



MOC
MEDITERRANEAN OPEN CHAMPIONSHIP
ORIENTEERING

March 7th – 8th, 2026



March 9th – 12th, 2026



March 6th – 8th, 2026

MOC 2026

XXI EDITION

BULLETIN 2



PWT Italy is delighted to invite you to the MOC 2026, featuring a series of orienteering training and competitions in the beautiful Veneto region.

| Event | Dates | Location |
|--|------------------------|--|
|  MOC Tour | March 6th – 8th, 2026 | Verona and the two MOC Championship stages |
|  MOC Championship | March 7th – 8th, 2026 | Garda (VR) and Torri del Benaco (VR) |
|  MOC Camp | March 9th – 12th, 2026 | 8 trainings in these maps: Malcesine, Peschiera, Bardolino, Lazise, Verona, Vicenza, Borgo Venezia, Creazzo SportIdent training on Tuesday and Wednesday |

OVERVIEW OF THE LOCATIONS

<https://maps.app.goo.gl/skSGtQoVcxg98qqB9>





CATEGORIES

The MOC Champs will have 8 competition categories:

- ELITE (M and W) - Black Difficulty
- OPEN LONG (M and W) Red Difficulty
- OPEN MEDIUM (M and W) Yellow Difficulty
- OPEN EASY (M and W) White Difficulty

The MOC camp with SportIdent training will have Men and Women category.

HOW TO REACH THE AREA

The event areas in the Veneto region are easily accessible via various international and regional hubs:

- Best Airports:
 - Verona Villafranca Airport (VRN) - Valerio Catullo: Closest and most convenient for the Verona/Lake Garda area.
 - Venice Marco Polo Airport (VCE) and Treviso Airport (TSF): Larger international options, offering connections via train or highway.
- Train Stations:



Verona Porta Nuova: Major railway hub with connections to all main Italian cities. From here, local buses or trains can take you to Lake Garda towns like Peschiera or Desenzano.

WHERE TO STAY



For **MOC Tour**, accommodation is organized by PWT (see the package below)

For **MOC Camp and Moc Championship**, accommodation is not organized by PWT Italy. The period is considered low season, meaning a variety of options are available at different price points.

We recommend using online platforms like Booking.com or Airbnb to find a suitable B&B or hotel that meets your needs in the event areas (Garda, Torri del Benaco, Verona, Vicenza, etc.)



WELCOME TO MOC TOUR PARTICIPANTS

Welcome to the new concept of the MOC Tour. This 21st edition combines the passion for Orienteering with the exploration of the Verona territory. By staying at the Arc Hotel in Verona, we offer the comfort of a city base with an exclusive Bus to reach the Lake Garda every day. Three days of Orienteering in unique settings (urban, sprint, and historic village), enriched by an exclusive visit to the gastronomic excellences of Valpolicella. Participation fee includes: orienteering race in Verona, accommodation (3 nights in double room), private transport for 2 days, race bibs and Valpolicella Winery Visit.

PROGRAM (ONLY) FOR MOC TOUR

| Time | Activity | Location |
|---|--|---------------------------|
| Friday, March 6, 2026 | Individual Arrival & Accreditation | Piazza delle Erbe, Verona |
| 16:00 - 18:00 | PRE-EVENT: Free Urban Orienteering | Verona Historic Center |
| 18:00 - 19:00 | WELCOME DRINK | Ark Hotel in Verona |
| Saturday, March 7, 2026 Garda & Valpolicella | Private transport to the sprint race in the Morning | Garda Village |
| Afternoon | Extraordinary Visit to a Historic Valpolicella Winery and then transport back to Verona | Valpolicella |
| Sunday, March 8, 2026 | Private transport to the sprint race in the Morning | Torri del Benaco Village |
| | Free Lunch with Lake Garda View and then transport back to Verona Central Station or ARK Hotel | Torri del Benaco |

