

ITALIAN CUP GOLD WRE RACES



14-15 MARCH 2026

PIETRA LIGURE (SV) - ALBENGA (SV)
SPRINT DISTANCE



photo: Severin Müller

TRAINING CAMP

9 - 20 MARCH 2026



TRAINING RACES

21 - 22 MARCH 2026

SPRINT RELAY - SPRINT



#ROADTOWOC26



FEDERAZIONE ITALIANA SPORT ORIENTAMENTO



Ministro per lo Sport e i Giovani



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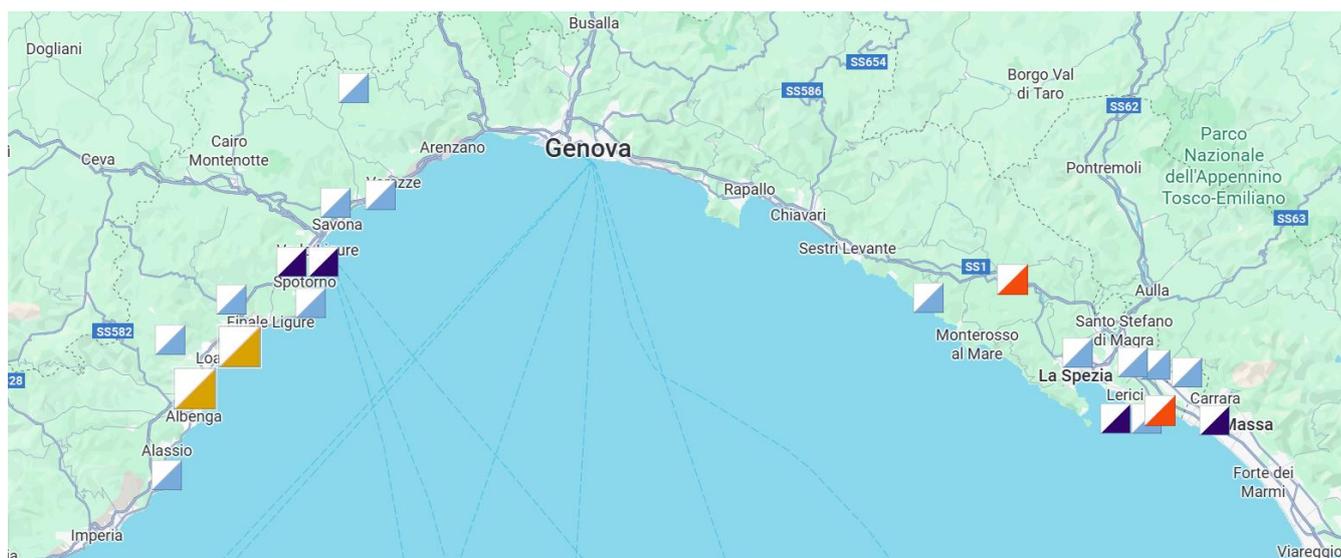
From March 9th to March 22nd, several events will be organized as part of the preparation for WOC 2026. The main highlights are the two GOLD WRE races in Pietra Ligure and Albenga (14-15th March). These will be preceded by a training camp in the Savona area during the previous week and followed by additional trainings and two days of races in the Savona and La Spezia regions.

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	GOLD WRE Sprint Pietra Ligure - Italy Cup	
15	GOLD WRE Sprint Albenga - Italy Cup	
16	Free trainings Toirano (Loops), Savona x2, Finalborgo, Sassello, Celle Ligure, Spotorno, Noli, Alassio, La Spezia, Deiva Marina	
17	Free trainings in Savona or La Spezia area	PM: KO training Toirano
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

GOLD WRE BULLETIN

PROGRAMME

Pietra Ligure / 14.03.2026 GOLD WRE Sprint

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

<https://www.fiso.it/gara/20261>

12.00 Race office opens

15.00 First start (14.30 if the number of entries will be high)

17.30 Last start

18.30 Prize giving in the theater/event center

Albenga / 15.03.2026 GOLD WRE Sprint

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

<https://www.fiso.it/gara/20262>

08.00 Race office opens

10.00 First start (9.30 if the number of entries will be high)

12.30 Last start

13.30 Prize giving in the arena

Embargoed areas with permitted routes can be consulted at this link:

https://woc2026.com/wp-content/uploads/2025/11/Embargoed-Areas-for-IOF-World-Cup-2024-and-WOC-Urban-2026-Genova-Italy_version-6.pdf

Please note specifications for races' days in section "Arena and parking" below in this bulletin.

