (format 21x29 cm)

SPRINT MODEL (the controls will be placed only on Saturday and Sunday)

Price € 2,00

CORTINA Scale 1:4.000, eq.2,5 mt (format 21x29 cm)

SPRINT MODEL (the controls will be placed only on Saturday and Sunday)

Price € 2,00

FORESTA SOMADIDA Scale 1:7.500 and 10.000, eq.5 mt (format 21x29 cm)

FOREST MODEL (the controls will be placed from Saturday to Thursday)

Price € 4,00

MISURINA Scale 1:7.500 and 1:10.000, eq.5 mt (format 21x29 cm)

FOREST MODEL (the controls will be placed from Saturday to Thursday)

Price € 4,00

If you purchase all 4 MAPS: Price is 10,00 €



Pian delle Vette®

La nostra piccola cantina, ai piedi delle Vette Feltrine, nell'area del Parco Nazionale delle Dolomiti Bellunesi, è il frutto ragionato del nostro momento di irrazionalità. Quella scelta azzardata che è il sale delle nostre vite.

Pian
delle
Vette



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STAGE 1 1st July 2023

MIDDLE DISTANCE - Perarolo di Cadore - Caralte Forest

GENERAL INFORMATION:

The stage is a middle-distance race. The terrain is alpine with even steep gradients and few trails. Village periphery with open areas and detailed forest. There are several unmarked fallen trees on the ground (after storm Vaia). The black circles correspond to piles of stones.

Mapper:

Francesco Buselli

Course setter:

Marco Bezzi

1:10.000, eq. 5 mt. (format 21 x 29 cm) for classes:
ME, M21L, M21S, M14, M16, M18, M20, M35, M40, M45, M50,
M55, WE, W21L, W21S, W14, W16, W18, W20, W35, W40,
W45, W50, W55, DDS, DDM, DDL

1:7.500, eq. 5 mt. (format 21 x 29 cm) for classes:
M60, M65, M70, M75, M80, W60, W65, W70, W75, W80,
M10, M12, W10, W12, DES, DEM, DEL

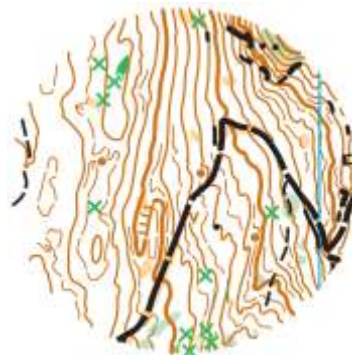
The maps are printed on blue-back paper, water-resistant

Start and finish are in the same arena:

<https://goo.gl/maps/tVvbYWwUQLBQ1Z3k6>



START AND FINISH ARENA



MAP DETAIL

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STAGE 1 1st July 2023

MIDDLE DISTANCE - Perarolo di Cadore - Caralte Forest



STAGE 2 2nd July 2023

LONG DISTANCE - Monte Zucco Tai di Cadore

GENERAL INFORMATION:

The stage is a long-distance race.

Forest with good walkability and excellent runnability, rich in clearings and gullies

The competition area varies from an elevation of 800 mt
o 1200 m above sea level.

Mapper: Victor Kirianov

Course setter: Paride Grava

Scale

1:10.000, eq. 5 mt. (format 21 x 29 cm) for classes:
ME, M21L, M21S, M14, M16, M18, M20, M35, M40, M45, M50,
M55, WE, W21L, W21S, W14, W16, W18, W20, W35, W40,
W45,W50,W55,DDS,DDM,DDL

1:7.500, eq. 5 mt. (format 21 x 29 cm) for classes:
M60, M65, M70, M75, M80, W60, W65, W70, W75, W80,
M10, M12, W10, W12, DES, DEM, DEL

The maps are printed on blue-back paper,water-resistant



MAP DETAIL



The distance between
the Arena
and the Start is 650
mt with 70 mt climb

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DOLOMITI CENTRO CADORE
5 DAYS ITALY
ORIENTEERING 2023

STAGE 2 2nd July 2023

LONG DISTANCE - Monte Zucco Tai di Cadore



The Arena is by "GalvaluxArena -Stadio del Ghiaccio"

