



REGIONE LIGURIA



COMUNE DI GENOVA



Genova Orienteering



Organize

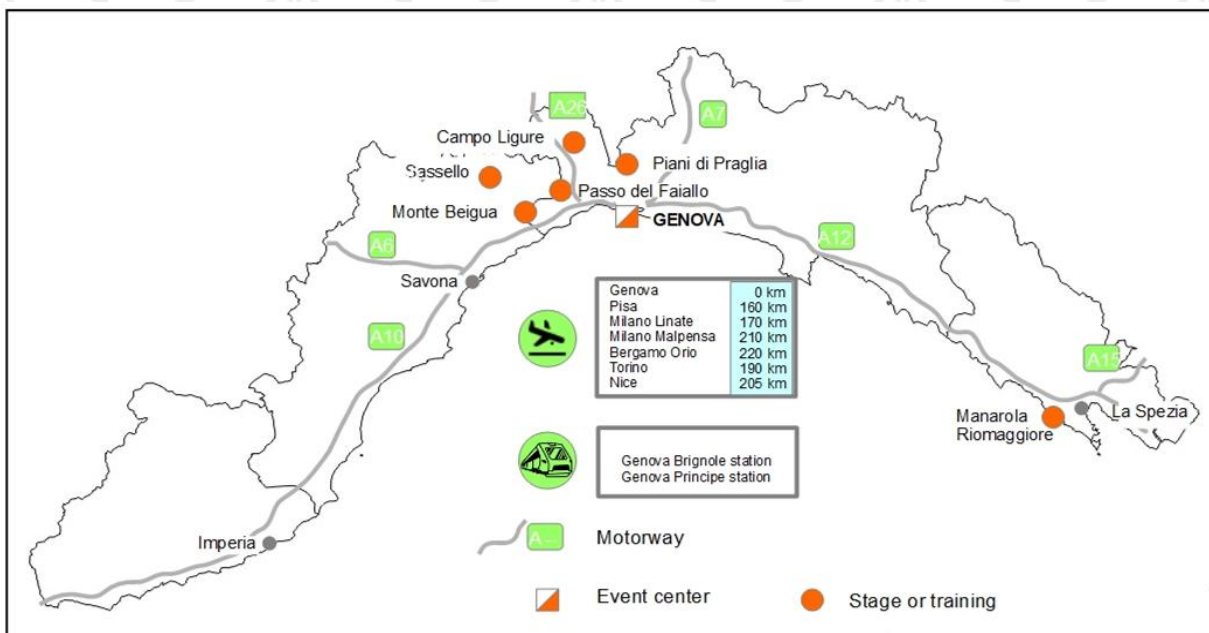
5-11 July 2026

5 GIORNI D'ITALIA
DAYS OF ITALY
ORIENTEERING



Liguria

BULLETTIN 3



PROGRAMME

Sunday 5 July	PROLOGUE	SPRINT	Sassello (Sv)
Monday 6 July	DAY 1	LONG	Beigua- Sassello/ Varazze/Cogoleto
Tuesday 7 July	DAY 2	SPRIDDLE	Genova Pegli
Mercoledì 8 luglio	REST DAY	Orienteering & Tourism 5 terre – Riomaggiore (Sp)	
Giovedì 9 July	DAY 3	MIDDLE	Passo del Faiallo Urbe (Sv)
Venerdì 10 July	DAY 4	MIDDLE	Piani di Praglia - Ceranesi (Ge)
Saturday 11 July	DAY 5	SPRINT	Genova Porto Antico
Da Sunday 5 a Saturday 11 luglio	TRAINING	URBAN	Campo Ligure (Ge)
Da Sunday 5 a Saturday 11 luglio	MODEL EVENT	FOREST	Monte Beigua – Cogoleto (Ge)

SISTEMA DI PUNZONATURA

For all classes, the SportIdent punching system will be used. Air+ (touch-free) mode will be activated.

DESCRIZIONE PUNTI

Control descriptions for all five stages will be available:

- printed on paper in **symbolic format** for all classes
- at the start in **symbolic and textual format** (see class-specific details)

START LIST AND RESULTS

Available at <https://app.liveresults.it>

LIVELOX

After each stage, athletes may upload their GPS track to: www.livelox.com

MAP COLLECTION

Maps will not be collected at the finish. Fair play is expected from all participants.

PRIZES

For each class, the top 5 athletes in the overall ranking will be awarded, provided they have completed at least 4 out of the 5 races. No prizes are foreseen for Direct and Beginners classes.

