

## TRAININGS AND RACES 09-22/03/2026

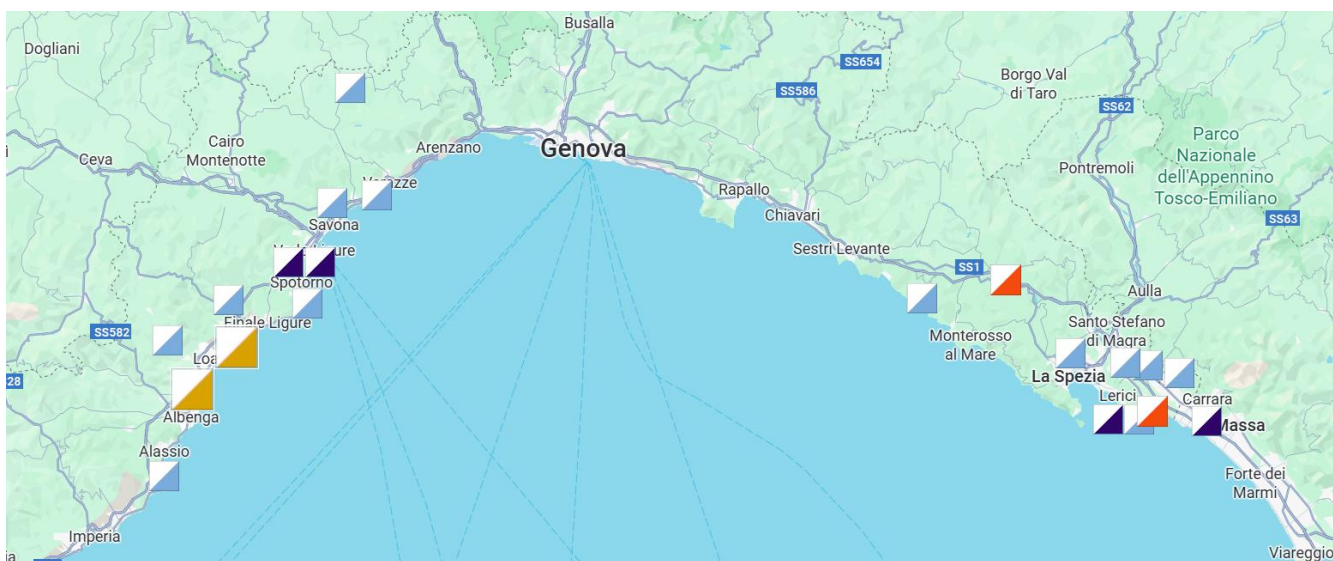
### Bulletin 1

In the week before GOLD WREs Italy Cup in Albenga and Pietra Ligure (14-15<sup>th</sup> March) we offer a training camp in the surroundings of Savona. The following week there will be also trainings and races in Savona and La Spezia areas.

### PROGRAM

MARCH		
9	Free trainings: Toirano (Loops), Savona x2, Finalborgo, Sassello	
10	Free trainings: Toirano (Loops), Savona x2, Finalborgo, Sassello	
11	AM: Training Noli (control picking)	PM: timed training (Spotorno)
12	AM: Training Celle Ligure	PM: timed training (Spotorno)
13	AM: Training Alassio (sprint intervals)	PM: Model event Alassio
14	<b>GOLD WRE Sprint Pietra Ligure - Italy Cup</b>	
15	<b>GOLD WRE Sprint Albenga - Italy Cup</b>	
16	Free trainings Toirano (Loops), Savona x2, Finalborgo, Sassello, Celle Ligure, Spotorno, Noli, Alassio, La Spezia, Deiva Marina	
17	Free trainings Toirano (Loops), Savona x2, Finalborgo, Sassello, Celle Ligure, Spotorno, Noli, Alassio, La Spezia, Deiva Marina	
18	Free training: La Spezia, Deiva Marina, Castelnuovo Magra, Sarzana, S. Stefano Magra	PM: Timed training: Lerici
19	Free training: Castelnuovo Magra, Sarzana, S. Stefano Magra, Lerici	PM: Timed training: Carrara
20	Free training: Castelnuovo Magra, Sarzana, S. Stefano Magra, Lerici	Model event: La Spezia area or free training
21	Model event: La Spezia area or free training	Sprint relay Training Race Montemarcello (SP)
22	Training race Brugnato (SP)	