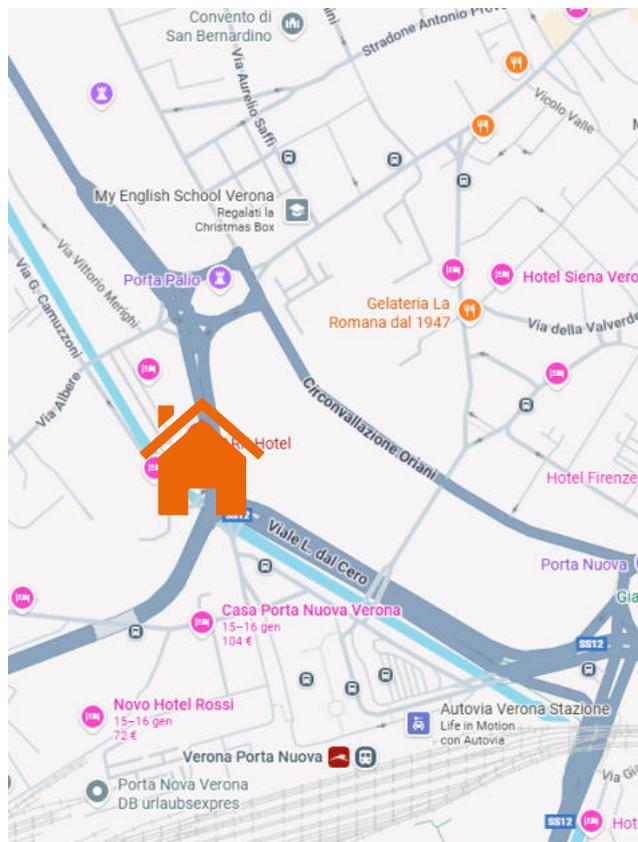


ACCOMODATION ONLY FOR MOC TOUR PARTICIPANTS

ARK Hotel, Verona - <https://www.arkhotel.it/>

A modern 4-star hotel located in the Porta Nuova district, about 15–20 minutes' walk from Verona Arena and the historic centre.

Just 500 metres from Verona Porta Nuova railway station, the hotel offers comfortable, soundproofed rooms with air conditioning, Wi-Fi and flat-screen TV, a rich buffet breakfast, 24-hour reception and private parking/garage (on request, at an extra cost). Its convenient location makes it an ideal base for both leisure stays and events in the city.



WHAT THE PACKAGE INCLUDES

The MOC Tour package includes:

- 1 orienteering activity in Verona
- 1 welcome drink in Verona
- MOC Championship stages in Garda (VR) and Torri del Benaco (VR)
- 3 nights in a hotel with breakfast in a double room (from 6th to 8th March, 2026)
- Transfers from the hotel to the races in Garda and Torri del Benaco
- 1 wine tasting experience

NOT INCLUDED:

- Tourist tax
- Lunch and dinner(s)
- Single room (+ 140 EUR)



Friday March 6th, 2026

Free Urban Orienteering

Program

Start from the hotel anytime between

16:00-17:00

Welcome drink at 18:00 at the hotel

Start

Distance from hotel: 1km, +0m

Map Scale

1:4000

Terrain

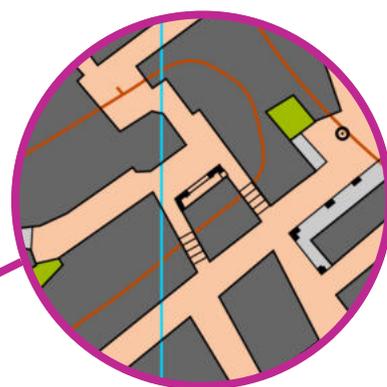
Verona city center, a mix of small and big streets with galleries and sometimes with several tourists

Estimated time

20-25 minutes.