5 DAYS SCORING RULES

For each class (except Beginners and Direct classes, which have no overall ranking), the following points will be assigned:

- 25 points — 1st place
- 20 points — 2nd place
- 15 points — 3rd place
- 12 points — 4th place
- 11 points — 5th place
- From 6th to 15th place: points decrease by 1 per position, down to 1 point
- All finishers beyond 15th place receive 1 point

In case of a tie in a single race, all athletes with the same time receive the points corresponding to the best position; the next athlete receives points for their actual position.

In case of a tie in the final overall ranking, the tie remains.

If one or more stages are cancelled (even for specific classes only), the final ranking will be based on the valid stages.

5 DAYS – WOC COMPARISON TABLE

We have arranged the schedule so that you can both compete in your races and enjoy the World Championships as spectators.

Day	July 5	July 6	July 7	July 8	July 9	July 10	July 11
	Prologue Start 10AM	1 [^] stage Start 10 AM	2 [^] stage Start 10 AM	Rest Day	3 [^] stage Start 02 PM	4 [^] stage Start 09 AM	5 [^] Stage Start 10 AM
	Arrival	Model Event	Opening Ceremony To 01:30 PM Finals Sprint To 02:05 PM	Rest Day	KO Qualification From 09 AM To 12 PM	KO Quarter finals from 01 PM Finals from 04:20PM	Sprint Relay Start 03:40 PM
Time Distance		65'	10'		50'	50'	5'

MEDICAL ASSISTANCE

Sassello	CRI Sassello
Beigua	CRI Stella
Pegli – Genova	CRI Voltri
Passo del Fallo	CRI Masone
Piani di Praglia	CRI Ceranesi
Centro Storico – Genova	CRI Comitato Genova

DAY 0 – Sunday 5 – Sprint Distance

Sassello (SV)

Scale 1:3000
Contour Interval 2,5 meters
Map surveyed Marzo 2026
Surveyors Samuele Curzio



MEETING POINT

From 09.00 at “Ex scuola elementare” viale G. Marconi 2
<https://maps.app.goo.gl/RKtHyC5PgKuLRT756>

RACE OFFICE

Located at the meeting point, open from 09,00 to 15,00



ARENA

Piazza Concezione 10 <https://maps.app.goo.gl/AyDf6tADku9T7V4N6>



PARKING

Stadio A. Badano <https://maps.app.goo.gl/Cr4FhG6e6nr4VUY2A>

START

The start is located **400 m from the meeting point**; follow the **white-red tapes**.

Start procedure:

- **Free start**, supervised by the start official
- Start window: **10:00–11:00**
- **Punch-start** mode

COURSE DETAILS

DAY 0 Sassello	Km	climb	Number of controls	Scale	Format	Control description
Beginners	1,1	40	9	3000	A4	pictorial
Easy short	1,4	50	11	3000	A4	pictorial
Easy long	1,9	60	13	3000	A4	pictorial
Difficult short	2,5	70	17	3000	A4	pictorial
Difficult long	3,1	80	20	3000	A4	pictorial

Athletes have been grouped into the following five classes:

Beginners: W-10, W-12, M-10, M-12, Beginners

Easy short: W75+, W80+, M75+, M80+, Direct Easy short

Easy long: W-14, W65+, W70+, M-14, M65+, M70+, Direct Easy long

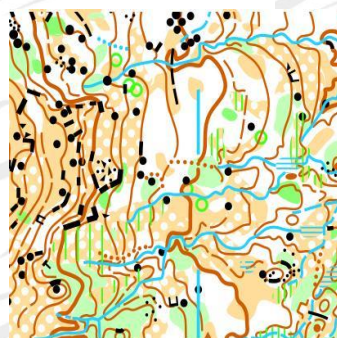
Difficult short: W-16, W21B, W50+, W55+, W60+, M-16, M21B, M50+, M55+, M60+, Direct Difficult short

Difficult long: W-18, W-20, W21E, W21A, W35+, W40+, W45+, M-18, M-20, M21E, M21A, M35+, M40+, M45+, Direct Difficult long

DAY 1 – Monday 6 - Long Distance

Monte Beigua (SV)

Scale	1:10000 / 1:7500 / 1:5000
Contour Interval	5 meters
Map surveyed	June 2026
Surveyors	Viktor Kirianov - Serhiy Usenko - Vadym Prokopchuk
Map approval	n° 1513 del 29/06/2026 – Maurizio Todeschini



