



FEDERAZIONE  
ITALIANA  
SPORT  
ORIENTAMENTO

trento  
Look up.

VALSUGANA  
LAGORAI

TRENTINO



GIORNI D'ITALIA  
DAYS OF ITALY

ORIENTEERING



JUNE 26th - JULY 4th 2025

in conjunction with JWOC 2025



BULLETIN 3

JUNE 2025



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## WELCOME



The natural playground of Trentino is waiting for you! Nature and sport are an heritage that Trentino recognizes as an enormous wealth to be shared and enhanced.

The Piné Plateau, Valsugana and Val di Cembra, in the heart of the Alps, are proud to host the 5 DAYS OF ITALY 2025, which represent an authentic concentration of the values on which we want to build the future of our small mountain communities: love for the territory, attention to young people, connection with many different cultures, and appreciation for voluntary work.

The sport of orienteering represents our communities for many reasons. Its playing field is outdoor, it respects the environment, it combines physical strength and tactical skills, it is silent and leaves no trace after its passage. Orienteering is a metaphor for life: setting a goal, establishing a strategy to reach it in the shortest possible time, giving oneself intermediate milestones, relying on, and trusting in simple tools to keep the right course.

The event will result from a collaboration between numerous sports clubs and hundreds of volunteers united by their love of sport. Thanks to all of them in advance for the time and passion they will use to organize this event.

I wish all participants excellent sporting results in our forests and in our historic villages, and above all to enjoy a unique experience in Trentino, in Valsugana, on the Piné Plateau.

- ALESSANDRO SANTUARI -  
Mayor of Baselga di Piné,  
President of the Organising Committee  
(and orienteering athlete)

The 5 DAYS OF ITALY is also organized to allow the public to witness the spectacular moments of the JWOC and be able to compete with the champions of the future on the same terrain.

In Trentino woods, lakes and mountains are all waiting to embrace you in their timeless energy: the scent of spruce trees, the distinctive breeze of alpine lakes, the infinite horizons for you to gaze upon, all in the embrace of the Dolomites. A stroll on foot, a bicycle ride, a fly with paraglide, a night under the stars: rediscover here your bond with nature.

In this Bulletin and in future ones you can find all the information on the places you can visit when you arrive here to participate in the 5 DAYS OF ITALY, so that your week in Italy is not just a week of sport but also a holiday in nature, an opportunity to discover of this wonderful corner of Trentino.



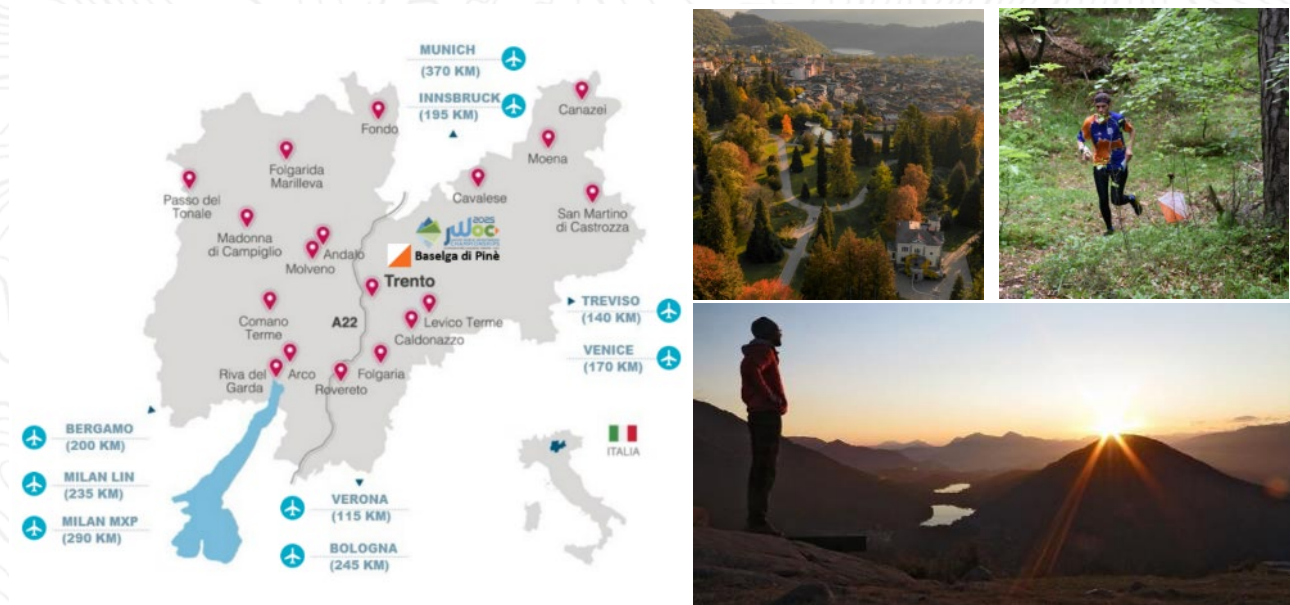
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## VENUE

Venue for the Event is Altopiano di Piné and Valsugana Valley, in the region of Trentino of northern Italy



**TRENTINO**

In the setting of the Dolomites, a UNESCO World Heritage Site, [TRENTINO](#) is a region rich in history and evocative landscapes. Trentino is the northernmost Italian region and is almost entirely mountainous, located on the southern side of the Alps. Trentino can offer moments full of adventure and fun, but also of rest and relaxation. Evocative natural panoramas await you, occupied by the flourishing vegetation of picturesque valleys.

**Trento**  
ALTOPIANO DI PINÉ

The event centre is located in [BASELGA DI PINÉ](#), a municipality of 5.000 inhabitants located on a plateau at 1000 meter a.s.l., and surrounded by lakes and mountains covered by conifers; the area is renowned for its tourism features and cultivation of berries.

**VALSUGANA**  
♥ LAGORAI

Most of the races are located in one of the largest valley of Trentino, [VALSUGANA](#), which lies in the eastern part of the region. Valsugana is recognized at international level for the recreative offer guaranteed by lakes, cycling paths, mountain tracks and ski areas, and is the perfect playground for an active holiday.

## EVENT CENTRE

The Event Centre will be located in Baselga di Piné at the “Pinè 1000” Congress Centre, Via del Fosch 1, in the same place as the JWOC Event Centre



Location: CENTRO CONGRESSI PINÉ 1000

Address: Via del Fosch, 1 - Baselga di Pinè (TN) - ITALY

GPS Coordinates: [46.133932 N, 11.249241E](#)

## ORGANIZATION

The 5 DAYS OF ITALY and the JWOC 2025 are organized with volunteers from over ten Trentino sports associations whose purpose is to operate under a no-profit approach and to promote the orienteering movement in the coming years in Trentino and in Italy



Association:	JWOC 2025 A.S.D.
President OC:	Alessandro Santuari
Event director:	Giuseppe Simoni

## CONTACT

Organizing Association	JWOC 2025 A.S.D.
Legal Address	Via C. Battisti, 50 – 38042 Baselga di Pinè (TN) - ITALY
Website	<a href="http://www.jwoc2025.it/5days">www.jwoc2025.it/5days</a>
Instagram	<a href="https://www.instagram.com/jwoc2025">jwoc2025</a>
Facebook	<a href="https://www.facebook.com/JWOC2025">JWOC 2025</a>
Email	<a href="mailto:5days@jwoc2025.it">5days@jwoc2025.it</a>

## PROGRAM

DAY	STAGE	DISTANCE	LOCATION	FROM EVENT CENTRE
Thursday, June 26th	Arrival	Arrival	Arrival	Arrival
Friday, June 27th	PROLOGUE	SPRINT	BASELGA DI PINÉ	400 m – 1'
Saturday, June 28th	1st STAGE	SHORTENED LONG	BORGO VALSUGANA	45 km – 50'
Sunday, June 29th	2nd STAGE	SPRINT	CEMBRA LISIGNAGO	20 km – 25'
Monday, June 30th	Rest day	Rest day	Rest day	Rest day
Tuesday, July 1st	3rd STAGE	SHORTENED LONG	FORNACE	10 km – 12'
Wednesday, July 2nd	4th STAGE	MIDDLE	BASELGA DI PINÉ	3 km – 5'
Thursday, July 3rd	5th STAGE	SHORTENED LONG	BASELGA DI PINÉ	3 km – 5'
Friday, July 4th	Departure	Departure	Departure	Departure

You can view the competition areas, arenas and parking areas at this [GOOGLE MAPS LINK](#).

All races are organized to allow participants to watch the arrivals and attend award ceremonies of JWOC 2025, which, except for the first stage, take place on the same maps and competition arenas.