Courses

| Category | Course length (km) | Elevation (m) |
|----------|--------------------|---------------|
| SHORT | 3~4 | 10 |
| LONG | 4~5 | 15 |





Saturday March 7th, 2026

MOC Championship 2026 - STAGE 1

Arena and parking

Garda

Paid parking, 700m from arena

Program

MOC Tour leave the hotel around 9.00

Start with punch and go **between 10.30 to 10.45**

MOC Tour leave the arena around 14.00 to go to the wine tasting

Start

Start is in proximity of the arena

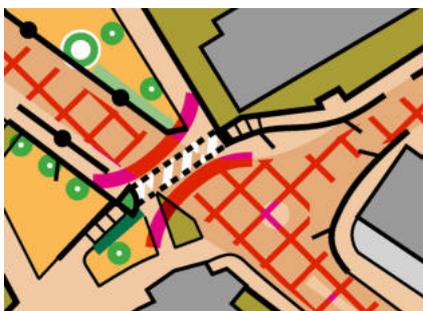
Map Scale

1:4000

Terrain

For this competition day we arrive to one of the most popular town of lake Garda region - Garda town that gives the name of the region. The views to the lake are spectacular but also Garda is famous for some medieval buildings and ruins that tell us about the importance of this place back to many ages ago. A magnificent view opens from the large embankment where it is the place to walk and enjoy a weekend.

The city consists of two parts: old city, with a traditional chaotic type of building, narrow streets and plenty of cafes open for the public outside, and also the residential part of the city with more regular buildings and streets. Some parks and playgrounds are present on the terrain. These two parts are divided by main road that has an intense traffic. There are several pedestrian underground passages to cross this street. It is completely forbidden to cross this street outside of underground passages! The passages are clearly marked on the map:



Courses

| Category | Course length (km) | Controls | Map change |
|----------|--------------------|-------------|------------|
| M ELITE | 3.6 km | 23 controls | 1 map flip |
| W ELITE | 3.2 km | 22 controls | 1 map flip |
| Red | 3.0 km | 20 controls | 1 map flip |
| Yellow | 2.5 km | 18 controls | 1 map flip |
| White | 2.3 km | 15 controls | 1 map flip |

Estimated time

10-15 minutes



Words from the course setter

The course is constructed to give you an opportunity to show your best at all types of terrain and different types of legs. You can expect tricky parts in a very detailed areas, but also long legs with complex route choice. The map flip is applied in all classes. The numeration is continuing on the second part of the course. The order of the parts are marked with big numbers 1 and 2 on the map.

There is active touristic life in the city and therefore we ask everyone to be cautious and avoid collisions while competing. Show your respect to locals, their restaurants, tourists and other MOC champs participants and slow down in narrow passages to avoid going into other people.

Attention! The traffic is not stopped during the competitions and even though it is usually not many cars are in the area, there will be cars, especially in the northern part of the city at the residential area. Always check the absence of the cars before crossing the streets! Even though courses are constructed to avoid streets with traffic as much as possible, it is your responsibility to look left and right before stepping onto the street or crossing and avoid collisions with cars! BE EXTREMELY CAREFUL!

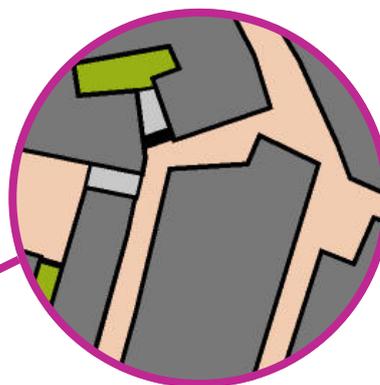
Classes ME, WE and Open 1 - Scale 1:4000

Classes Open 2 and Open 3 - Scale 1:3000

Mostly hard surface all the way. Percentage of grass - 7%.

No warm up map will be available. Warm up is only allowed south from the arena by the embankment along the lake.

Load your tracks to Livelox after the race.



Sunday March 8th, 2026

MOC Championship 2026 - STAGE 2

Arena and parking

Torri del Benaco
Location and parking

Program

MOC Tour leave the hotel around 9.00
Start with punch and go **between 10.30 to 10.45**
MOC Tour leave the arena around 14.00 to go
back to the ARK Hotel in Verona

Start

700 m from Parking to the Start. A warm up
map will be available to reach the start. Please
be careful crossing the road with intense traffic!