ORGANISING COMMITTEE

info@woc2026.it

Event director: Gianluca Carbone

gianluca.carbone@woc2026.it / +393356966752

IOF Event Adviser and national controller: Simone Grassi

Race director: Aaron Gaio

Technical director: Alessio Tenani (alessio.tenani@woc2026.it)

Course setters: Alessio Tenani / Marcello Lambertini

Race office: Karin Sanna

IT: Daniele Guardini

Speaker: Stefano Galletti

ENTRIES

Until Sunday 8th March.

Entry fees: 15 €, 7€ up to M/W16.

WRE entries on IOF Eventor: <https://eventor.orienteering.org/Events/Show/8563>

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

Other classes (not italian) on [Orienteering Online](#).

PAYMENT

All entries must be paid in advance with a bank transfer, one for the entire club. Summary of fees for each club will be upload online after the entry's deadline, please wait and check the amount before payment.

Entries of national teams will be directly added at the invoice for training camp.

Please note that we will accept payments only in euro currency.

IBAN: IT55E0538701411000003861810

BIC: BPMOIT22XXX

Payee: COMITATO GENOVA 2026 A.S.D.

Reason: entries club XXXX

PUNCHING SYSTEM

The punching system used is SPORTident SIAC Air+. You can hire Sport-Ident (no Air+) for 2 € a day.

BIBS

Bibs will be provided at the race office, one bib for both competitions.

GPS

The list of competitors that will use live GPS will be communicated in Bulletin 3.

PRIZE GIVING CEREMONY

Top 3 for all competitive classes will be rewarded, except for Elite classes where top 6 competitors will be awarded prizes.

There will be a prize for all under 10 competitors. No prizes for classes White and Red.

LIVELOX

You can add your track on Livelox.

Pietra Ligure: <https://www.livelox.com/Events/Show/177017/WRE-Gold-Coppa-Italia-1-Pietra-Ligure>

Albenga: <https://www.livelox.com/Events/Show/177018/WRE-Gold-Coppa-Italia-2-Albenga>

ACCOMMODATION

All athletes, coaches and team members that could be involved in WOC 2026 must respect the embargoed area, please pay attention when booking your accommodation.

For any question write to accommodations@woc2026.it

CLASSES

Competitive classes:

M/W14, M/W16, M/W18, M/W20, M/W Elite, M/W A, M/W B, M/W35, M/W40, M/W45, M/W50, M/W55, M/W60, M/W65, M/W70, M/W75-80

Non-competitive classes:

M/W10, M/W12, M/W81+, BIANCO (white), ROSSO (red)

MODEL EVENT

From Friday a Model Event will be available in Alassio. Further information in section “training” of this bulletin.

LENGTHS (km)

Class	PIETRA LIGURE	ALBENGA	Class	PIETRA LIGURE	ALBENGA
M10*	1,3	1,3	W10*	1,3	1,3
M12	1,8	1,8	W12	1,8	1,8
M14	2,6	2,6	W14	2,6	2,6
M16	3,3	3,4	W16	2,8	2,6
M18	3,4	3,5	W18	2,8	2,9
M20	3,4	3,5	W20	2,8	2,9
ME	4,1	4,0	WE	3,5	3,7
MA	3,2	3,1	WA	3,2	2,8
MB	2,3	2,4	WB	2,3	2,3
M35	3,3	3,4	W35	3,0	2,9
M40	3,2	3,1	W40	3,0	2,9
M45	3,2	3,1	W45	3,0	2,6
M50	3,2	2,8	W50	3,0	2,6
M55	3,2	2,8	W55	2,8	2,6
M60	3,0	2,6	W60	2,3	2,3
M65	2,3	2,4	W65	2,3	2,3
M70	2,3	2,4	W70	2,2	2,2
M75	2,2	2,2	W75	2,2	2,2
M81+	1,9	2,0	W81+	1,9	2,0
BIANCO	1,4	1,4	ROSSO	2,8	3,0

Climb is between 0% and 3% in Pietra Ligure, 0% in Albenga for all classes.

*In the **MW10 categories**, shadowing by an adult is allowed, provided the adult has already finished their race or is not participating, and they may follow the child for safety reasons without assisting.

NOTE: Winning times for **master classes** are longer than 15', according to the new guidelines of FISO.