For different individual program and other maps, take a look on <https://woc2026.com/trainings/>



*Gold WREs in gold, training races in orange, timed trainings in blue, free trainings in light blue*

Training camp and races March 2026

## **Pietra Ligure / 14.03.2026 GOLD WRE Sprint**

---

Info: <https://eventor.orienteering.org/Events/Show/8563>

Parking: Piazzale Flavio Geddo <https://maps.app.goo.gl/PXKDowuqXt3hp36bA>

### **Preliminary time planning**

15.00 First start

17.30 Last start

18.30 Prize giving in the arena

## **Albenga / 15.03.2026 GOLD WRE Sprint**

---

Info: <https://eventor.orienteering.org/Events/Show/8565>

### **Preliminary time planning**

10.00 First start

12.30 Last start

13.30 Prize giving in the arena

## **Montemarcello / 21.03.2026 Training race - Sprint relay**

---

Info: <https://www.fiso.it/gara/2026103>

Parking: <https://maps.app.goo.gl/21VjXYZcFaQ1bKpB6>

### **Preliminary time planning**

15.30 Start

16.25 Finish of first team

16.30-17.00: Spectator race

17.30 Prize giving in the arena

## **Brugnato / 22.03.2026 Training race - Sprint**

---

Info: <https://www.fiso.it/gara/2026111>

Parking: <https://maps.app.goo.gl/n1Vp2Eeg8czS5bi6A>

### **Preliminary time planning**

10.00 First start

12.00 Last start

13.00 Prize giving in the arena

## **TRAININGS**

During the official time window for each training stripes or small controls flags will be set in the terrain and printed maps can be collected at the meeting point. During timed trainings in Spotorno (x2), Lerici and Carrara 30x30cm control flags and SI units will be used. Control descriptions will be on the maps, loose ones for timed trainings present at the meeting points. No flags/stripes in the free trainings.

## **ENTRIES**

In order to enter, teams have to fill out this form at the latest by **Sunday 1<sup>st</sup> March 2026**:

<https://forms.gle/nHk5g1EfJuaucQhc7>

Training camp and races March 2026

## ENTRY FEES

There are different possibilities to buy maps for trainings:

1. Pdf map file with course: 4 € per athlete/training
2. Printed map with course: 6 € per training

## TIMED TRAININGS

3. Official training with printed map, controls and SI units: 8 € per athlete

For specific requests please contact [alessio.tenani@woc2026.it](mailto:alessio.tenani@woc2026.it).

The invoice will be sent to the teams before the training camp.

\*Note that the conversion from OOMAPPER file to OCAD file could compromise the quality of the drawing. It is forbidden to reproduce maps without the original graphic layout.

Bulletin 2 with detailed information for each training by February, 15th



We are waiting for you!



Picture: ZM\_Photo - Shutterstock.com

## Toirano / Both weeks – free trainings

---



Suggested parking: <https://maps.app.goo.gl/fHyPPxMRLcwg173u7>

**Sprint loops (NEW COURSE)**

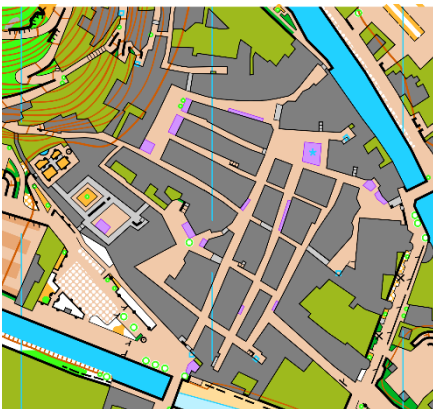
Length/climb: approx 4 x 1,5 km (details in bulletin 2).

Map: 1:4000, 2.5 m, update 2025 and checked by course setters.