Map Scale

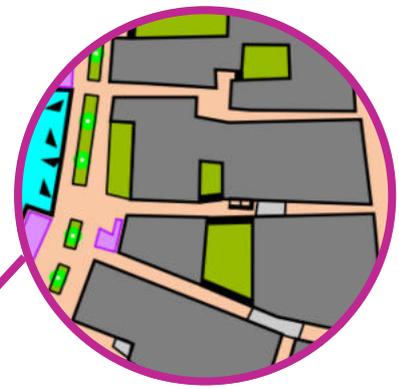
1:4000

Terrain

Torri del Benaco is one of the most beautiful and old cities situated on the eastern coast of lake Garda. It is famous for the Castello Scaligero and fortifications dating to the 1100th and of course the views to the lake! The competition center is situated right near the castel and everyone will be able to enjoy the fantastic touch of the history! The city traditionally consists of an old city center with narrow irregular streets, embankment, small and big squares, harbor and little parks. The area is very flat. This is a touristic destination, and life is very active in the city - plenty of cafes, terraces and small shops are open during the day. Please, be careful and show the respect to other participants, tourists and locals (and their terraces outside) during the course as some streets are very narrow and some squares can be crowded. Mostly hard surface all the way. Percentage of grass - 5%. Attention! During the course you will go through the playground, be careful and take responsibility to avoid collisions with children playing there. Also be respectful and avoid collisions with other runners and locals in narrow streets and aquares, also be careful near cafes as sometimes the waiters are carrying food to the visitors across the street to the remote tables.

Words from the course setter

The courses are aiming to test your speed, but most of all - the speed of orienteering/navigation, decision taking and ability to keep concentration. The scale of 1:3000 means that everything is happening faster than you might expect, and a course with many controls means that the athletes will need to keep focus all the way until the finish line. Many small route choices will make you take decisions all the time and during all the course without the moment to relax. You should also expect longer legs with a decisive route choice. ME course will have 2 map flips and all the other courses will have 1 map flip, so even if you run a short course, don't get relaxed! All the parts are printed at the same page and numeration is continuing through the course. Parts of the course are also marked with big numbers 1-2-3 on the map so it is easier to understand the order of the loops. The maps with the course of MOC championships will be available for purchase from Monday the 9th of March (but no flags will be kept at the terrain after the competitions are over).



Courses

| Category | Course length (km) | Controls | Map change |
|----------|--------------------|-------------|-------------|
| M ELITE | 3.4 km | 27 controls | 2 map flips |
| W ELITE | 3.0 km | 23 controls | 1 map flip |
| Red | 2.7 km | 21 controls | 1 map flip |
| Yellow | 2.0 km | 18 controls | 1 map flip |
| White | 1.5 km | 14 controls | 1 map flip |



CONCEPTION

In the year of WOC in Genova we prepare MOC camp in a way you can do your best preparation for the World Championships and also improve your particular sprint skills. This year at MOC you get a package of training with different targets that can be run at different speeds and will help you to make a complete camp and train specific sprint skills. The package consists of very different trainings, from typical intervals and sprint courses to special technical trainings that will be useful for those who are eager to step in a new level of sprint skills. Terrains in the Garda area are highly relevant for Genova but they are also very exciting, challenging and picturesque! You will run through the historical center of famous Verona and Vicenza, flow at a speed along the streets of smaller and larger cities of the Garda region, in intricate old city centers and detailed and fast residential areas with unusual building style.

In addition you can test your shape and skills at organized SportIdent trainings with other runners and compare with them!

EXTRA INFO

We are happy to announce that one of our special course setters is Svetlana Mironova. Svetlana is a Two-time World Champion and European Champion. She has been a National Elite Orienteering team member since 2009.

She is also an experienced Orienteering and Running Coach, running her own school to teach elite orienteering technique (Smartorienteering.com)



The MOC Camp package includes 6 permanent trainings + 2 organized SportIdent training sessions. **The training maps will be available from March 1st, 2026, until the end of July.** Participants can run these training courses either during the scheduled MOC Camp dates (March 9th–11th) or independently at any time before the closing date. The MOC champs courses will be available for purchase as training from the day after the official competitions (from 9th of March).