	THURSDAY 26/06	FRIDAY 27/06	SATURDAY 28/06	SUNDAY 29/06	MONDAY 30/06	TUESDAY 01/07	WEDNESDAY 02/07	THURSDAY 03/07	FRIDAY 04/07
	Arrival	PROLOGUE SPRINT (Baselga P.)	1 <sup>ST</sup> STAGE SH. LONG (Borgo V.)	2 <sup>ND</sup> STAGE SPRINT (Cembra)	Rest	3 <sup>RD</sup> STAGE LONG (Fornace)	4 <sup>TH</sup> STAGE MIDDLE (Baselga P.)	5 <sup>TH</sup> STAGE SH. LONG (Baselga P.)	Departure
	Opening Ceremony					Closing Ceremony			
	Arrival	MODEL EVENT (Baselga P.)	SPRINT RELAY (Levico T.)	SPRINT DISTANCE (Cembra)	LONG DISTANCE (Fornace)	Rest	MIDDLE DISTANCE (Baselga P.)	FOREST RELAY (Baselga P.)	Departure

## CLASSES

M10 M40	M12 M45	M14 M50	M16 M55	M18 M60	M20 M65	M21E M70	M21A M75	M21B M80	M35 -
W10 W40	W12 W45	W14 W50	W16 W55	W18 W60	W20 W65	W21E W70	W21A W75	W21B W80	W35 -
BEGINNERS	DIRECT EASY SHORT	DIRECT EASY LONG	DIRECT DIFFICULT SHORT	DIRECT DIFFICULT LONG					

## PRICES

TO ALL THE 5 RACES	Until 30/09/2024	Until 15/01/2025	Until 31/03/2025	Until 31/05/2025
UP TO MW12 & BEGINNERS	35 €	35 €	35 €	35 €
UP TO MW20 & DIRECT	60 €	70 €	85 €	100 €
ADULTS	90 €	110 €	130 €	150 €

TO A SINGLE RACE	Until 30/09/2024	Until 15/01/2025	Until 31/03/2025	Until 31/05/2025
UP TO MW12 & BEGINNERS	10 €	10 €	10 €	10 €
UP TO MW20 & DIRECT	15 €	18 €	22 €	25 €
ADULTS	20 €	25 €	30 €	35 €

TO PROLOGUE	Until 30/09/2024	Until 15/01/2025	Until 31/03/2025	Until 31/05/2025
UP TO MW20	5 €	5 €	5 €	5 €
ADULTS	10 €	10 €	10 €	10 €

- Entries on the Beginners and Direct classes are allowed on site, with free punching start
- Renting SI-Card: € 2,00 / stage

## PAYMENTS

Payment must be made by **BANK TRANSFER** to the following bank details:

Beneficiary:	JWOC 2025 A.S.D.
Address:	Via Cesare Battisti, 50 – 38042 Baselga di Pinè (TN) – Italy
Bank:	CASSA RURALE ALTA VALSUGANA
IBAN:	IT64P0817834330000023171072
BIC/SWIFT:	CCRTIT2T47A
Reason for the transfer:	Entry 5days – [Reference Code]

It is also possible to pay with **CREDIT CARD** (with an increase of 2,3% for transaction fees) or **PAYPAL** (with an increase of 3,5% for transaction fees). For those who wish to pay by Credit Card or Paypal please contact the Secretariat via email at [5days@jwoc2025.it](mailto:5days@jwoc2025.it)



## ENTRIES

The entries of **5 DAYS OF ITALY** is now closed. You can register day by day at the arena for the Direct and Beginners classes. You can also register for the prologue.

## AREAS & OLD MAPS

5 DAYS OF ITALY will take place in one enchanting area of eastern Trentino: Valsugana, Val di Cembra and Pinè Plateau. You can view the competition areas, arenas and parking areas at this [GOOGLE MAPS LINK](#).

For the latest version of all area orienteering maps see this [FOLDER](#).

## PRIZEGIVING



For each single stage of 5 DAYS OF ITALY only the first place in each category will be awarded (excluding Direct classes for which awards are never provided). For the overall results of 5 DAYS OF ITALY, the first, second and third place in each category will be awarded (Direct class are excluded for overall result).

For JWOC flower ceremonies will be held in Arena and the official ceremonies in the town centre of Baselga at the Medal Plaza (except for the Relay on the last day, which takes place in the arena). For 5 DAYS OF ITALY prize-giving ceremonies will be held always in the Arena both for the single stages and for the final classification. See Day by Day for timetable.

## TRAIL-O



During the days of the event you can try Trail-O in Baselga di Piné.

Read further for more details

## TRANSPORTS



Participants are encouraged to use their own or rent transport throughout the whole 5 DAYS OF ITALY, because there are many beautiful things to see within a few kilometers that can only be reached by car. We think that a car is essential for a week of sport and holiday in Trentino.

If you have difficulty coming with your own car or renting one, write to [mobility@jwoc2025.it](mailto:mobility@jwoc2025.it) by May 31st and we will help you reach the competition arenas from your hotel, or with public transport or with our transport service.





## TOURIST INFORMATION

By staying in one of the accommodation facilities in Trentino you will receive the TRENTINO GUEST CARD with which you can keep recommendations at your fingertips, book tickets and services, and enjoy free or discounted access to the major museums, castles and natural parks. Above all, you can take advantage of public transport easily and at no cost, thus avoiding traffic and parking issues; claim discounts at participating facilities; and access exclusive services such as guided tours and tastings.

For more information on TRENTINO GUEST CARD visit:

[www.visittrentino.info/en/experience/trentino-guest-card](http://www.visittrentino.info/en/experience/trentino-guest-card)



With the TRENTINO GUEST CARD you can travel for free on local public transportation. Shared or dedicated transportation to race locations will be planned upon specific request.

## SHOP

In the arena there are shops, in particular selling orienteering and sport materials (like SIGN) and local products.

You can find and buy the official merchandise of JWOC2025 (shirts, drinks, mascotte, etc..) at the JWOC2025 Event Center of Baselga di Piné during the opening time and at the dedicated tent in the Arena.

## FOOD & DRINK

Starting from 27th June till 3th July, a catering service will be available for lunch meals (details are provided in the table below).

In all stages there will be a kiosk for soft drinks, beer and spritz. In the arena of stage 2 (Cembra) it will also be possible to taste the exquisite wines (red, white and sparkling) of the local producer Cembra Cantina di Montagna.

In all stages there will be a kitchen that will offer typical local dishes such as first courses (pasta, gnocchi €8.00) second courses of meat with side dish (€12.00), side dishes (€4.00), and on Stage 2 sandwiches filled with meat or melted cheese (€7.00), French fries (€4.00) and Strauben (5.00).

There will always be the possibility of being able to choose vegetarian dishes.

At each stage there will be a van that will offer excellent Italian ice cream.

JWOC2025/5 Days of Italy is committed to high sustainability standards throughout the event, including food and catering.

Competitors are kindly requested to bring their own drinking bottles, cups, mugs, etc., avoid using single-use plastic items, and follow the instructions from the Sustainability Team regarding both lunches and waste management.

DATE TIME CATERING SERVICE PLACE		
Friday 27 June	11.30 - 13.30	Lunch at Arena Stage 4 and 5 (Laghestel)
Saturday 28 June	12.00 – 14.30	Lunch at Arena Stage 1 (Val di Sella)
Sunday 29 June	12.00 – 17.00	Lunch at Arena Stage 2 (Cembra)
Monday 30 June	12.00 – 15.00	Lunch at Arena Long Jwoc (Pian del Gac)
Tuesday 01 July	12.00 – 15.00	Lunch at Arena Stage 3 (Pian del Gac)
Wednesday 02 July	12.00 – 15.00	Lunch at Arena Stage 4 (Laghestel)
Thursday 03 July	12.00 – 15.00	Lunch at Arena Stage 5 (Laghestel)

In all stages the bar open at 10.00



## The Commitment of 5 Days of Italy 2025

The Organising Committee of 5 DAYS OF ITALY and JWOC 2025 has approached the issue of sustainability, implementing actions across all three dimensions: environmental, social, and governance. Our efforts are guided by two key documents: the "Checklists and Guidelines for the organisation of sustainable orienteering events" from IOF and the "Minimum Criteria for the Organisation of Events" set by the Italian Ministry of Environment.

A thorough planning process for mobility will be essential in order to limit carbon emissions. Our material choices are driven by the aim of minimising consumption (e.g. paper) and preventing pollution, especially from plastics. Catering services will prioritise food with a minimal environmental footprint and of local origin. We will meticulously measure the carbon emissions generated by the event and offset them through investments in carbon sinks, such as reforestation projects with local partners.