Course setters: Alessio Tenani, Marcello Lambertini.

## Finalborgo / Both weeks – free trainings

---



Suggested parking: <https://maps.app.goo.gl/9psWSFxTHjJFQ3Wn7>

**Pair or individual training (NEW COURSE)**

Length/climb: approx 5km (details in bulletin 2).

Map: 1:4000, 2.5 m, update 2025 and checked by course setters.

Course setters: Alessio Tenani, Marcello Lambertini.

## Savona / Both weeks – free trainings

---

Parking: Piazza del Popolo (<https://maps.app.goo.gl/oZ32zs7Q5pgcCrE69>) and surroundings

### TRAINING (T3 FROM 2024)



**Format:** sprint

**Length/climb:** 4,4 km + 30. Possibly shortened controls 19 – 25

**Map:** 1:4000, 2.5 m, update 2025

**Course setters:** Marcello Lambertini, Alessio Tenani

**Technical info:** focus on flat orienteering, fake barriers, city center, several controls, map flip. Fake barriers are only on the map, not in the terrain.

Take care of the city market on Monday, especially in the morning

### TRAINING (T4 FROM 2024)



**Format:** sprint

**Length/climb:** 3,8 + 40. Possibly shortened controls 11 – 13

Checked by course setters. Controls are not taped neither with flags.

**Map:** 1:4000, 2.5 m, update 2025

**Course setters:** Alessio Tenani, Marcello Lambertini

**Technical info:** focus on parks, multilevels, tricky orienteering, map flip

## Sassello / Both weeks – free trainings

---



**Suggested parking:** Parcheggio San Rocco

<https://maps.app.goo.gl/zjyjFiMvEBdY92BKA>

**Longer course (NEW COURSE)**

**Length/climb:** approx 7km (details in bulletin 2).

**Map:** 1:4000, 2.5 m, update 2025

**Course setters:** Marcello Lambertini, Alessio Tenani

## Celle Ligure / 11.03.2026 (flags 10.00-12.00) and both weeks – free training

---



**Suggested parking:** <https://maps.app.goo.gl/wKMsiGwgwm2BFWev9>

**NEW COURSE**

**Length/climb:** approx 4km (details in bulletin 2).

**Map:** 1:4000, 2.5 m, 2025

**Mapper:** Samuele Curzio (New map).

**Course setters:** Alessio Tenani, Marcello Lambertini

## Spotorno / 11.03.2026 (Timed 14.30 - 17.30) – Free training days after

---



**Parking:** Via Verdi <https://maps.app.goo.gl/q5TQHaT5AFTLa4oD8> or Piazza Serrati <https://maps.app.goo.gl/vSY4buQdTHnyjS8Y7>

### **Sprint training NEW COURSE**

**Length/climb:** 4,2 km + 80 (Men); 3.5 km + 80 (Women)

Orienteering flags + SI units are on controls. Session is timed, you can read out your SI-card at the meeting point. Free start.

**Map:** 1:4000, 2.5 m, 2025

**Mappers:** Marcello Lambertini (New map)

**Course setters:** Marcello Lambertini, Alessio Tenani

**Control description:** also on map

**Technical info:** focus on different kind of surface, route choices, competition routine.

## Noli / 12.03.2026 (flags 10.00-12.00) and both weeks – free training

---



**Suggested parking:** <https://maps.app.goo.gl/x7XuBFpKEuGsvToR8>

**Control picking (NEW COURSE)**

**Length/climb:** 4.8 km + 85.

**Map:** 1:4000, 2.5 m, 2025

**Mapper:** Marcello Lambertini (new map)

Training camp and races March 2026

**Course setters:** Marcello Lambertini, Alessio Tenani

**Technical info:** focus on short controls, route choices, map flips.

## Spotorno / 12.03.2026 (Timed 14.30 - 17.30) – Free training days after

---



**Parking:** Via Verdi <https://maps.app.goo.gl/q5TQHaT5AFTLa4oD8> or Piazza Serrati <https://maps.app.goo.gl/vSY4buQdTHnyjS8Y7>

### Sprint training (NEW COURSE)

**Length/climb:** 4.0 km + 45 (Men); 3.5 km +45 (Women)

Orienteering flags + SI units are on controls. Session is timed, you can read out your SI-card at the meeting point. Free start.