ARENA, SERVICES and PARKING

SATURDAY

Pietra Ligure (SV)

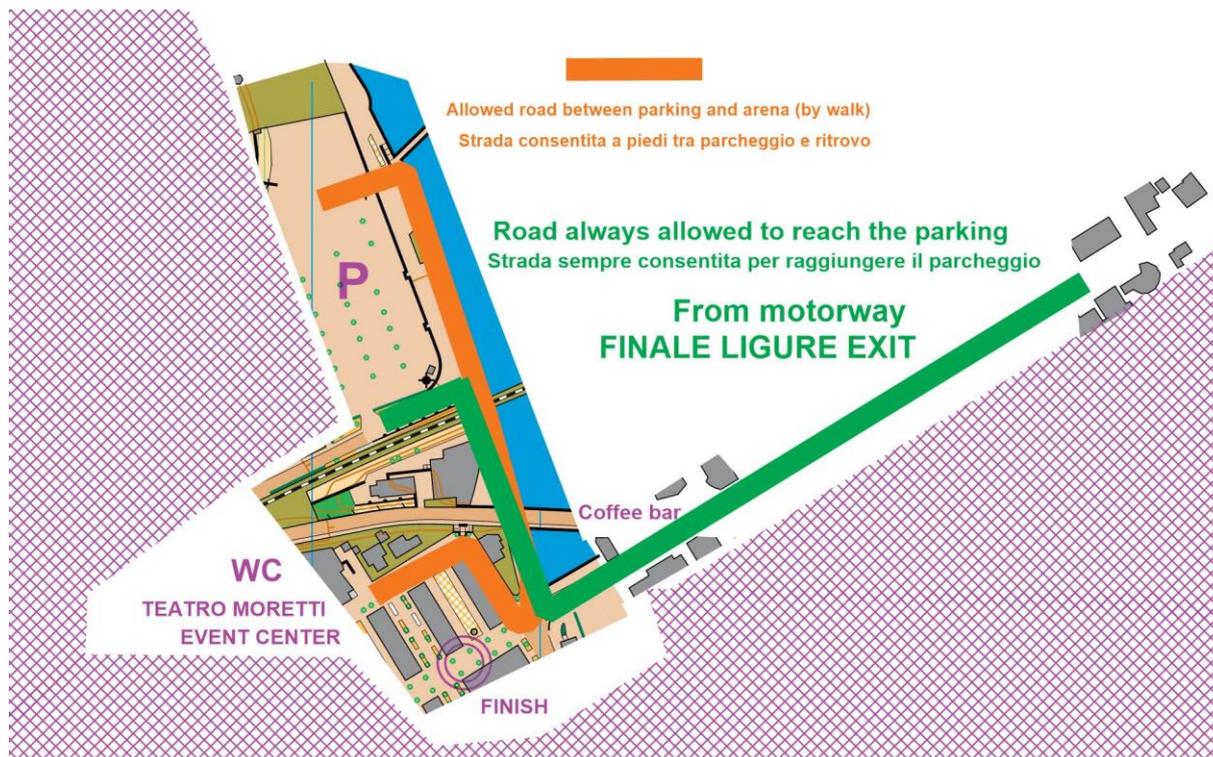
Parking: Piazzale Flavio Geddo

<https://maps.app.goo.gl/PXKDowuqXt3hp36bA>

Camper: area camper <https://maps.app.goo.gl/qFrdHFExojRvTAzf6> (24 € overnight)

<https://maps.app.goo.gl/YgEvNrAgZ1un26fh6> (some free places available)

WC available at the event center



Please note that the allowed road presented in the “embargo PDF” is valid until March 13th, the day of the race parking and arena can be reached only from east (green road).