<https://goo.gl/maps/j3q4ehDB4fyTR8ty9>



STAGE 3 2rd July 2023

MIDDLE DISTANCE - Valgrande (Padola)

GENERAL INFORMATION:

The stage is a middle distance race Typical alpine pine forest with excellent visibility and travel speed. The area is rich in details such as streams, knolls and depressions. The race area ranges from an elevation of 1320 m above sea level to 1500 m above sea level

Height is 1320 m a.s.l.

Mapper: Marco Bezzi - Maurizio Ongania

Course setter: Federico Venezian

Scale

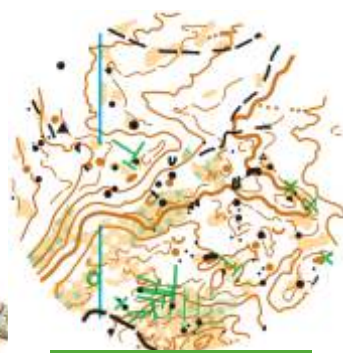
1:10.000, eq. 5 mt. (format 21 x 29 cm) for classes:
ME, M21L, M21S, M14, M16, M18, M20, M35, M40, M45, M50, M55,
WE, W21L, W21S, W14, W16, W18, W20, W35, W40, W45, W50,
W55, DDS, DDM, DDL

1:7.500, eq. 5 mt. (format 21 x 29 cm) for classes:
M60, M65, M70, M75, M80, W60, W65, W70, W75, W80, M10,
M12, W10, W12, DES, DEM, DEL

The maps are printed on blue-back paper, water-resistant



The distance between the Arena and the Start is 1550 mt with 130 mt climb



MAP DETAIL

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DOLOMITI CENTRO CADORE
5 DAYS ITALY
ORIENTEERING 2023

STAGE 3 2rd July 2023

MIDDLE DISTANCE - Valgrande (Padola)



The Arena is near Terme di Valgrande
<https://goo.gl/maps/pRuR4tvffF2sSX3J9>



STAGE 4 4th July 2023

MIDDLE DISTANCE - Fiames (Cortina d'Ampezzo)

GENERAL INFORMATION:

The stage is a middle-distance race. Alpine terrain between 1300 m above sea level and 1425 m above sea level with richly detailed areas alternating with faster areas, generally dense network of trails. Boulders and knolls are not always clearly distinguishable and has been represented with the most evident symbol. The entire length of the map is traversed by the Cortina-Dobbiacobike-path. Care should be taken when crossing the track as it is possible to pass bikes even at high speeds.

Height is 1300 m a.s.l.

Mapper: Victor Kirianov

Course setter: : Fabio Hueller

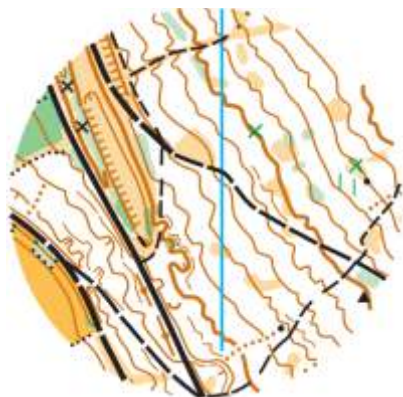
Scale

1:10.000, eq. 5 mt. (format 21x29cm) for classes:
ME, M21L, M21S, M14, M16, M18, M20, M35, M40, M45, M50, M55,
WE, W21L, W21S, W14, W16, W18, W20, W35, W40, W45, W50,
W55, DDS, DDM, DDL

1:7.500, eq. 5 mt. (format 21x29cm) for classes:
M60, M65, M70, M75, M80, W60, W65, W70, W75, W80, M10,
M12, W10, W12, DES, DEM, DEL

The maps are printed on blue-back paper, water-resistant

Start and finish are in the same arena by FiamesSport Nordic Center
<https://goo.gl/maps/LgWq5aum5LnQX7L89>