MEETING POINT

From 09.00 at Rifugio Prato Rotondo Monte Beigua

<https://maps.app.goo.gl/wdGn2wfJTPeZtNbP8>

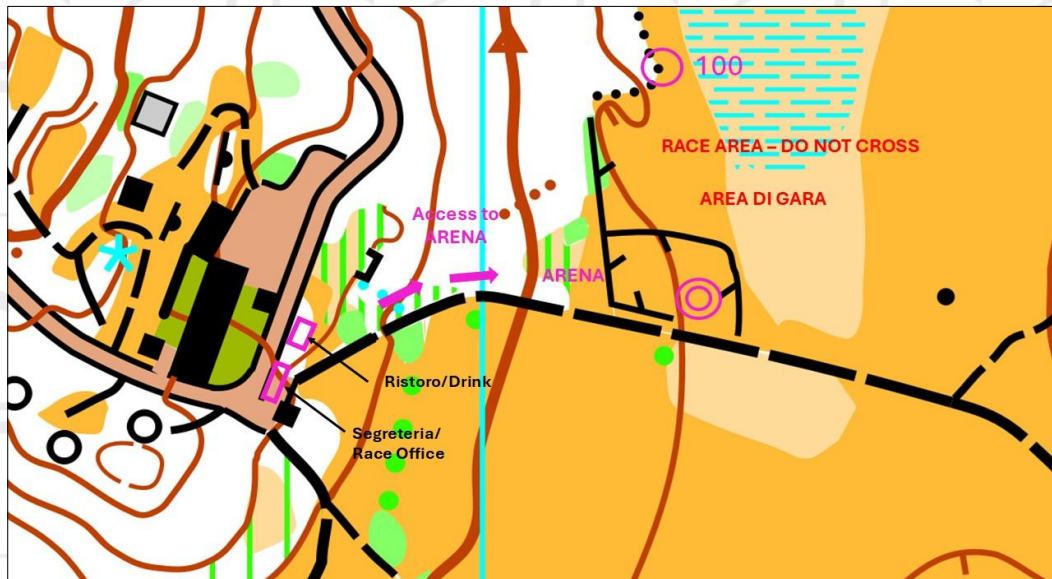
RACE OFFICE

Located at the meeting point, open from 09,00 alle 15,00

ARENA

Approximately 2 minutes walking from the meeting point :

<https://maps.app.goo.gl/Yeu29tPX3Lj8BnY86>



PARKING

Parking 1 at MEETING POINT <https://maps.app.goo.gl/p4V7eKSpveKcf3eP6>

Parking 2 along the provincial road between Prato Rotondo and Beigua summit

Parking 3 along the provincial road between Torbiera del Laione e Prato Rotondo

Parking 4 at rifugio Monte Beigua Vetta <https://maps.app.goo.gl/CiFDAhDuGwAV52Efa>

START

The start is located 1300 m from the meeting point, with 100 m climb. Follow the white tapes.

Start procedure:

- Start from 10:00, with predefined start list
- Punch-start
- Call-up at -4 minutes (Reference: *"Partenze dalle ore 10,00 con griglia prestabilita... chiamata al minuto -4"*)

Some indistinct paths will be taped with white-red ribbons to aid recognition on the terrain.

COURSE DETAILS

DAY 1 Beigua	Km	climb	Number of controls	Scale	Format	Control description
W10	1,93	35	9	5000	A3	textual
W12	2,52	45	11	5000	A3	pictorial
W14	3,25	135	12	10000	A3	pictorial
W16	3,95	160	15	10000	A3	pictorial
W18	4,31	215	13	10000	A3	pictorial
W20	5,15	205	15	10000	A3	pictorial
W21E	8,2	295	19	10000	A3	pictorial
W21A	5,15	205	15	10000	A3	pictorial
W21B	3,25	135	12	10000	A3	pictorial
W35+	5,15	205	15	10000	A3	pictorial
W40+	5,15	205	15	10000	A3	pictorial
W45+	3,51	160	11	10000	A3	pictorial
W50+	3,51	160	11	7500	A3	pictorial
W55+	2,94	110	10	7500	A3	pictorial
W60+	2,94	110	10	7500	A3	pictorial
W65+	2,73	70	9	7500	A3	pictorial
W70+	2,73	70	9	7500	A3	pictorial
W75+	2,23	60	7	7500	A3	pictorial
W80+	2,23	60	7	7500	A3	pictorial