### IOF AND FISO GUIDELINES

Orienteering is "Sport in Nature". It is probably the sport that provides the best experience of being immersed in the natural environment, moving freely in the forest, leaving no trace apart from some footprints, just as the wild animals do. Protecting nature is protecting our unique experience. And that is what we do.

Unlike other sports that require the construction of permanent structures (stadiums, swimming pools, gyms) or permanent changes to the territory (ski slopes), orienteering only temporarily uses spaces that are returned to their previous state immediately after the events; individual equipment, a compass and a micro-chip (SI-Card) have a useful life of years; checkpoints are used over and over again in many races.

However, sports, like all human activities, have an impact on the environment, for example with carbon emissions due to travels of teams and fans, and orienteering is no exception; but the awareness of our impacts and sincere efforts to adopt initiatives and behaviours to reverse the trend will have an enormous influence with the wider public. Sports have a great appeal, and athletes stand out as role models that many, especially among the younger generations, would follow.

The Organising Committee of JWOC 2025 and 5 DAYS OF ITALY has taken the issue of sustainability very seriously, with actions in all three dimensions: environmental, social and governance. Sources of inspiration have been the "Checklists and Guidelines for the organisation of sustainable orienteering events" of the IOF and the "Minimum Criteria for the Organisation of Events" of the Ministry of Environment.

A careful planning of mobility will limit emissions; the choice of materials is aimed at minimising needs (e.g. paper) and avoiding pollution (especially plastics); catering will favour food with a minimal environmental footprint and of local origin; carbon emissions will be measured and offset by investments in carbon sinks, such as re-forestation projects. All this will involve young girls and boys who will have the opportunity to learn-by-doing what the implementation of sustainability criteria means in practice.

But JWOC 2025 and 5DAYS OF ITALY will also be an opportunity to explore nature in the rich and diverse ecosystems of Trentino, with guided tours in natural reserves and Natura 2000 biotopes; to appreciate the inventiveness of start-ups that create art objects from salvaged wood; to savour local food products. A real full immersion in a sustainable world.

We realise these activities in collaboration with different Institutions as: IOF and FISO, Autonomous Province of Trento – Biodiversity and Natura2000 Office, Rete delle Riserve del Fiume Brenta, MUSE – Science Museum of Trento, RUMA benefit company, VAIA benefit company, BELLO FRESCO G.A.S.

The first action you can take to support this process? Fill your bottle with the running water of one of local fountains.

## DISCOVER THE KEY ELEMENTS OF 5 DAYS OF ITALY 2025

Discover more by navigating the geo-portal created to learn more about the local landscapes and the suggested actions of sustainability.

5 DAYS OF ITALY is more than just a competition: it's a unique opportunity to explore the rich and diverse ecosystems of Trentino. Participants and visitors can enjoy guided tours in natural reserves and Natura 2000 biotopes, gaining a deeper appreciation for the region's biodiversity. Participants and visitors are encouraged to discover more by navigating the geo-portal created to learn about the local landscapes and the suggested sustainability actions. This interactive platform will provide detailed information about Trentino's natural beauty and our ongoing efforts to make 5 DAYS OF ITALY a truly sustainable event.

Access and navigate through this QR Code



## RESPECT THE NATURAL FEATURES OF RACE TERRAIN

Trentino's Natura 2000 sites, such as those located in Argentario plateau and Laghestel, showcase a rich tapestry of natural features, often characterized by **diverse forest ecosystems**, ranging from coniferous to mixed deciduous woodlands, and **unique wetland habitats** like peat bogs and small lakes.

These areas are crucial for the conservation of **rare and endangered flora**, including specific orchid species or endemic alpine plants, and provide vital refuge for **varied fauna**, such as protected bird species, amphibians, and mammals. For orienteering athletes, respecting these sensitive environments is paramount. It is recommended to **strictly follow designated paths and trails**, avoiding off-trail shortcuts (enlighten as forbidden areas by LOC) that can disturb delicate vegetation and ground-nesting birds. **Minimizing noise** helps prevent startling wildlife, and **leaving no trace** by carrying out all waste is essential.



By adhering to these practices, orienteers can continue to enjoy the challenging terrain while actively contributing to the preservation of Trentino's invaluable natural heritage. LOC and Sustainability Team can give advice to athletes, coaches and general public on how to approach these vulnerable sites.

## ASSESS THE ENVIRONMENTAL IMPACT AND COMPENSATION

We will calculate the emissions generated by the National Teams participating in JWOC 2025.

These emissions will be offset through investments in reforestation projects, including initiatives linked to the recovery of areas affected by events like the [Vaia storm](#), which significantly impacted the Trentino forests in 2018 affecting many of the orienteering maps.

Although you are not competing at JWOC2025 If you wish to help us in getting more precise data and information, please complete this form connecting via QR Code:





## INITIATIVES OF INCLUSION & TRAIL-O

We believe in the power of **inclusion** to build a stronger, more vibrant community-oriented Event! Our initiatives foster a spirit of **openness** and **participation** for everyone: athletes, spectator, staff and local residents.

**Volunteering** is at the heart of our efforts, bringing together individuals from any age-group. We particularly champion **intergenerational collaboration**, where the wisdom of experience meets youthful energy to create innovative solutions and pave the way for a new generation of active citizens.

Beyond sports, we're dedicated to nurturing local talent and sustainable practices. We aim to promote the unique **local skills of young people**, support traditional **crafts**, empower **smallhold farmers**, and collaborate with **companies transforming local agrifood and natural resources**. This commitment extends to our catering, where we plan to use **local products** to provide delicious and traditional meals according to Italian and Alpine gastronomy. Furthermore, awards for athletes will also showcase these exceptional local products, celebrating both achievement and community heritage.

At sport level, we are proud to promote the active involvement of **disabled people in orienteering practices**, specifically through **Trail-O**, ensuring accessibility and competitive opportunities for all. During JWOC are planned a Pre-O event and an introduction to Orienteering

A Trail-O competition will be held in Bedolpian, Baselga di Piné. The **assembly point** is at [46.142973, 11.245823](#). You can start at any time on **Monday, 30th June 2025, between 4:30 PM and 6:30 PM**, close to the assembly point.

### Technical Information:

**20 PreO Sprint points** (A-Z answers only)

**Manual punching**

**Single OPEN course**

**Maximum time: 30 minutes**

**Maximum time for PARALYMPIC competitors: 45 minutes**

**PreO sprint:** based on IOF specifications version 1.0.

The course features **A-Z questions only**, and there are **no timed stations**. One point will be awarded for each correct answer, and a one-point penalty will be given for every minute (or part thereof) over the maximum time.

In the event of a tie in scores, **race time will be the deciding factor**.

Each point will correspond to a single control. The answer will be **A** if the control is placed in the correct spot. The answer will be **Z** if the control is incorrect (no control present at the indicated point).

Entry Fee: € 10 to be paid on site (cash or card/POS).

A demonstrative orienteering station will be set up at the "Alberon" lakeside in Baselga di Piné ([46.138368, 11.253510](#)) on **27th, 28th, and 29th June**.

On **Friday, 27th June, from 3:30 PM to 5:30 PM**, a **PreO course** will be available. On the afternoons of **28th and 29th June**, a **foot orienteering course** will be set up.

Participation is free and without charge.

## SPORT SWAP PARTY

The BELLO FRESCO Solidarity Purchase Group (G.A.S.) is made up of people who are mindful of critical consumption and healthy, conscious lifestyles. With this in mind, they have decided to organize a "Sport Swap Party" during JWOC!

**BELLO  
FRESCO**

Gruppo di Acquisto Solidale  
Altopiano di Piné

It's a swap party, but this time it's all about sports apparel. Each participant can bring sports clothing they no longer use and give them a second life in someone else's wardrobe, while also finding something new that better suits their needs.

Each participant can bring a **maximum of five items in good condition**. Please deliver them to the dedicated booth in Arena Laghestel from Wednesday 2<sup>nd</sup> July from 9 am.

The swap party will take place on 2 and 3 July, from 10.00 until end of the Event (approx. 18.00) at Laghestel Arena. We look forward to seeing you there!

## DISCOVERY THE JWOC2025 MASCOT



World Bee Day was recently celebrated, a special occasion to recognise the crucial importance of these tiny insects for the survival and balance of the global ecosystem. From pollinating crops to producing honey, bees play a vital role in life on Earth and are precious guardians of biodiversity.

This is why we must unite to protect and defend them from the many factors, often caused by human activities, that undermine their survival: climate change, pollution, habitat loss.