MAP DETAIL



START AND FINISH ARENA

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DOLOMITI CENTRO CADORE
5 DAYS ITALY
ORIENTEERING 2023

STAGE 4 4th July 2023

MIDDLE DISTANCE - Fiammes (Cortina d'Ampezzo)



Parking are nearby the arena

STAGE 4 AREA



STAGE 5 5th July 2023

SPRINT DISTANCE - Pieve di Cadore

GENERAL INFORMATION:

The stage is a sprint distance race; the first part is in steep forest area with some trails, second part in an urban area.

Map between 880 m above sea level and 950 m above sea level.

Height is 880 m a.s.l.IT

Mapper: Tommaso Scalet - Buselli Francesco

Course setter: Eddy Sandri

Scale

1:4.000, eq. 2.5 mt. (format 21x29cm) for all classes

The maps are printed on blue-back paper, water-resistant.



MAP DETAIL



The distance between the Arena and the Start is 900 mt with 45 mt climb

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STAGE 5 5th July 2023

SPRINT DISTANCE - Pieve di Cadore



The Arena is in Pieve di Cadore in Tiziano Place:
<https://goo.gl/maps/9rBzBBxvME6HPi4C8>



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DOLOMITI CENTRO CADORE
5 DAYS ITALY
ORIENTEERING 2023

RACES DISTANCE

	STAGE 1 CARALTE		STAGE 2 MONTEBUZZO		STAGE 3 VALGRANDE		STAGE 4 FIANES		STAGE 5 PIVE DI CADORE	
	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB
M10	1850	30	2200	60	1650	5	2170	40	1500	30
M12	2170	35	2200	60	2030	25	3050	85	1800	45
M14	3270	70	3600	100	2390	45	3320	95	2000	50
M16	4660	165	5600	185	3760	150	3630	125	2600	65
M18	5370	200	7300	270	4620	185	4190	140	3200	80
M20	5710	210	8300	450	4740	190	5140	180	3300	90
M21S	4660	165	5600	185	3760	150	3630	125	2600	65
M21L	5710	210	8300	450	4740	190	5140	180	3300	90
ME	6470	250	10300	650	5560	190	6060	240	3600	110
M35	5560	205	8300	480	4830	180	5190	200	3100	75
M40	5370	195	7300	280	4260	160	4780	190	2700	70
M45	5230	185	6600	260	3660	160	4510	170	2600	60
M50	5010	180	6300	270	4000	150	4360	155	2500	60
M55	4760	165	5800	230	3560	145	4220	140	2300	55
M60	4700	165	5600	230	3000	120	4060	125	2300	45
M65	4470	160	4900	165	2560	115	3740	140	2200	50
M70	2970	110	4000	145	2740	85	3240	100	2100	40
M75	2970	110	4000	145	2740	95	3240	100	2100	40
M80	2970	110	4000	145	2740	95	3240	100	2100	40
Direct ES	1850	30	2200	60	1650	5	2170	40	1500	30
Direct EM	2400	35	2800	90	1990	15	2780	75	2400	70
Direct EL	3440	50	3200	140	2410	15	3140	80	3300	95