MOC Camp Program

| Time | Time | Location |
|--------------------------------------|--------------------------------|---|
| Monday, March 9, 2026 | Between 10.00 to 11.00 | Verona <u>Free parking</u> (2km from the start) <u>Paid parking</u> (500m from the start) |
| | Between 15.00 to 16.00 | Borgo Venezia <u>Free parking</u> |
| Tuesday, March 10, 2026 | Semifinal 10.00 Final 11.00 | Lazise <u>Paid parking</u> |
| | Between 15.30 to 16.30 | Bardolino <u>Free parking</u> |
| Wednesday, March 11, 2026 | Between 10.30 to 11.30 | Malcesine <u>Parking</u> |
| | Between 15.30 to 16.30 | Peschiera <u>Free parking</u> |
| Thursday, March 12, 2026 | Between 10.00 to 11.00 | Creazzo <u>Free parking</u> |
| | Between 15.30 to 16.30 | Vicenza <u>Paid parking</u> |



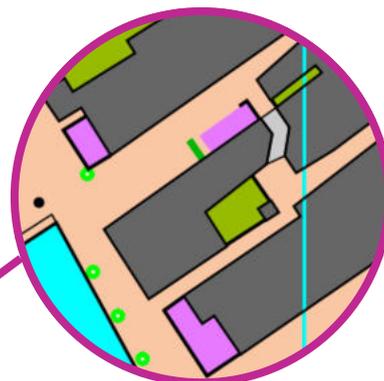
MOC Camp Permanent training - technical info

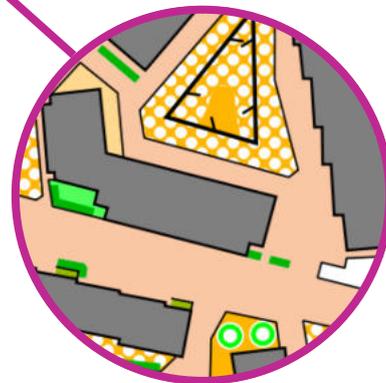
| Name | Code | Type | Forking | Length by red line | Length by route | Classes | Scale |
|---------------|----------|---------------------|----------|--------------------|-----------------|---------|----------|
| Bardolino | MOC26-01 | Star intervals | by loops | 3.6 | 5 | no | 1 : 4000 |
| Borgo Venezia | MOC26-02 | Short intervals | no | 3.9 | 5.5 | no | 1 : 4000 |
| Creazzo | MOC26-03 | Sprint relay | yes | 2.6 - 2.7 | 3.7 - 4.2 | no | 1 : 4000 |
| Peschiera | MOC26-04 | Sprint | no | 3.4 / 2.4 | 4.7 / 3.5 | ME, WE | 1 : 4000 |
| Verona | MOC26-05 | Long intervals | yes | 3.4 | 4.9 | no | 1 : 4000 |
| Vicenza | MOC26-06 | Long and short legs | no | 4.3 | 6 | no | 1 : 4000 |

Bardolino MOC26-01 STAR INTERVALS

Training consists of 4 intervals around 900-1000m with start and finish at the same place. The intricate area of the old city is very relevant for the typical old cities in Italy. Irregular streets make the route choices complex. This could be a good intro into the terrain and typical challenges of Italian cities, and it is very relevant terrain for the WOC.

Recommended: the training is good for both individual work and Knock-out practice for the teams. It can be used as the intro in medium pace if this is your first visit to Italy.

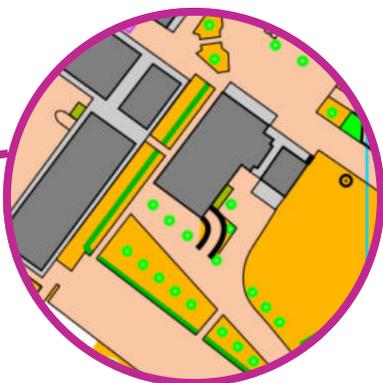




Borgo Venezia MOC26-02 SHORT UNFORKED INTERVALS

Intervals with high diversity of orienteering and the terrain type. The training will make you switch between very intense map reading at the intervals with very short legs in a residential area with non-standart style of building type and very fast intervals through the areas of private houses with a decisive choice for long legs and easier navigation. But then be ready to return to detailed areas again after the part with easier navigation and restore your concentration to go same strong when the intense map reading will be required again!