The LOC of JWOC 2025 AND 5DAYS OF ITALY decided to choose a bee as mascot to make participants and spectators aware of the importance of pollinators for life on earth. Thanks to the creative flair of our young fellow-citizen Davide Mattivi we have the JWOC2025 Mascot.

Davide, 14 years old, attended a course for cartoonists and is now in the 9th grade at the Art Gymnasium in Trento. He has created a bee with the athletic body of an orienteer in mind, with his proud and feisty look. To diversify it, he gave his hair an orange colour and hence the name: LARES ('larch' in Pinetano dialect). A sports bee with orange hair, the basic colour of orienteering and the colour of the needles of the larches that colour our forests.

The Municipality of Baselga di Piné, which is part of the network of "Bee Friendly Municipalities" in Italy, is carrying out initiatives to raise awareness, improve the environment and monitor to help create the conditions for a sustainable future for the next generations.

Each of us can make a difference in protecting these vital insects and contributing to the sustainability of the environment we share. Protecting bees means not only taking care of the environment but also ensuring development and growth in agriculture. From pollinating crops, to promoting beekeeping and all its allied industries, bees can support economic initiatives in society, generating businesses opportunities. Guaranteeing to bees a healthy environment in which to operate means guaranteeing jobs and prosperity for many people.

From small everyday gestures to more complex community actions, it is through the active participation of each citizen that much more ambitious goals can be achieved. Bees, ecosystems, nature and our future need everyone's help, which comes from awareness and correct information.

We need the bees and the bees need us: the mascot LARES cheerfully reminds us of this!



# TECHNICAL INFORMATION

## Competition rules

The event is organised according to the LATEST Competition Rules for IOF Foot Orienteering events (Valid from 1 Jan. 2025)

## Electronic Punching System

The SPORTident punching system will be used. Touch free mode (Air+) will be activated in addition to classic SPORTident punching. Both regular SI-cards and SIAC cards (Touch-free) can be used.

Renting SI-Card (non Siac): € 2,00 / stage

## Fair Play

The organisers encourage all competitors to act with fairness. Competitors are requested not to speak to each other during the races.

**It is not necessary to hand in the race map** after passing the finish. **We trust in everyone's FairPlay** to avoid showing the map to those who have not yet started. (but there will be checks and, in case, you and your team will be disqualified)

## Child care

A Kindergarten service free of charge will be available during the races. Children must be 3 years or older and nappy-free.

## Start number bibs

All competitors will receive the number bibs in their accreditation package.

Your bib will contain your name, your Team, your SICard and the starting times of all events where you are registered.

## Start lists

Start lists will be published on the <https://app.liveresults.it/5daysitaly2025> and in JWOC & 5Days WEB site (<https://www.jwoc2025.it/en/5days/>)

## Maps

All maps are digitally printed on durable, water-resistant, synthetic paper (Teslin paper)

Maps are drawn according to IOF ISOM 2017-2 Revision 6 January 2024. and IOF ISSprOM 2019-2 Revision 6 January 2024. In Shortened Long & Long scale is: 1:10.000 for Class from M/W18 TO M/W45 And Direct Long, 1:7500 for other Class. In Sprint 1:4.000 for all Class and in Middle 1:7.500 for all Class.

## Control Descriptions

Control descriptions are printed on the front side of all competition maps. Loose copies of the control descriptions will be available in the start lanes as part of the start procedure. Competitors have 1 minute to choose and prepare their control descriptions. For the prologue, the descriptions will only be on the map.

## Controls

Each control site is equipped with the control flag and an electronic punching unit (SPORTident station) Additionally, a pin punching device will be at the control for use if SPORTident fails.

## Results

Individual split times will be given to each competitor on paper and will also be available at <https://app.liveresults.it/5daysitaly2025> - The official results will be displayed as soon as possible after the events on the JWOC & 5Days web site (<https://www.jwoc2025.it/en/5days/>)

# START PROCEDURE

To get to the starting area you will need to follow signs and tape.

The competition area is out of bounds until your start time. All the Starts will be silent and it is your responsibility to be there on time. You will not be allowed to start if you don't have a bib number or an SI-card. If you lose or forget your bib number and/or SI-card, you can get a replacement in the Event Office in the Arena.

## Start boxes

Competitors will pass through four consecutive start boxes in the Start system and remain one minute in each one.

### - 4 Box

You enter when the clock in front of the first start box (-4) displays your start time. This will be 4 minutes before you start. At this point your bib number, SiCard and start time will be checked.

### - 3 Box

For Clear, Check, Siac battery test.

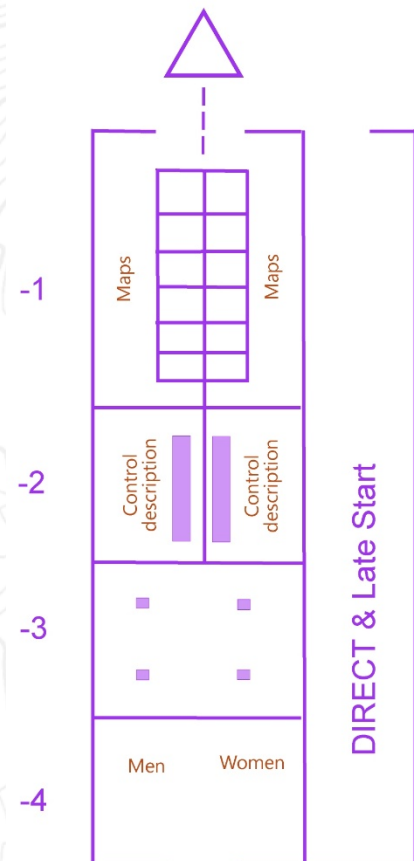
### - 2 Box

Control description. Please provide your own means of holding the control description sheet. Transparent adhesive tape will be available but for emergency use only! It is your responsibility to take the right one!

### - 1 Box

In this last box you walk to the map box with your class category displayed. 5 seconds before the start, a clock will start beeping. The last beep is the start beep and is longer than the others. You can take your map at the first beep and check that the course on the map is correct.

Your race starts at the start beep. It is your responsibility to take the correct map, please take only one. From this box there is a marked route to the start point. The start point is marked with a control flag in the terrain and a start triangle on the map. **The marked route from this box to the start point must be followed.**



## Direct class

If you are registered in Direct, your start will be with Punching Start. In the corridor next to the start, the cards and point descriptions will be available. The staff will tell you when you can start based on the class you are registered in.

## W/M10

The W/M10 class has been included in the starting list but, if a child must be accompanied (shadow), he/she can start with punching start, but must be accompanied by an adult who has already done the competition or who is not registered.



## Late start

If you get to the start after your proper start time you must report to the late start lane where an official will accompany you. Control descriptions and the competition map will be handed to you by an official. You will be told when to start. Your start time will be recorded by punching a start unit. The results of competitors who start late will be based on their original start time with no time compensation. Only if their lateness is due to the fault of the organiser will your actual start time be used.

If you are late, do not discuss this with the start officials. Instead, if you think the organiser is responsible, make a Complaint after finishing the race at the Problem Desk before leaving the Finish area.

## FINISH PROCEDURE

### At the Finish

The finish station will be working both in standard and AIR+ modes. Your bib number must be clearly visible when you pass the Finish line.

All competitors must punch the Finish even if they have not completed the course.

### After the Finish line

If the readout SCard displays an unexpected problem with your punches, **don't discuss this with the readout official but proceed to the Problems Solving desk instead.** You should also contact the Problems Solving desk if you started late and believe that it is the organiser's fault.

### Maximum time

Maximum time for Sprint Races:	1 hour
Maximum time for Shortened Long:	2,5 hours
Maximum time for Middle:	2 hours
Maximum time for Long:	3 hours.

### Refreshments

There will be water at the Starts and in the Finish area. The number of water stations on the courses is shown in the day-by-day info.

Water station's locations in the forest will be shown using the standard drink cup symbol on the map. The water is pure and drinkable.

### Clothes transport from start to finish

There is no transport of clothes from Start to Finish. Additional information will be given if the weather is extreme.

### Toilets

Toilets are available in the Event Centre, in each Arena and near Start.

### PHOTO AND VIDEO DISCLAIMER

Please note that photographs and footage will be taken throughout the 5DAYS These will be used by the event organization for marketing and publicity purpose in our publications, on our website and in social media or in any third-party publication during and after the competition. Please contact the event director if you have any concerns or if you wish to be exempted from this activity.

No drones are allowed in the competition area without written permission from the organisers.