SUNDAY

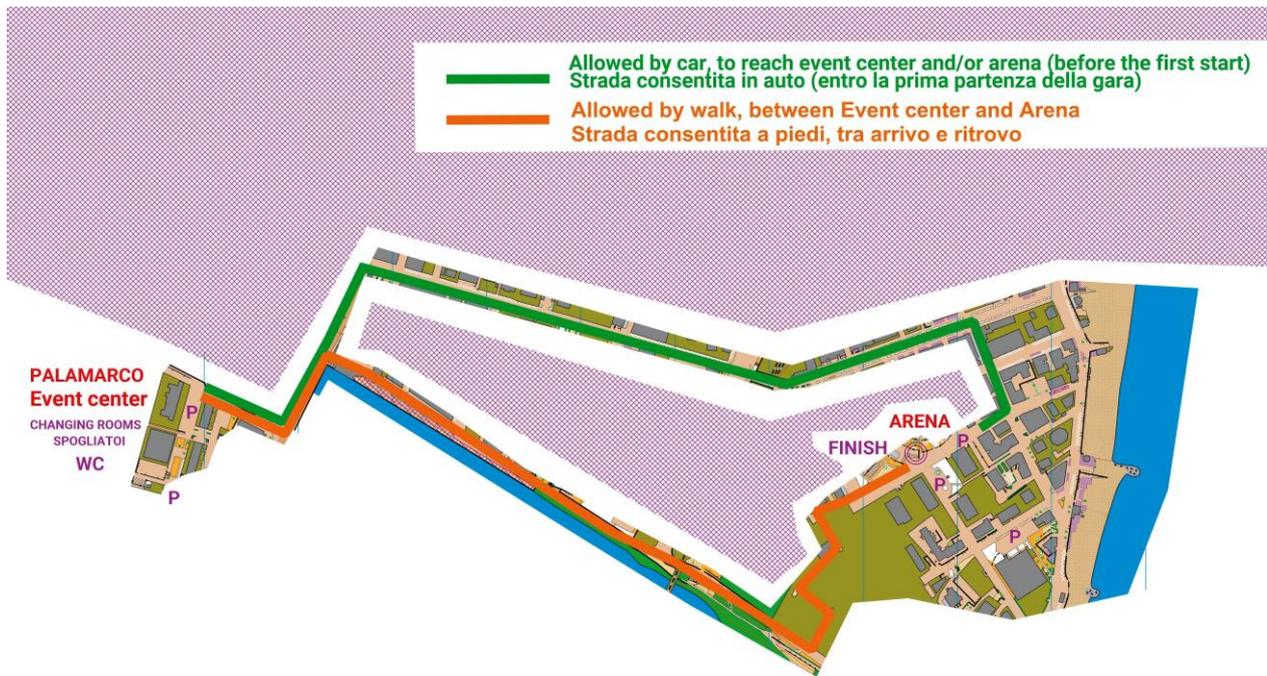
Albenga (SV)

Free parking around event center / Palamarco

<https://maps.app.goo.gl/BwhW8RhxfQK6Ahu7>

It's also possible to drive to the finish area before the first start, using the 'green' road (see below).

WC and showers are available at the event center.



Please note that the allowed road presented in the “embargo PDF” is valid until March 14th, the day of the race parking and arena can be reached only from south (see screenshot of Google Maps).

MAP

SATURDAY

Pietra Ligure (CS/T 1475)

2025 (S. Curzio), ISSprOM 2019-2. Scale 1: 4.000, 2.5 m

Format A4; the map is printed on tear-resistant material; plastic protective sleeves are available at the start for anyone who wants them.



SUNDAY

Albenga (CS/T 1476)

2025 (M. Lambertini), ISSprOM 2019-2. Scale 1: 4.000, 2.5 m

Format A4; the map is printed on tear-resistant material; plastic protective sleeves are available at the start for anyone who wants them.



RACE TERRAIN

SATURDAY

The race takes place in the historic centre of Pietra Ligure, featuring a dense network of narrow streets, small squares, passages and stairways that create complex route-choice challenges. The area includes seaside sections along the promenade, small urban parks, and changes of level with steps and ramps, requiring constant map contact and quick decision-making.



SUNDAY

The race takes place in the historic centre of Albenga, characterized by a compact medieval layout with narrow alleys, small squares, arches and numerous passageways creating complex route-choice options. The area features historic towers, city walls and sudden changes of direction, demanding precise navigation and continuous map reading.

Parts of the course also extend into the more modern seaside district, with wider streets, open spaces near the promenade, and faster running sections that contrast with the intricate old town.



TRAINING RACES BULLETIN

PROGRAMME

Montemarcello / 21.03.2026 Training race - Sprint relay

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

13.30 Race office opens
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

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

08.00 Race office opens
08.30* First start
12.00 Last start
13.00 Prize giving in the arena

*Teams that need to leave the race early can ask to start from 8.30, normal start 10.00

ORGANISING COMMITTEE

info@woc2026.it

Event director: Gianluca Carbone
gianluca.carbone@woc2026.it / +393356966752

Race director: Aaron Gaio
Technical director: Alessio Tenani (alessio.tenani@woc2026.it)
Course setters: Alessio Tenani / Marcello Lambertini
Race office: Luisella Vitali
IT: Daniele Guardini

ENTRIES

Until Sunday 15th March.