Recommended: intervals of high or average speed with short rest in between. Groups can start at mass start or with minimum time between runners to increase pressure and train your ability to maintain focused orienteering in intricate zones with high pressure. Very good for training your concentration and fast decisions at local route choice. This training gives you the opportunity to understand where your strength/weakness is. Analysing your speed and the perceived difficulty of navigation at short legs you can evaluate where you lose and where you win, either at short and intense legs or at longer stretches? Are you as efficient with map reading when fresh at the first intervals as when tired at the last ones?

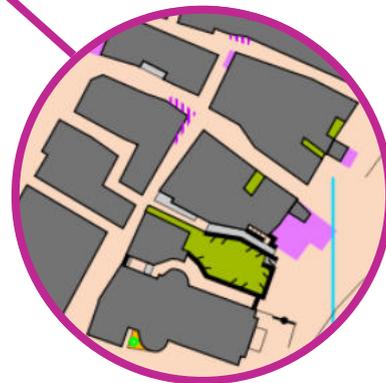


Creazzo MOC26-03 SPRINT RELAY

Sprint relay type course with forking to 4 variations. The training is made to practice both as real relay or as a relay simulation. Forkings can be very close to each other or very far, so the ability to do own independent orienteering will be important at this course. The course will go through the private sector where the streets form the interesting configuration making route choice quite challenging, but also through the park zone and areas of more chaotic buildings, where everyone will need to find their own way to go fastest. Extra fences will create an additional difficulty, be careful - the obvious way is not always the best!

Recommended: simulation of the 1st leg of sprint relay, or mass start in groups with forking for high speed orienteering.

Attention: the course crosses the roads with moderate traffic and therefore it is only allowed to cross the roads at the place of pedestrian crossing points that are marked on the map!

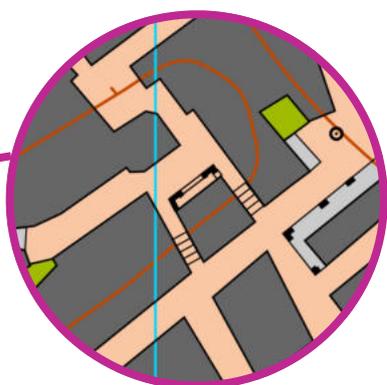


Peschiera MOC26-05 SPRINT

Individual sprint. The course will go through several different zones: large residential quarters, an intense office area with intricate passages, historical fortifications from the medieval ages and an old city with irregular streets. As the type of terrain changes, it will be essential to adapt your orienteering technique and apply your best skills according to the demands of the legs. You will meet long legs with complex route choice and also detailed areas where you can train the ability to read ahead and stay in control leg by leg. Great relevance for WOC.

Recommended: individual sprint with interval start. There are two courses with different lengths: Men Elite and Women Elite to choose from.

Attention: the course crosses the roads with intense traffic. It is only allowed to cross the road by the pedestrian crossing points marked on the map.



Verona MOC26-06 LONG FORKED INTERVAS

The training is bringing you to the legendary Verona city center with the finish right near fantastic Arena di Verona. The city center was previously used at EOC-2023, and is also very relevant for WOC 2026.

Recommended: The training was created from the idea that in both Sprint Relay and KO sprint (runner choice option) the athlete faces the situation that the forking is expected but it is not possible to know where exactly it begins and who has the same forking in the group. This training has very unpredictable forking, you can not expect it in traditional 1st control. Actually, it is not possible to know if there is forking at all! But yes, there is, be ready ;) So, individual work is required despite the pressure of high speed and being in the group. The intervals consists of legs of different length and extra fences make the route choice very challenging. So even if you don't have a group to run with, you will enjoy a great interval session with both complex route choice and navigation practice.