# LENGHTS & CLIMBS

Some little changes from Buletin2

	STAGE 1			STAGE 2			STAGE 3			STAGE 4			STAGE 5		
CLASS	LENGHT (km)	CLIMB (m)	CONTROLS (no)	LENGHT (km)	CLIMB (m)	CONTROLS (no)	LENGHT (km)	CLIMB (m)	CONTROLS (no)	LENGHT (km)	CLIMB (m)	CONTROLS (no)	LENGHT (km)	CLIMB (m)	CONTROLS (no)
M10	2,4	120	10	1,2	30	15	2,0	55	8	2,3	60	11	2,2	40	8
M12	2,7	130	9	1,3	35	16	2,4	35	9	2,5	70	13	2,7	50	8
M14	3,4	160	12	2,2	75	17	3,1	60	10	2,9	105	14	3,1	70	9
M16	5,0	280	15	2,7	85	18	5,1	200	15	3,2	140	15	4,2	135	14
M18	7,6	430	18	3,1	85	19	6,4	230	23	4,9	220	20	5,1	190	16
M20	7,6	430	18	3,1	85	19	6,4	230	23	4,9	220	20	5,1	190	16
ME	9,2	520	21	3,3	115	22	9,1	360	27	5,7	260	21	6,6	300	19
MA	6,4	355	15	2,6	70	18	5,8	210	20	4,9	210	22	5,4	265	14
MB	4,7	280	15	2,7	85	18	5,1	200	15	3,2	140	15	4,2	135	14
M35	7,4	400	17	2,6	105	19	7,2	300	23	5,2	230	21	6,0	270	20
M40	6,4	355	15	2,6	70	18	5,8	210	20	4,9	210	22	5,4	265	14
M45	5,8	305	16	2,5	70	19	5,4	195	20	4,8	190	21	5,3	210	16
M50	4,8	290	13	2,2	80	16	5,2	205	17	4,3	180	19	5,2	230	17
M55	4,0	230	11	2	80	16	4,9	180	14	3,9	180	15	5,0	195	16
M60	3,6	165	15	1,8	70	13	4,4	160	18	4,0	175	18	4,8	185	16
M65	3,3	155	14	1,9	65	13	4,0	100	14	3,8	165	17	4,2	165	12
M70	3,1	145	11	1,7	60	15	3,9	75	14	3,2	150	17	3,9	150	11
M75	2,9	120	12	1,6	45	12	3,0	50	12	3,0	130	15	3,5	140	11
M80	2,2	70	11	1,4	35	11	2,4	50	11	2,9	110	12	2,9	130	9
W10	2,4	120	10	1,2	30	15	2,0	55	8,0	2,3	60	11	2,2	40	8
W12	2,7	130	9	1,3	35	16	2,4	35	9,0	2,5	70	13	2,7	50	8
W14	3,0	145	11	1,9	60	16	2,9	50	11	2,7	90	12	3,0	70	8
W16	4,1	205	15	2,3	80	18	4,1	125	13	3,0	130	14	3,5	120	10
W18	6,2	340	14	2,4	80	15	5,2	210	16	4,5	200	21	4,0	145	12
W20	6,2	340	14	2,4	80	15	5,2	210	16	4,5	200	21	4,0	145	12
WE	7,4	400	17	2,6	105	19	7,2	300	23	5,2	230	21	6,0	270	20
WA	5,8	305	16	2,5	70	19	5,4	195	20	4,8	190	21	5,3	210	16
WB	4,1	205	15	2,3	80	18	4,1	140	13	3,0	130	14	3,5	120	10
W35	4,8	290	13	2,2	80	16	5,2	205	17	4,3	180	19	5,1	230	17
W40	4,0	230	11	2,0	80	16	4,9	180	14	4,1	180	15	5,0	195	16
W45	3,6	165	15	1,8	70	13	4,4	160	18	4,0	175	18	4,8	185	16
W50	3,3	155	14	1,9	65	13	4,1	105	14	3,8	165	17	4,2	165	12
W55	3,1	145	11	1,6	60	15	3,9	75	14	3,2	150	17	3,9	150	11
W60	2,9	120	12	1,6	45	12	3,0	50	12	3,0	130	15	3,5	140	11
W65	2,2	70	11	1,4	35	11	2,4	55	11	2,9	110	12	2,9	130	9
W70	2,2	70	11	1,4	35	11	2,4	55	11	2,9	110	12	2,9	130	9
W75	1,8	50	9	1,3	40	12	2,2	40	8	2,5	95	13	2,8	125	8
W80	1,8	50	9	1,3	40	12	2,2	40	8	2,5	95	13	2,8	125	8
DES	3,0	145	11	1,9	60	16	2,9	50	11	2,7	90	12	3,0	70	8
DEL	4,1	205	15	2,3	80	18	4,1	125	13	3,0	130	14	3,5	120	10
DDS	4,7	280	15	2,7	85	18	5,1	200	15	3,2	140	15	4,2	135	14
DDL	7,6	430	18	3,1	85	19	6,4	230	23	4,9	220	20	5,2	190	16
BEG	2,4	120	10	1,2	30	15	1,9	55	8	2,3	60	11	2,2	40	8



## DAY BY DAY

Below you will find some tips on places to visit and things to see when you arrive here to participate in the 5 DAYS OF ITALY, so that your week in Italy is not just a week of sport but also a holiday to discover nature, traditions, culture, gastronomy of this wonderful corner of Italy.

### FRIDAY 27/06 – PROLOGUE (BASELGA DI PINÈ)

The terrain is urban at around 1000 m a.s.l.; the map covers several villages with historic centres characterized by narrow streets and some underpasses, interspersed with meadows, parks and open spaces.

There will be 5 routes: Beginners, Easy, Medium, Difficult Men, Difficult Women. For those who are not yet registered, it will be possible to do so at the race centre, at the price indicated on the bulletin. For the prologue, the descriptions will only be on the map.

There will be 5 gates corresponding to the 5 courses. The start will happen every minute per course: get in line in the corridor corresponding to the category you are registered in.

COURSE	LENGTH (km)	CLIMB (m)	NO. CONTROL	NOTE
BEGINNERS	1,9	50	13	No Woods
EASY	2,3	80	16	No Woods
MEDIUM	3,6	140	19	<b>Little Woods</b>
DIFFICULT MEN	4,6	170	26	<b>Little Woods</b>
DIFFICULT WOMEN	4,5	170	25	<b>Little Woods</b>

For the Medium and Difficult Course, some controls are in the woods; given the presence of undergrowth, long trousers or at least tear-proof socks are recommended.

ARENA: [46.13418,11.25006](#) (Event Centre)

PARKING: [46.13352, 11.25636](#) (and nearby)

FORMAT: Sprint

MAP: 1:4.000 / 2,5 m

MAPPER: Viktor Kirianov

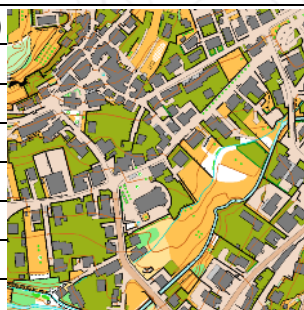
COURSE SETTER: Leonardo Grisenti

TIMETABLE: from 14:00 to 16:00 (free)

from ARENA to START: length 400 m. Climb 0

Refreshment: Water at the finish

Pricegiving: 16.45 – first Men & Woman in each Course



 The timetable allows you to watch the Opening Ceremony of JWOC 2025, scheduled at 17:30 in Baselga di Pinè

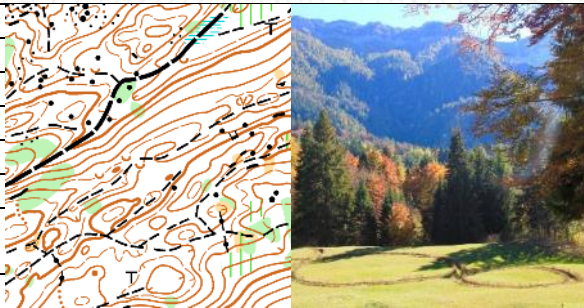
#### **Pay attention!**

In this example you see mandatory crossings (which will be manned). The central road is prohibited but note that on the sidewalks you can run freely.