RACES DISTANCE

	STAGE 1: CARALTE		STAGE 2: MONTE ZUCCO		STAGE 3: VALGRANDE		STAGE 4: FAMES		STAGE 5: PENE DI CADORE	
	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB
W10	1850	30	2200	60	1650	5	2170	40	1500	30
W12	2170	35	2200	60	2030	25	3050	85	1800	45
W14	3270	70	2600	100	2590	45	3320	95	2000	50
W16	3740	140	4400	175	3180	110	3680	110	2300	60
W18	4630	185	5000	190	3710	140	4340	130	2700	65
W20	5480	205	6500	260	4160	165	4430	170	2800	65
W21S	3740	140	4400	175	3180	110	3890	110	2300	60
W21L	5480	205	6500	260	4160	165	4430	170	2800	65
W2	5560	205	8300	480	4030	180	5190	200	3100	75
W35	5230	195	6600	260	3980	160	4510	170	2800	60
W40	5010	150	4900	200	3750	150	4160	150	2300	55
W45	5010	150	4900	200	3750	150	4160	150	2300	55
W50	4770	170	5100	185	3490	140	4030	125	2100	50
W55	4340	165	4600	160	3410	120	3880	110	2000	50
W60	3680	120	4100	130	3310	125	3800	110	1900	45
W65	3680	120	4100	130	3310	125	3800	110	1900	45
W70	2480	100	3500	90	2430	50	2720	80	1700	40
W75	2480	100	3500	90	2430	50	2720	80	1700	40
W80	2480	100	3500	90	2430	50	2720	80	1700	40
Direct DS	4340	165	4400	160	3410	120	3880	110	2000	50
Direct DM	5010	160	6300	270	4000	150	4360	165	2500	60
Direct DL	5920	210	7100	300	4030	170	5250	205	3500	100

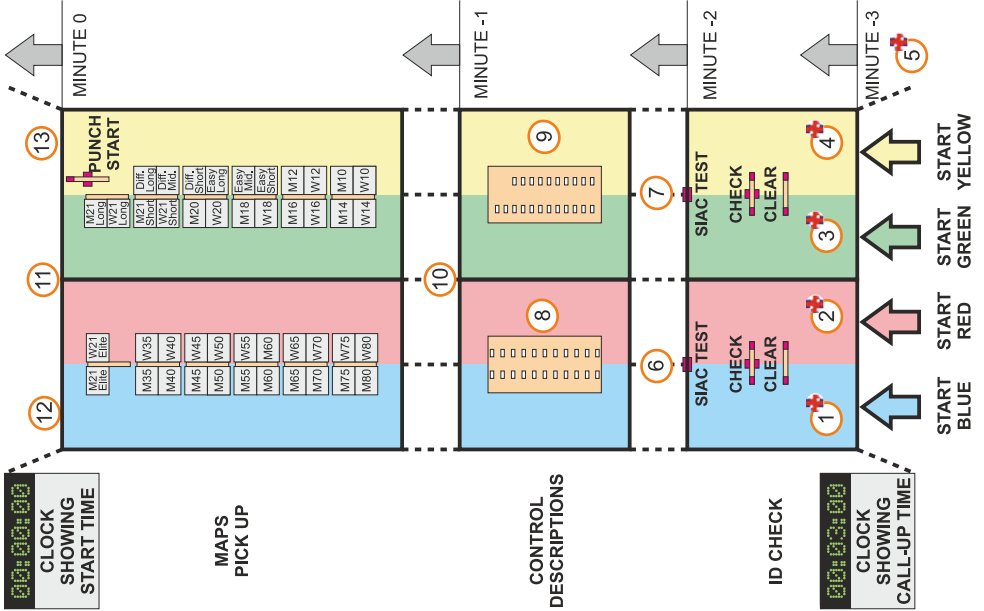
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START AREA LAYOUT



DOLOMITI CENTRO CADORE
5 DAYS ITALY
ORIENTEERING 2023

START AREA LAYOUT



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D'Ambros Marco *Mayor of Lorenzago di Cadore*

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Stau novo Polacco Marco *Mayor of Comelico Superiore*

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Comune di
Calalzo di Cadore



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Comune di
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Comune di
Lozzo di Cadore



Comune di
Perarolo di Cadore



Comune di
Pieve di Cadore



Comune di
Vigo di Cadore

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DOLOMITI CENTRO CADORE
5 DAYS ITALY
ORIENTEERING 2023



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Gabriele Viale *Vice President and Marketing*

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Mara Pegoretti *Secretary Director*

Caterina Pezzè *Assistant Secretary*

Federico Bruni and Edoardo Tona *IT -Technology*

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Roberto Pezzè *Finish and Arena Manager*

Marco Bezzi *Course setter Stage 1*

Paride Grava–Giacomo Pezzè *Course setter Stage 2*

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