Entry fees: 10 €/person/race, 7 € up to born in 2010.

Italian runners on FISO website.

Foreign runners on Orienteering Online: [Sprint relay](#) - [Sprint](#).

PAYMENT

All entries must be paid in advance with a bank transfer, one for the entire club. Summary of fees for each club will be upload online after the entry's deadline, please wait and check the amount before payment.

Entries of national teams will be directly added at the invoice for training camp.

Please note that we will accept payments only in euro currency.

WOC2026 / Training camp and races March 2026

IBAN: IT55E0538701411000003861810

BIC: BPMOIT22XXX

Payee: COMITATO GENOVA 2026 A.S.D.

Reason: entries club XXXX

PUNCHING SYSTEM

The punching system used is SPORTident SIAC Air+. You can hire Sport-Ident (no Air+) for 2 € a day.

BIBS

Bibs will be provided at the race office, one bib for both competitions.

GPS

The list of competitors that will use live GPS will be communicated.

PRIZE GIVING CEREMONY

Top 3 relay teams and top 3 for all competitive classes will be rewarded.

LIVELOX

You can add your track on Livelox.

Montemarcello: <https://www.livelox.com/Events/Show/177021/WOC-Training-race-March-2026-Sprint-relay-Montemarcello>

Brugnato: <https://www.livelox.com/Events/Show/177022/WOC-Training-race-March-2026-Sprint-Brugnato>

CLASSES

Saturday: Sprint relay Elite (W-M-M-W), Open individual Red, Open individual White

Sunday: Black M, Black W, Open Blue, Open Red, Open White

LENGTHS

Saturday	Sprint relay: 12-15' per leg (winning time)
	Red: 3 km
	White: 2km (beginners and dog orienteering)
Sunday	Black (M/W Elite): 3,3 km
	Blue: 2,5 km
	Red: 2,0 km
	White (beginners): 1,5 km

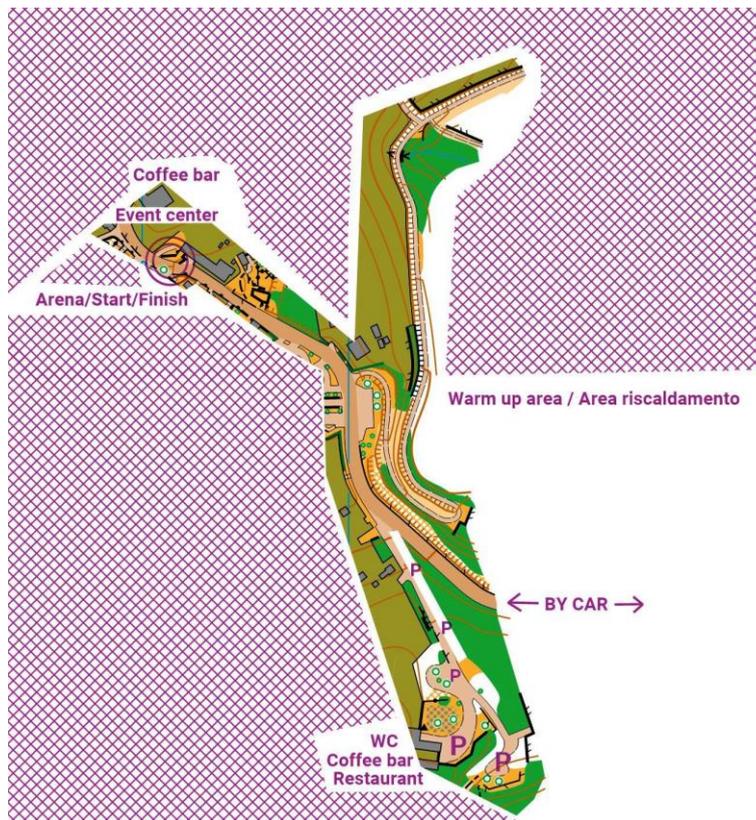
Climb is 1% for both races.