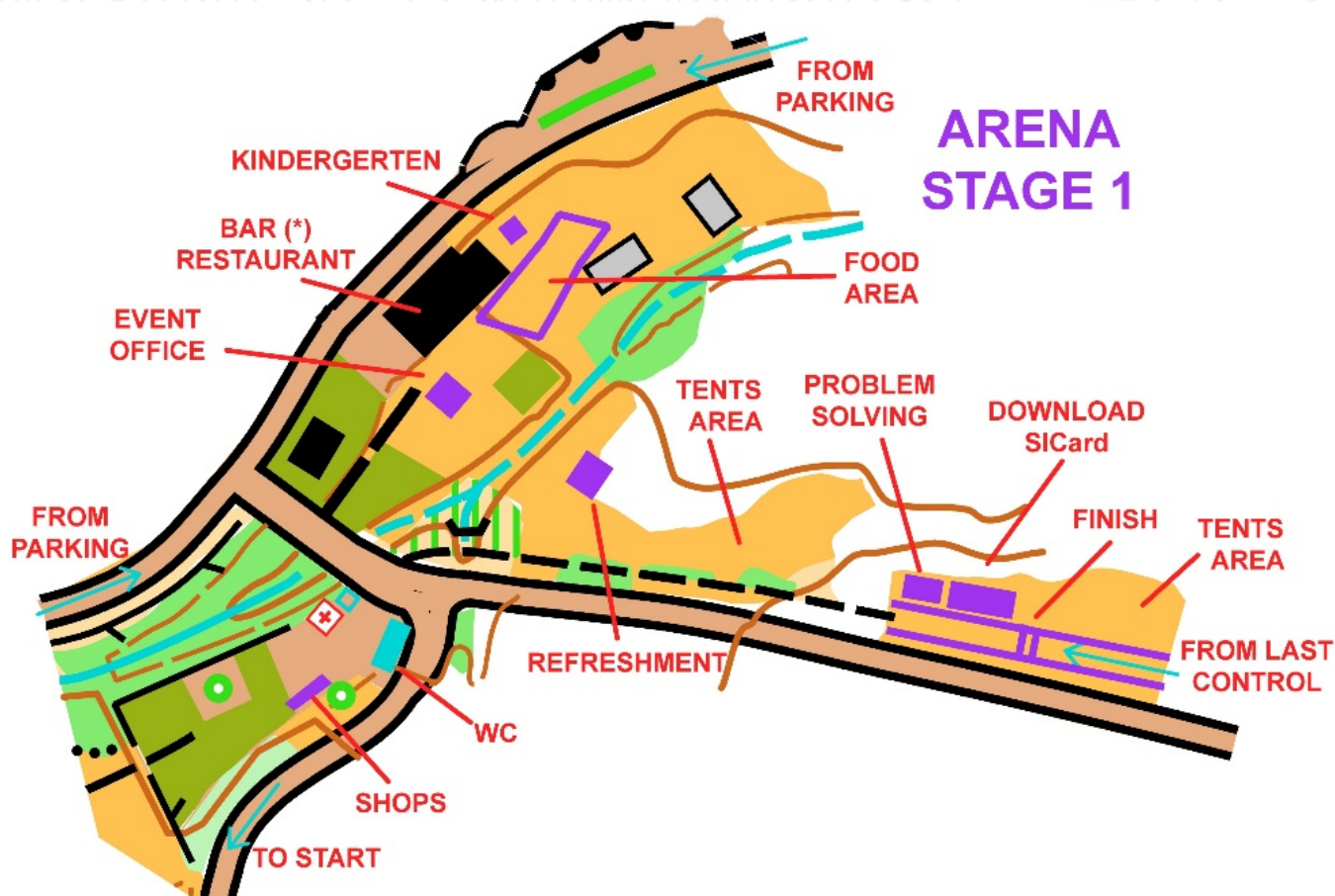


## SATURDAY 28/06 - STAGE 1 (VAL DI SELLA)

The terrain is typically alpine at 1000 m a.s.l., featuring fir and beech forests alternating with large meadows. It is rather fast, partly flat and slightly sloping, offering various route choices that require careful navigation.

ARENA:	<a href="#">46.009463, 11.424262</a>	
PARKING:	<a href="#">46.011365, 11.430359</a> (and nearby)	
FORMAT:	SHORTENED LONG	
MAP:	1:10.000 - 1:7.500 / 5,0 m	
MAPPER:	Kirianov, Kapralov, Prokopciuk	
COURSE SETTER:	Andrea Cipriani	
TIMETABLE:	first start at 10:00 first start Direct from 10.15	
from ARENA to START:	length 1.100 m - climb 100 m	
Refreshment	3 refreshment points with water on the courses, water at the start and finish	
Pricegiving	14.00 – in arena	

 The timetable allows you to watch the Sprint Relay of JWOC 2025 scheduled at 15:30 in Levico Terme (25' of distance)



\*) If you want to have lunch at the restaurant instead of using the catering service in food area, you must book the day before: 0039 349 8022389




## SUNDAY 29/06 - STAGE 2 (CEMBRA)

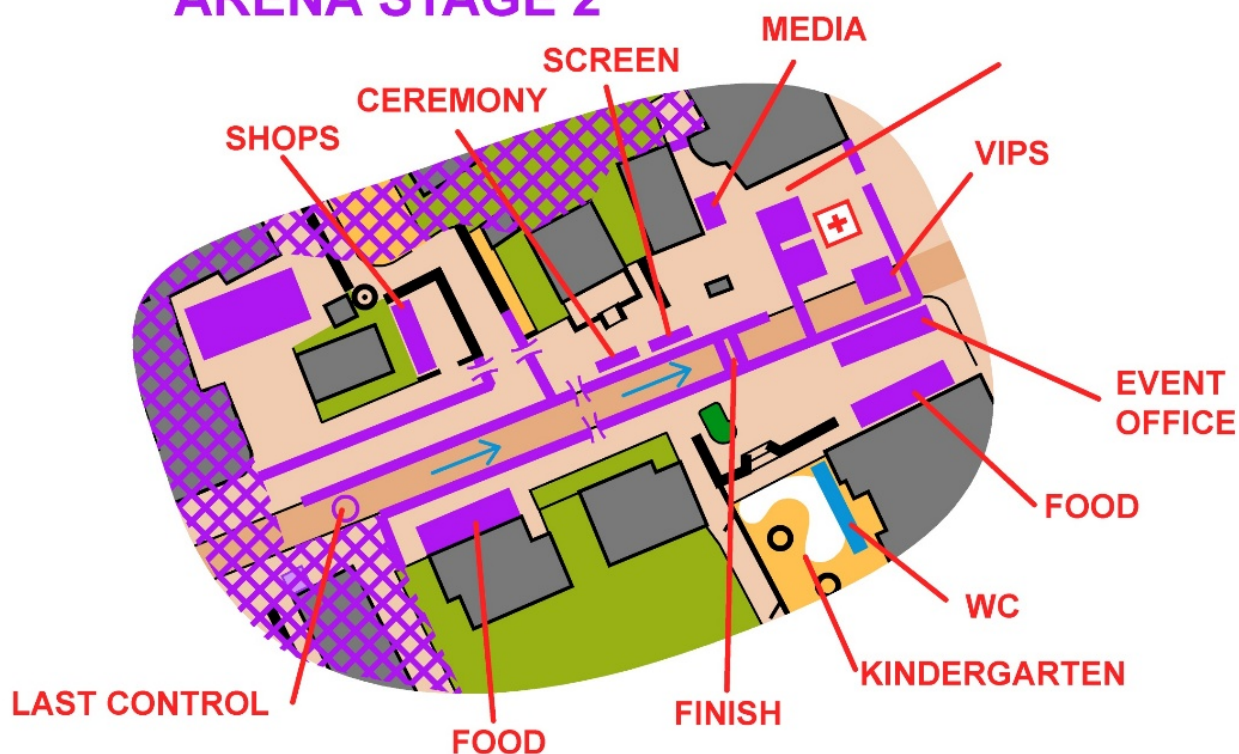
The terrain is urban in a small alpine village (670 m a.s.l.). Runners will face a mix of narrow streets, with underpasses and stairs, and residential areas.

ARENA:	<a href="#">46.17469, 11.22022</a>
PARKING:	<a href="#">46.17370, 11.22409</a> (and nearby)
FORMAT:	SPRINT
MAP:	1:4.000 / 2,5 m Some courses have flip map printed front and back
MAPPER:	Marco Bezzi
COURSE SETTER:	Aaron Gaio
TIMETABLE:	first start at 14:00 - first start Direct from 14.15 <b>you will see the signs for start after 1.30pm</b>
from ARENA to START:	length 700 m - climb 20 m
REFRESHMENT:	Water at the start and finish
PRICEGIVING:	17.00 – in arena



 The timetable allows you to watch the Sprint race of JWOC 2025, scheduled for morning, and the flower ceremony

### ARENA STAGE 2



**The Wine Shop of Cembra will be open during the 2nd Stage of 5 DAYS OF ITALY.**

Showing your bib, you are granted of a 10% discount on all products in the shop. A guided tour or a tasting experience is also possible, but only under reservation.

