

Training camp and races March 2026

TRAININGS AND RACES 09-22/03/2026

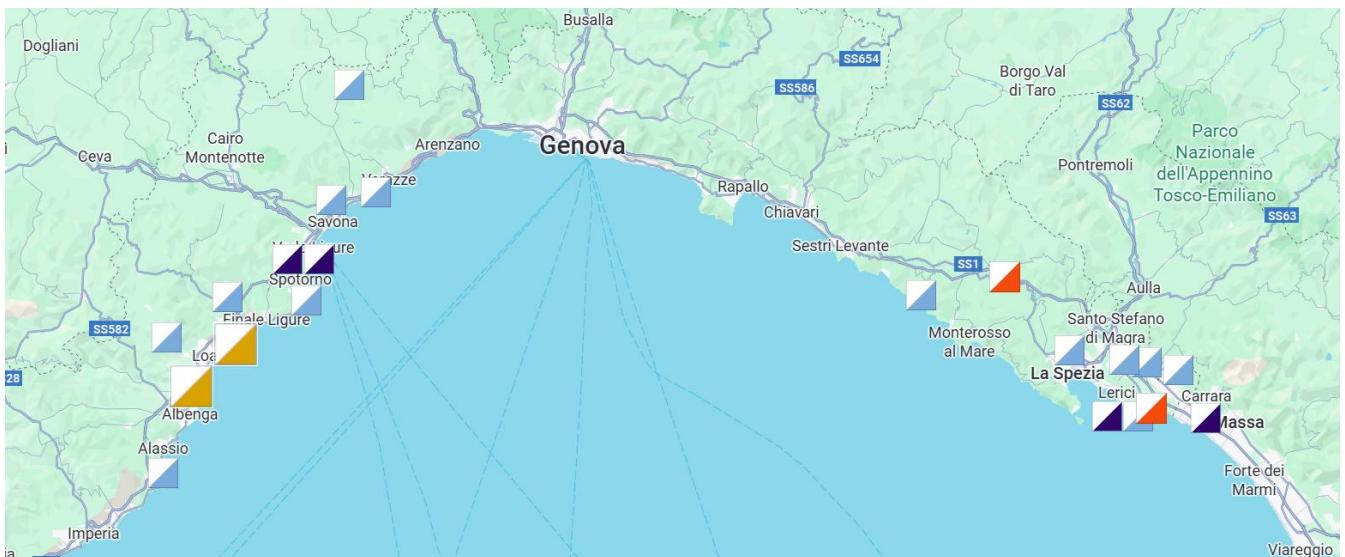
Bulletin 1

In the week before GOLD WREs Italy Cup in Albenga and Pietra Ligure (14-15th 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, Sassetto
10	Free trainings: Toirano (Loops), Savona x2, Finalborgo, Sassetto
11	AM: Training Noli (control picking)
12	AM: Training Celle Ligure
13	AM: Training Alassio (sprint intervals)
14	GOLD WRE Sprint Pietra Ligure - Italy Cup
15	GOLD WRE Sprint Albenga - Italy Cup
16	Free trainings Toirano (Loops), Savona x2, Finalborgo, Sassetto, Celle Ligure, Spotorno, Noli, Alassio, La Spezia, Deiva Marina
17	Free trainings Toirano (Loops), Savona x2, Finalborgo, Sassetto, Celle Ligure, Spotorno, Noli, Alassio, La Spezia, Deiva Marina
18	Free training: La Spezia, Deiva Marina, Castelnuovo Magra, Sarzana, S.Stefano Magra
19	Free training: Castelnuovo Magra, Sarzana, S.Stefano Magra, Lerici
20	Free training: Castelnuovo Magra, Sarzana, S.Stefano Magra, Lerici
21	Model event: La Spezia area or free traininmg
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 1st March 2026**:

<https://forms.gle/nHk5g1EfJuauCQhc7>

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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.

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

Training camp and races March 2026

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/oZ32zs705pgcCrE69>) and surroundings

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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

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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

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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

Mapper: 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

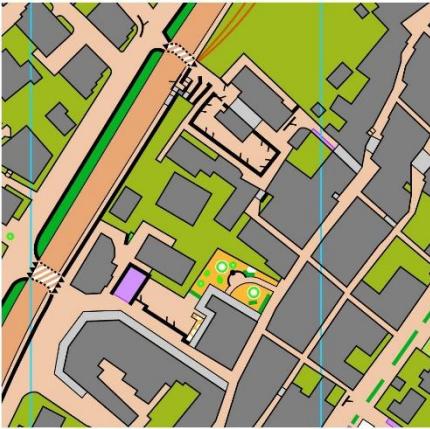
Mapper: Marcello Lambertini (new map)

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

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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

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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 19th to 22nd 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.

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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)

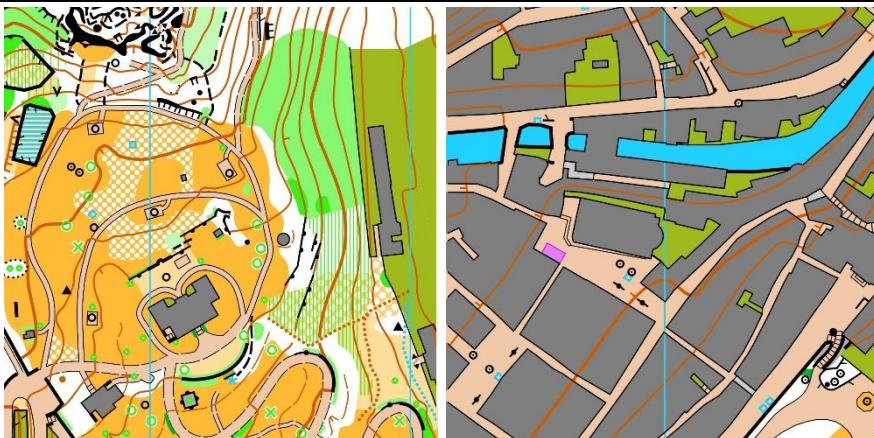
Mapper: Samuele Curzio (New map)

Course setters: Marcello Lambertini, Alessio Tenani

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

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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

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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:



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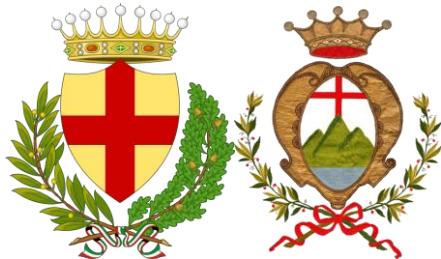


INTERNATIONAL ORIENTEERING FEDERATION

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