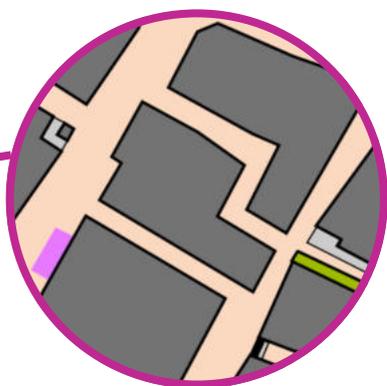


Vicenza MOC26-07

LONG AND SHORT LEGS

The historical center of Vicenza is a typical old city with narrow and irregular streets. Longer training with long and very long legs and extra fences. Great similarity to Genova.

Recommended: The training is constructed to practice fast route choice. Long legs are alternating with short ones. The long legs have a complex route choice, and we recommend taking your decision while running a short leg. Don't look at the next long leg while running the previous long leg - do it only while running the short one to shorten the time for taking the decision and improve the speed of building the options and taking the decisions. Training can be done at an easier speed to reduce the overall load of the camp, but we recommend running the short legs at competition speed to practice making route choice in conditions closer to the competition's.





MOC Camp

Sportident training - technical info

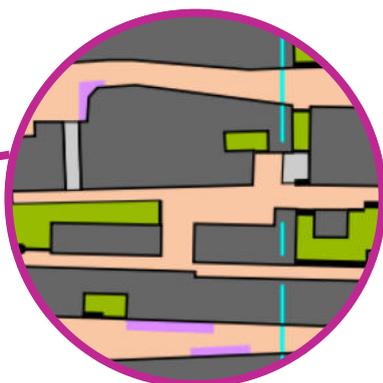
| Name | Code | Type | Forking | Length by red line | Length by route | Classes | Scale |
|-----------|-------------|-----------------------|---------|--------------------|-----------------|---------|----------|
| Lazise | MOC26-SI-01 | Knock-out semifinal | no | 1.1 | 2.1 | no | 1 : 4000 |
| | | Knock-out final | yes | 1.3 | 2.4 | no | 1 : 4000 |
| Malcesine | MOC26-SI-02 | sprint with map flips | no | 2.4 | 3.6 | no | 1 : 3000 |

Lazise MOC26-SI-01

KNOCK OUT SPRINT

Lazise is one the most tricky cities of the area. Irregular streets, medieval walls, parks, lake embankment is a great arena for a very relevant training of KO sprint. Tourists, city street cafes and small shops make the area even more similar to what is expected for the WOC-2026.

Two rounds of knock-Out Sprint are going to be organised with timekeeping. Groups of 6 are to start at the same time, and the course will simulate the WOC KO sprint. One the rounds will be with forking system. Be ready for the artificial barriers and we invite you to commit to fair play and respect extra fences in the map.

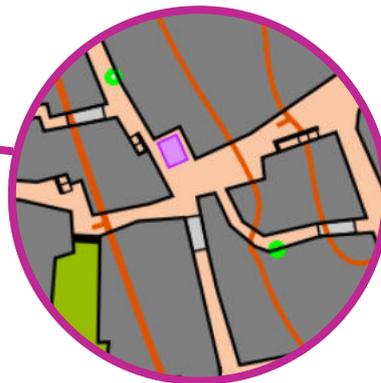




Malcesine MOC26-SI-02 SPRINT WITH MAP FLIPS

Individual sprint in a very detailed terrain. This is a perfect training to test your ability of fast map reading and fast decision making. The city lies on the slope of the hill where Castello Scaligero di Malcesine is situated. The terrain is characterized by very narrow irregular streets, slopes and the presence of tourists. There are also parks, parking areas, walls and many small cafes and the course is going through the different parts, requiring fast switching between your techniques and total concentration all the way until the finish. Considering the presence of the slope, it can be one of the most relevant trainings for WOC.

Recommended: simulation of the orienteering in the city center of the old city. Use it as a test of map reading speed and navigation in stress. Route choices are more difficult due to presence of the slope. Fast speed is the best if you want a challenging test. But the training also can be used for practicing consistency of your orienteering and ability to maintain concentration in a very detailed terrain. In this case it could be run in slower speed with focus of training your orienteering system.





HAVE FUN WITH US!