For more details visit [www.cembracantinadimontagna.it/la-vinoteca](http://www.cembracantinadimontagna.it/la-vinoteca) and contact the staff at:

lavis.vinotecacembra@la-vis.com or by phone +39 0461 680010 / +39 347 4141584



## MONDAY 30/06 - REST DAY

It is the JWOC Long race day, but during the rest day you can take the best of the TRENTINO GUEST CARD you have received from your host. You can visit the museums and castles of Trentino, discover the taste of local wines and foods and get discounts in some shops. With the Card, public transport in the region, is also free. Some tips for today:

- Watch the JWOC 2025 Long race at Pian del Gac
- Visit the [city of Trento](#) or surrounding areas, reachable by public transport
- Visit the [MUSE](#), the Science Museum of Trento, designed by architect Renzo Piano
- Visit the [Buonconsiglio Castle](#), easily located in the City Centre of Trento
- Look at the city of Trento from above by taking the cable car to the [town of Sarnonaglia](#)
- Climb to [Mount Bondone](#) for a 360° view and visit the [botanical garden](#) or the [Viote observatory](#)
- Take the cable car up to [Mount Mezzocorona](#), cross the Tibetan bridge and taste the *tortel di patate*
- Visit the [Valle dei Mocheni](#), the enchanted valley
- Go to one of the many [SPAs](#) or swimming pools in the area
- Travel to [Val di Fiemme](#) and [Val di Fassa](#), in the heart of the [Dolomites](#)
- Go to [Lake Garda](#), the largest lake in Italy, with so many things to do and see
- Go [rafting or canyoning](#) in one of the province's many streams
- Visit [Primiero](#), former home of the JWOC 2009
- Go to [Alpe Cimbra](#), already home of the 2014 WOC
- If you leave early, go to Venice or Verona, Mantua, Milan in a day

In collaboration with the local Tourism Boards, some potential guided tours have been planned and details are available at the tourism info point next to the Event Center. More details could be available closer to the start of the competitions

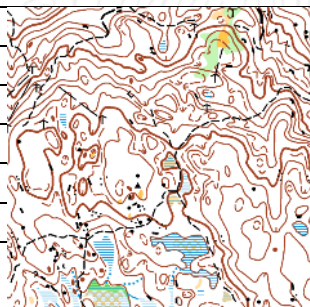

**At 20.00 at the Event Center there is a public evening on the topic of bees and other pollinators with the participation of internationally renowned scientific experts from MUSE and Fondazione Edmund Mach. The event is part of the “Sustainable JWOC2025” programme and the language is Italian.**





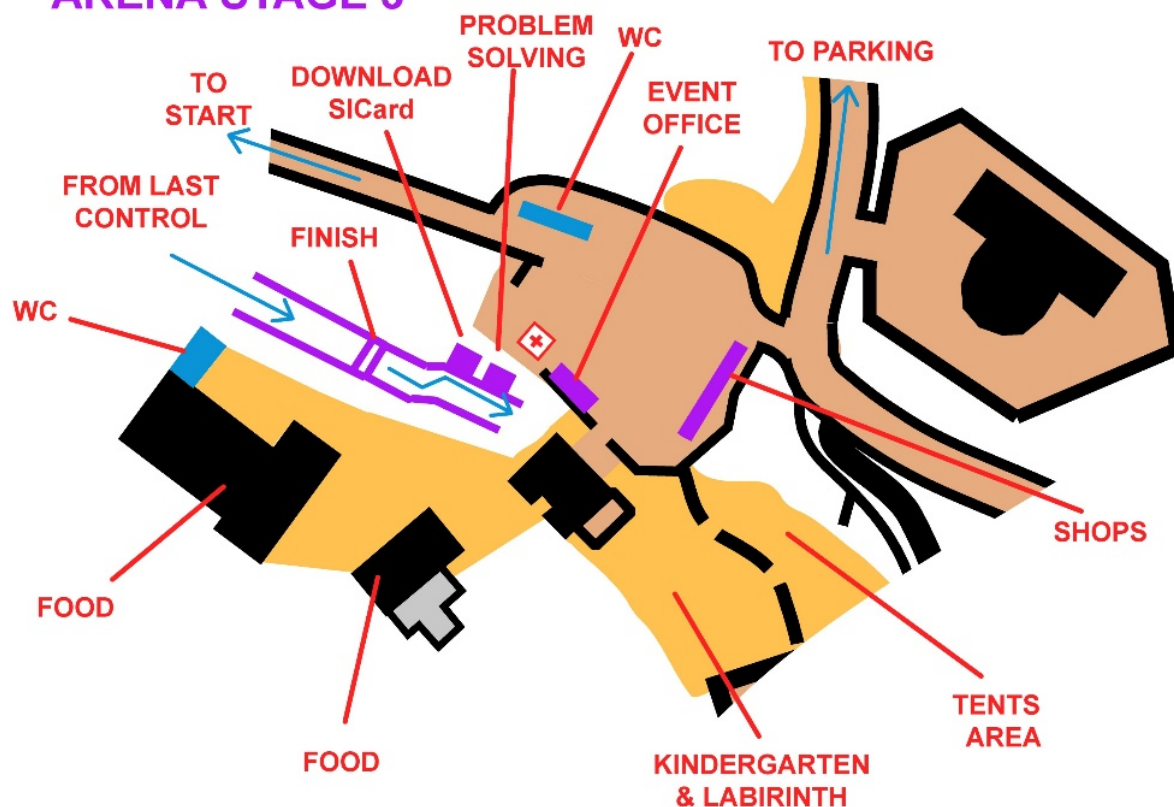
## TUESDAY 01/07 - STAGE 3 (PIAN DEL GAC)

The terrain is moderately hilly with some steeper parts, between 700 and 1000 metres a.s.l. Some areas are full of holes and depressions. Open deciduous and coniferous forests, with some areas of dense young forest.

ARENA:	46.13059, 11.20398			
PARKING:	46.13299, 11.20569			
FORMAT:	SHORTENED LONG			
MAP:	1:10.000 - 1:7.500 / 5,0 m			
MAPPER:	Kirianov, Prokopciuk, Mykhaylov			
COURSE SETTER:	Lorenzo Vivian			
TIMETABLE:	first start at 10:00 first start Direct from 10.15			
from ARENA to START:	length 1.300 m - climb 50 m			
REFRESHMENT:	3 refreshment points with water on the courses, water at the start and finish			
PRICEGIVING:	15.00 – in Arena			

 Today is the rest day of JWOC 2025

### ARENA STAGE 3



## WEDNESDAY 02/07 - STAGE 4 (LAGHESTEL)

The terrain is characterized by mainly coniferous forest with clean undergrowth with fast running. Hills with various details force to have a fine reading. Some green areas characterised by low runnability and visibility.