ARENA, SERVICES and PARKING

SATURDAY

Montemarcello (SP)

Parking: <https://maps.app.goo.gl/yXhOHT92hqvJSJvD7>

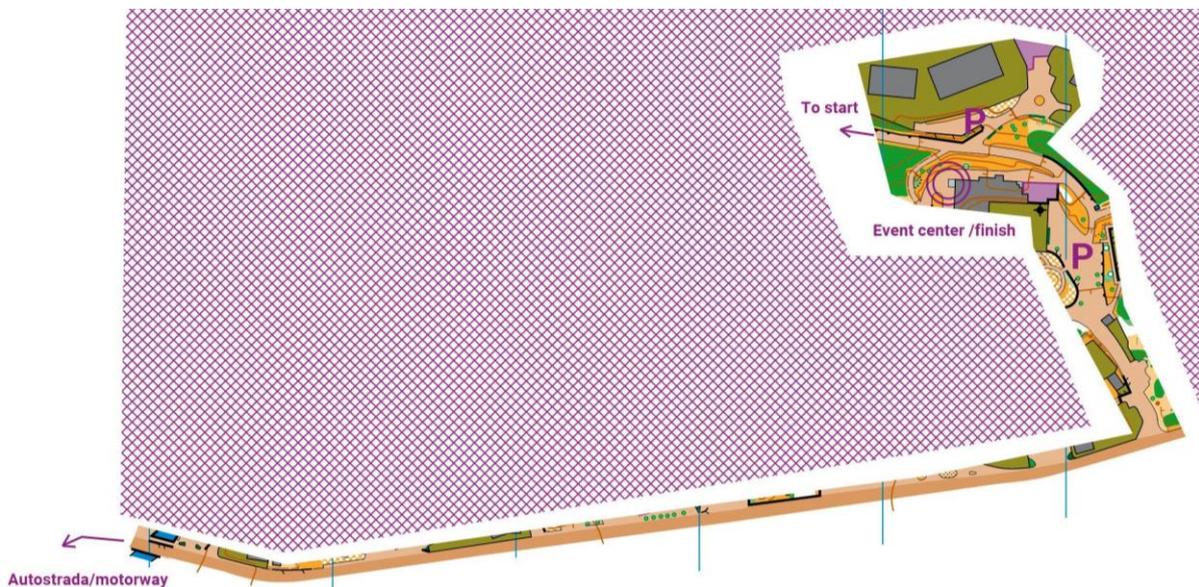


SUNDAY

Brugnato (SP)

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

Event center: indoor with toilets and showers.



MAP

SATURDAY

Montemarcello

2025 (M. Lambertini - S. Curzio - A.Tenani), ISSprOM 2019-2. Scale 1: 4.000, 2,5 m

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Format A4; the map is printed on tear-resistant material; plastic protective sleeves are available at the start for anyone who wants them.



SUNDAY

Brugnato

2025 (M. Lambertini, A. Tenani, S. Curzio), ISSprOM 2019-2. Scale 1: 4.000, 2.5 m
(update of original map of R. Madella)

Format A4; the map is printed on tear-resistant material; plastic protective sleeves are available at the start for anyone who wants them.



RACE TERRAIN

SATURDAY

The race takes place in the historic village of Montemarcello, featuring a compact network of narrow stone alleys, archways and stairways winding between closely spaced houses. Frequent changes of level, tight corners and short legs demand precise navigation and constant attention to direction.

Some parts of the course reach the edges of the village, where small open areas, and panoramic paths through offer faster running and route-choice options.



SUNDAY

The race takes place in the historic centre of Brugnato, featuring a compact layout of narrow streets, small squares and interconnected alleys that create frequent direction changes and route-choice challenges. Short legs, corners and passageways require precise navigation and continuous map contact.



TRAINING BULLETIN

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/nHk5g1EfJuaucOhc7>

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.



Picture: ZM_Photo - Shutterstock.com

INFORMATION FOR EACH TRAINING

Toirano / Both weeks – free training



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

Sprint loops (NEW COURSE). Possible used for KO training.

Length/climb: 4 x 5-8'. Nearly no climb.

Map: 1:4000, 2.5 m, update 2026 (S.Curzio, A.Tenani) and checked by course setters.

Course setters: Alessio Tenani, Marcello Lambertini.

Livelox: <https://www.livelox.com/Events/Show/176994/WOC-Training-camp-March-2026-Toirano>

TIP: this training will be used as KO sprint on Tuesday, 17th March PM by some national teams, if you want to join add in the notes of the form.

Finalborgo / Both weeks – free training



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

Pair or individual training (NEW COURSE)

Length/climb: approx 6 km, gentle climbing.

Map: 1:4000, 2.5 m, update 2026 (S.Curzio) and checked by course setters.

Course setters: Alessio Tenani, Marcello Lambertini.