**Map:** 1:4000, 2.5 m, 2025

**Mappers:** Marcello Lambertini (New map)

**Course setters:** Marcello Lambertini, Alessio Tenani

**Control description:** also on map

**Technical info:** focus on different kind of surface, route choices, competition routine.

## Alassio / 13.03.2026 (10.00-17.00) and both weeks - Free training

---



**Suggested parking:** <https://maps.app.goo.gl/uNCfR1eZbiDABdM5A>

**Longer course and model event (NEW COURSE)**

**Length/climb:** 6-8 km

Training camp and races March 2026

**Map:** 1:4000, 2.5 m, 2025

**Mapper:** Samuele Curzio (new map).

**Course setters:** Baptiste Rollier, Alessio Tenani

## Deiva Marina / Both weeks – free training

---



**Parking and meeting point:** Parcheggio pubblico Corso Italia

<https://maps.app.goo.gl/7YPwUN5s6Yg64mVp7>

**Format:** sprint intervals

**Length/climb:** 1,8km + 60 (0,1km) 1,8km + 35 (0,1km) 1,4km + 20

**Map:** 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

**Mapper:** Samuele Curzio (New map)

**Course setters:** Marcello Lambertini, Alessio Tenani

**Control description:** also on map

**Technical info:** focus on multilevels, change of speed, seafront, competition routine.  
90% asphalt, 10% grass/sand.

## La Spezia / Free trainings: from 09.03.2026 to 18.03.2026

---



**Suggested parking:** Piazza Bayreuth <https://maps.app.goo.gl/XkYHEJQgwTitkPxS7> or surroundings

**T31:** Sprint course

**T32:** Sprint intervals

Training camp and races March 2026

**Length/climb:** 4.1 km + 115. Checked by course setters.

**Map:** 1:4000, 2.5 m, 2025.

**Mapper:** Samuele Curzio (new map)

**Course setters:** Marcello Lambertini, Alessio Tenani (T31); Janne Salmi, Alessio Tenani (T32)

**Technical info:** focus on route choices, stairs, fake barriers. City and parks.

Take care of the crossings of the roads, lot of stairs. 90% asphalt, 10% grass.

**!! From March 19<sup>th</sup> to 22<sup>nd</sup> all the city is interested by a huge a large festival with market and stalls, it's recommended to not train there during these days.**

## Sarzana / Both weeks – free training and model event

---



**Parking and meeting point:** Parcheggio via Pietro Gori

(<https://maps.app.goo.gl/YbiGnhKJ6c9KEtBy6>)

### Sprint Training + extra controls for model event

**Format:** sprint course (longer than normal)

**Length/climb:** 4600+25. Checked by course setters.

**Map:** 1:4000, 2m, 2024 (ISSprOM 2019-2 version 2024)

**Mapper:** Samuele Curzio (update of old map of Francesco Buselli)

**Course setters:** Marcello Lambertini, Alessio Tenani

**Technical info:** focus on flat orienteering, fake barriers, route choices. Take care of the crossings of the roads (a couple of them are compulsory, according to the course symbols also); some narrow passages. 95% asphalt, 5% grass.

## Santo Stefano di Magra / Both weeks – free training

---



**Meeting point:** Piazza Aldo Moro (<https://maps.app.goo.gl/8KFRhNgXAbFKJc4g7>)

**Parking** in the surroundings.

**KO Sprint Training** (from 2025)

**Format:** 2 x knock out sprint courses

**Length/climb:** 1500+35, 1700+30. Checked by course setters.

**Map:** 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

**Mapper:** Samuele Curzio (update of old map of Francesco Buselli)

**Course setters:** Marcello Lambertini, Alessio Tenani

**Technical info:** focus on flat orienteering, route choices, multilevels, head to head orienteering. Take care of the crossings of the roads; some narrow passages. 95% asphalt, 5% grass.