ARENA: **46.11437, 11.23563**

PARKING: **46.11674, 11.23630**

FORMAT: MIDDLE

MAP: 1:10.000 - 1:7.500 / 5,0 m

COURSE SETTER: Fabio Hueller

TIMETABLE: first start at 10:00  
first start Direct from 10.15


from ARENA to START: length 600 m - climb 40 m

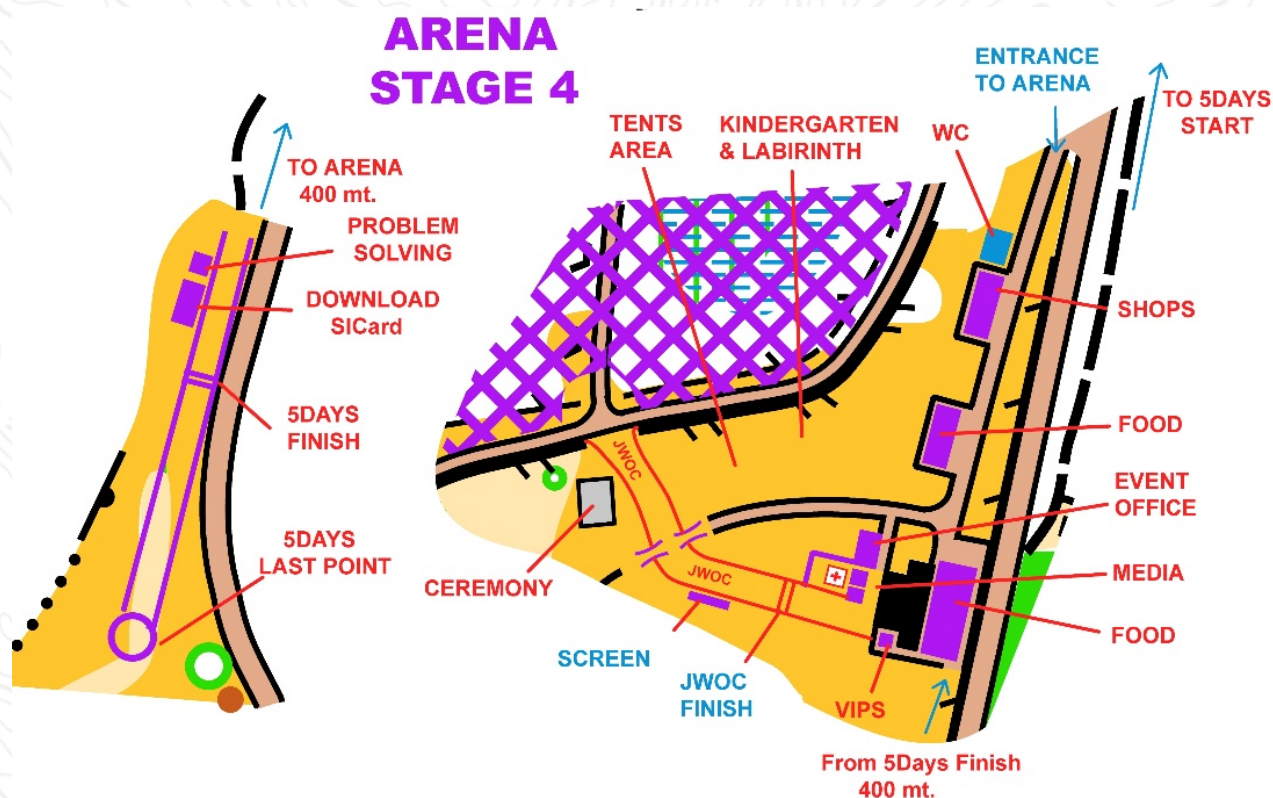
**from FINISH to ARENA: length 400 m - climb 0 m**

REFRESHMENT: 2 refreshment points with water on the courses, water at the start and finish

PRICEGIVING: 15.00 – in Arena




 The race takes place near the Middle race of JWOC 2025, of which you will surely be able to see the final moments





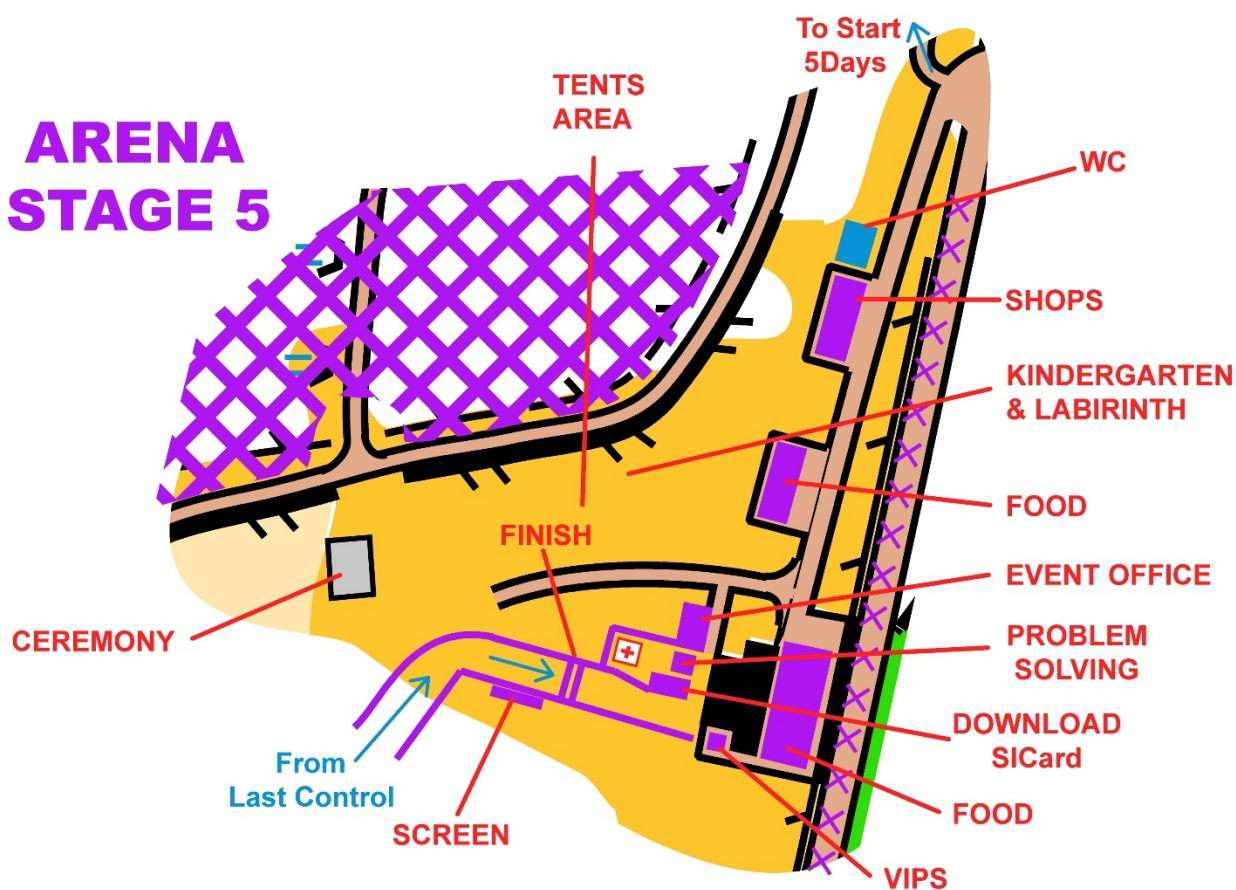
## THURSDAY 03/07 - STAGE 5 (LAGHESTEL)

As in the Middle Distance, the forest tends to consist of conifers. The vegetation is relatively denser, especially in deep valleys. Part of the map is characterised by a large swamp. There are several open areas.

ARENA:	<b>46.11437, 11.23563</b>	
PARKING:	<b>46.11674, 11.23630</b>	
FORMAT:	SHORTENED LONG	
MAP:	1:10.000 - 1:7.500 / 5,0 m	
MAPPER:	Kirianov, Prokopciuk, Mykhaylov	
COURSE SETTER:	Simone Grassi	
TIMETABLE:	first start at 14:30 first start Direct from 14.45	
from ARENA to START:	length 250 m - climb 0 m	
REFRESHMENT:	2 refreshment points with water on the courses, water at the start and finish	
PRICEGIVING:	17.30 – in Arena	

 The timetable allows you to watch the Relay of JWOC 2025, scheduled for the morning, and the Closing Ceremony

### ARENA STAGE 5



## PARTNER AND SPONSOR



INTERNATIONAL ORIENTEERING FEDERATION



ITALIAN ORIENTEERING FEDERATION

FEDERAZIONE  
ITALIANA  
SPORT  
ORIENTAMENTO



ITALIAN NATIONAL OLYMPIC COMMITTEE

CONI



CENTRO SPORTIVO ITALIANO



Comitato Italiano Paralimpico

ITALIAN PARALYMPIC COMMITTEE



ALTOPIANO DI PINÉ  
TOURISM BOARD OF TRENTO & ALTOPIANO DI PINÉ



TRENTINO MARKETING – VISIT TRENTINO



TOURISM BOARD OF VALSUGANA & LAGORAI



Ministro per lo Sport e i Giovani



REGIONE AUTONOMA  
TRENTINO ALTO ADIGE



PROVINCIA AUTONOMA  
DI TRENTO



COMUNITÀ DI VALLE  
ALTA VALSUGANA E BERSNTOL



COMUNITÀ DELLA  
VALLE DI CEMBRA



MUNICIPAL ADMINISTRATION  
OF BASELGA DI PINÉ



MUNICIPAL ADMINISTRATION  
OF LEVICO TERME



MUNICIPAL ADMINISTRATION  
OF CEMBRA LISIGNAGO



MUNICIPAL ADMINISTRATION  
OF FORNACE



MUNICIPAL ADMINISTRATION  
OF BORGO VALSUGANA



MUNICIPAL ADMINISTRATION  
OF ALTAVALLE



MUNICIPAL ADMINISTRATION  
OF CIVEZZANO



MUNICIPAL ADMINISTRATION  
OF ALBIANO



MUSE – SCIENCE MUSEUM OF TRENTO



FACE WHAT MATTERS



RURAL URBAN METABOLISM AGENCY



FIUME BRENTA







5

GIORNI D'ITALIA

DAYS OF ITALY

ORIENTEERING