Livelox: <https://www.livelox.com/Events/Show/176993/WOC-Training-camp-March-2026-Finalborgo>

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 (S.Curzio, M.Lambertini, A.Tenani)

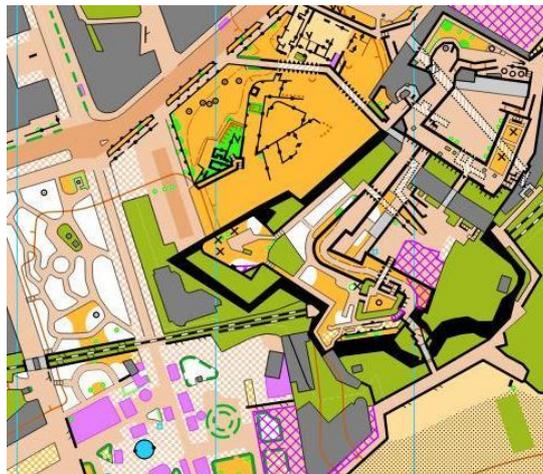
Course setters: Marcello Lambertini, Alessio Tenani

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

Livelox: <https://www.livelox.com/Events/Show/126385/WOC-Training-race-March-2026-T3-Savona>

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.

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Map: 1:4000, 2.5 m, update 2025 (S.Curzio, M.Lambertini, A.Tenani)

Course setters: Alessio Tenani, Marcello Lambertini

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

Livelox: <https://www.livelox.com/Events/Show/126386/WOC-Training-race-March-2026-T4-Savona>

In Savona we also offer an extra training (sprint intervals, forked, designed by Thierry Gueorgiou), 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.

Livelox: <https://www.livelox.com/Events/Show/178596/WOC-Training-camp-March-2026-extra-training-Savona>

Sassello / Both weeks – free training



Suggested parking: Parcheggio San Rocco

<https://maps.app.goo.gl/zijFiMvEBdY92BKA>

Longer course (NEW COURSE)

Length/climb: 4,4 km gentle climb.

Map: 1:4000, 2.5 m, update 2026 (S.Curzio, M.Lambertini)

Course setters: Marcello Lambertini, Alessio Tenani

Noli / 11.03.2026 (flags 10.00-12.00) and both weeks – free training



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

Control picking (NEW COURSE)

WOC2026 / Training camp and races March 2026

Length/climb: 4.8 km + 85.

Map: 1:4000, 2.5 m, 2025

Mapper: Marcello Lambertini, Alessio Tenani (new map)

Course setters: Marcello Lambertini, Alessio Tenani

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

Livelox: <https://www.livelox.com/Events/Show/176997/WOC-Training-camp-March-2026-Noli>

TIP: warm up along the trail to Grotti dei Falsari

<https://www.komoot.com/it-it/highlight/890661>



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



Parking: Via Berninzoni <https://maps.app.goo.gl/ShLHmBXqn646KkdR9>

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.

Livelox: <https://www.livelox.com/Events/Show/176995/WOC-Training-camp-March-2026-Timed-training-Spotorno-1>

Celle Ligure / 12.03.2026 (flags 10.00-12.00) and both weeks – free training



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

NEW COURSE: route choices

Length/climb: 4 km; intense climbing.

Map: 1:4000, 2.5 m, 2025

Mapper: Samuele Curzio (New map).

Course setters: Alessio Tenani, Marcello Lambertini

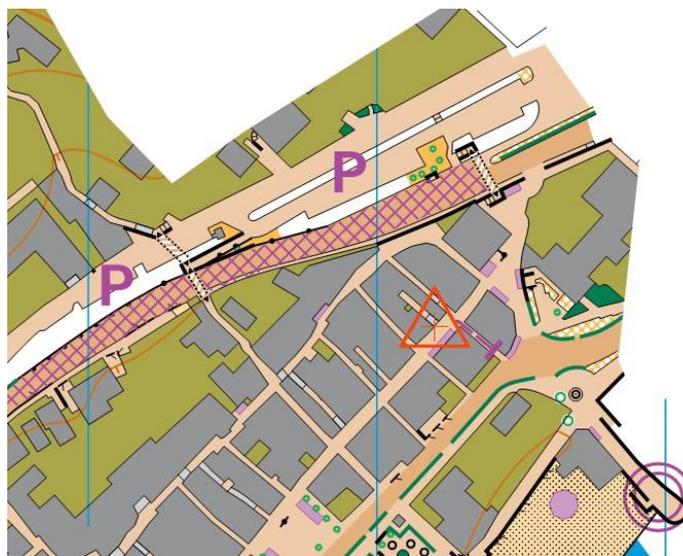
Livelox: <https://www.livelox.com/Events/Show/176998/WOC-Training-camp-March-2026-Celle-Ligure>

TIP: you can run the course two times, changing and testing the differences in timing of the route choices. Otherwise, pair training.