## Castelnuovo Magra / Both weeks – free training

---



**Parking and meeting point:** Parcheggio via Provinciale.  
(<https://maps.app.goo.gl/RPcArRe65aZ1SM9LA>)

**Sprint Training**

**Format:** sprint course

**Length/climb:** 3100+105. Checked by course setters.

**Map:** 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Training camp and races March 2026

**Mapper:** Samuele Curzio (update of old map of Remo Madella)

**Course setters:** Marcello Lambertini, Alessio Tenani

**Technical info:** focus on lot of controls, stairs, route choices, map flips. Take care of some narrow passages. 95% asphalt, 5% grass.

Relevant for: WOC 2026 KO sprint and sprint relay.

## Lerici / 18.03.2026 (Timed 14.30 - 17.30) – Free training days after

---



**Meeting point:** Rotonda lungomare di Lerici

<https://maps.app.goo.gl/sRBJ78yjuvoK5s3fA>

**Parking:** Parcheggio Erbetta (<https://maps.app.goo.gl/TchcypV3HEf8oThq5>) or Parcheggio Venere Azzurra (<https://maps.app.goo.gl/xzZMFUAzknLpvAxt9>). Some minutes of walking to the meeting point. Parking by payment.

**Format:** sprint course – race simulation

**Length/climb:** 3,4 km + 140

Orienteering flags + SI units are on controls. Session is timed, you can read out your SI-card at the meeting point. Free start.

**Map:** 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

**Mapper:** Samuele Curzio (New map)

**Course setters:** Marcello Lambertini, Alessio Tenani

**Technical info:** focus on route choices, tricky orienteering, change of speed, seafront, competition routine. 95% asphalt, 5% grass.

## Carrara / 19.03.2026 (Timed 14.30 - 17.30) – Free training days after

---



**Meeting point:** Piazza Gramsci <https://maps.app.goo.gl/ChAghGf4h29qNCxa8>

**Parking:** Piazza Matteotti <https://maps.app.goo.gl/7omLwnbd875mEUt28>

**Format:** sprint course – race simulation

**Length/climb:** 3,4 km + 140

**Map:** 1:4000, 2.5 m, Update 2025

**Course setters:** Alessio Tenani, Marcello Lambertini

**Technical info:** focus on route choices, change of speed, competition routine. 70% asphalt, 30% grass.

In Carrara we also offer an additional training (approx. 6 km, sprint intervals designed by Janne Salmi), which has been checked by the course setters. If you would like to run it, please mention it in the notes section of the form.

## Lerici / Both weeks – free trainings (Race simulation & extra training)

---



**Meeting point:** Rotonda lungomare di Lerici

<https://maps.app.goo.gl/sRBJ78yjuvoK5s3fA>

**Parking:** Parcheggio Erbetta (<https://maps.app.goo.gl/TchcypV3HEf8oThq5>) or Parcheggio Venere Azzurra (<https://maps.app.goo.gl/xzZMFUAzknLpvAxt9>). Some minutes of walking to the meeting point. Parking by payment.

**Format:** sprint course – race simulation

**Length/climb:** 3,4 km + 140

Training camp and races March 2026

**Map:** 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

**Mapper:** Samuele Curzio (New map)

**Course setters:** Alessio Tenani, Marcello Lambertini

**Technical info:** focus on route choices, tricky orienteering, change of speed, seafront, competition routine. 95% asphalt, 5% grass.

### **Lerici / Both weeks – extra training**

---

**Format:** sprint course

**Length/climb:** 3,700km + 150 (men), 3250km + 125 (women)

**Map:** 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

**Mapper:** Samuele Curzio (New map)

**Course setters:** Marcello Lambertini, Alessio Tenani

**Control description:** on map

**Technical info:** focus on route choices, change of speed, seafront, competition routine. 95% asphalt, 5% grass.

## Training camp and races March 2026

Event organized by:



FEDERAZIONE  
ITALIANA  
SPORT  
ORIENTAMENTO



With the patronage of:



REGIONE LIGURIA



Thanks to:



   
Ministro per lo Sport e i Giovani