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



Parking: Via Berninzoni <https://maps.app.goo.gl/ShLHmBXqn646KkdR9>



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)

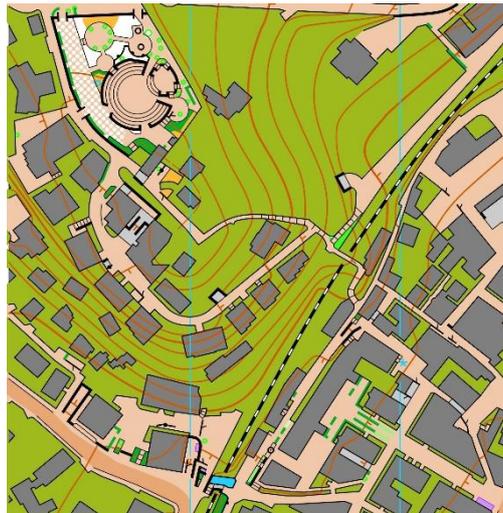
Course setters: Marcello Lambertini, Alessio Tenani

Control description: also on map

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

LiveloX: <https://www.liveloX.com/Events/Show/176996/WOC-Training-camp-March-2026-Timed-training-Spotorno-2>

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



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

Moment OL and model event (NEW COURSE)

Length/climb: 6-8 km (multi technique). Model event: free order controls with relevant situation for the incoming WREs in Pietra Ligure and Albenga.

Map: 1:4000, 2.5 m, 2025

Mapper: Samuele Curzio (new map).

Course setters: Baptiste Rollier, Alessio Tenani

Livelox: <https://www.livelox.com/Events/Show/177000/WOC-Training-camp-March-2026-Alassio>

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)

WOC2026 / Training camp and races March 2026

Course setters: Marcello Lambertini, Alessio Tenani

Livelox: link on request

Technical info: focus on multilevels, change of speed, seafront, competition routine.

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

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.

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

Livelox: link on request

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.

WOC2026 / Training camp and races March 2026

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

Livelox: link on request

Technical info: focus on flat orienteering, route choices, multilevel, 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 (from 2025)

Format: sprint course

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

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

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

Course setters: Marcello Lambertini, Alessio Tenani

Livelox: link on request

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)

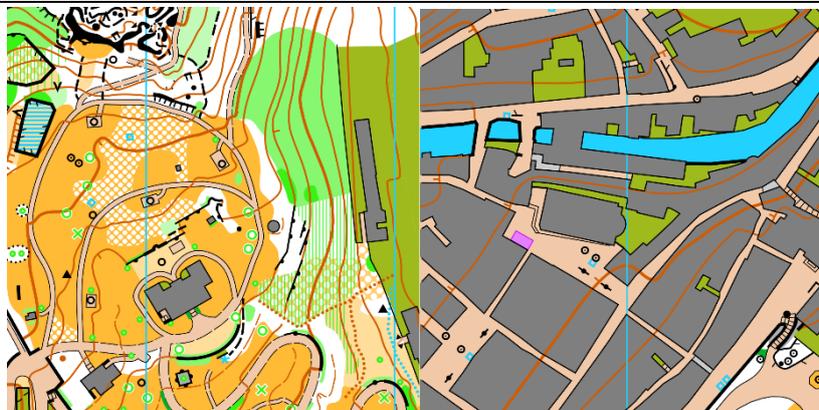
Mapper: Samuele Curzio (New map)

Course setters: Marcello Lambertini, Alessio Tenani

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

Livelox: <https://www.livelox.com/Events/Show/177019/WOC-Training-camp-March-2026-Timed-training-Lerici-2026>

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



WOC2026 / Training camp and races March 2026

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

Parking: Piazza Matteotti <https://maps.app.goo.gl/7omLwnbd875mEUt28> or <https://maps.app.goo.gl/ko9CLRqzuNUPY9ZY8>

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.

Livelox: <https://www.livelox.com/Events/Show/177020/WOC-Training-camp-March-2026-Timed-training-Carrara>

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.

Livelox: <https://www.livelox.com/Events/Show/177308/WOC-Training-Carrara-extra-NOR->

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

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.

Livelox: link on request

Event organized by:



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