DAY 1 Beigua	Km	climb	Number of controls	Scale	Format	Control description
M10	1,93	35	9	5000	A3	textual
M12	2,52	45	11	5000	A3	pictorial
M14	3,25	135	12	10000	A3	pictorial
M16	4,32	170	15	10000	A3	pictorial
M18	5,15	205	15	10000	A3	pictorial
M20	8,2	295	19	10000	A3	pictorial
M21E	10,39	370	28	10000	A3	pictorial
M21A	6,3	230	14	10000	A3	pictorial
M21B	3,95	160	15	10000	A3	pictorial
M35+	6,3	230	14	10000	A3	pictorial
M40+	6,3	230	14	10000	A3	pictorial
M45+	6,3	230	14	10000	A3	pictorial
M50+	5,3	215	14	7500	A3	pictorial
M55+	4,31	215	13	7500	A3	pictorial
M60+	4,31	215	13	7500	A3	pictorial
M65+	3,51	160	11	7500	A3	pictorial
M70+	2,94	110	10	7500	A3	pictorial
M75+	2,94	110	10	7500	A3	pictorial
M80+	2,23	60	7	7500	A3	pictorial

DAY 1 Beigua	Km	climb	Number of controls	Scale	Format	Control description
Beginners	1,93	35	9	5000	A3	textual
Direct easy short	2,52	45	11	7500	A3	textual
Direct easy long	3,25	135	12	7500	A3	textual
Direct difficult short	6,3	230	14	7500	A3	pictorial
Direct difficult long	2,73	70	9	10000	A3	pictorial

DAY 2 – Tuesday 7 - “Spriddle” Distance

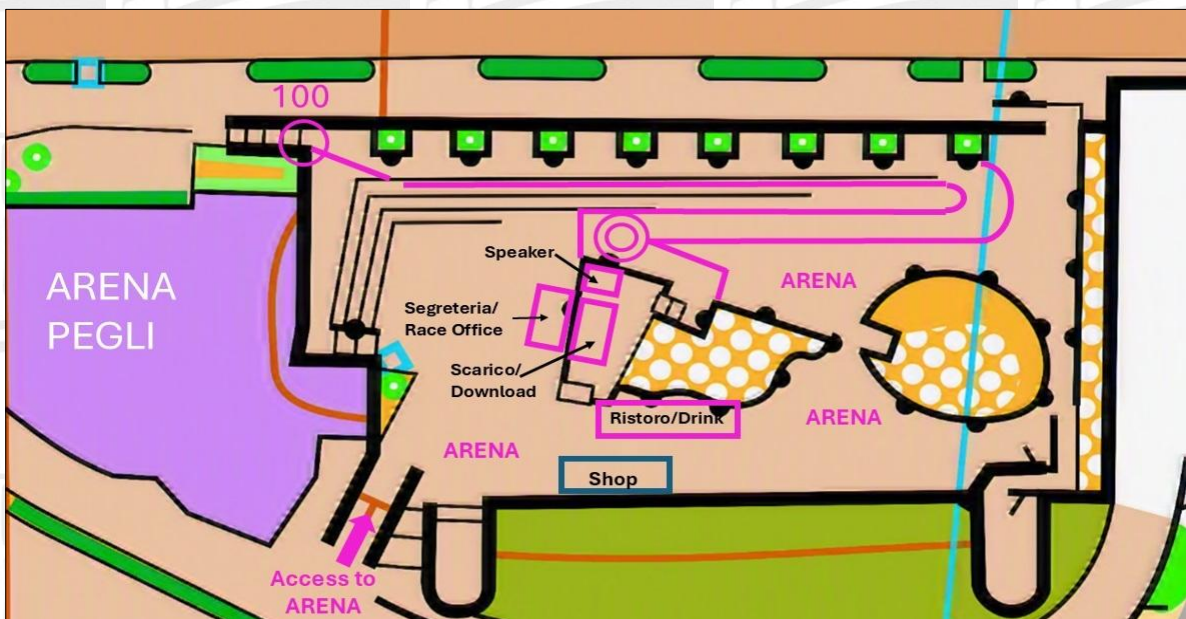
Genova Pegli

Scale	1:4000 / 1:3000
Contour Interval	2,5 meters
Map surveyed	Maggio 2026
Surveyors	Samuele Curzio
Map approval	n° 1507 del 05/06/2026 – Maurizio Todeschini



MEETING POINT AND ARENA

From 09.00 at Arena degli artisti <https://maps.app.goo.gl/7QQudkJSkgMgDbhg9>



RACE OFFICE

Located at the meeting point, open from 09,00 alle 13,00

PARKING

Parking: Genova Prà. From the parking area:

- Option 1 — Bus: Take AMT bus line 1 from stop “PRA7/FS” (in front of the parking). Get off at “Lungomare Pegli 2/Varenna”, then follow signs for 200 m.
- Option 2 — Train: Board at “Genova Prà” station (seaside side of the parking). Get off at “Genova Pegli”, then follow signs for 500 m.

Estimated travel time for both options: ~15 minutes.

To use the parking, competitors must collect the parking voucher at the race office.

START

The start is located 1000 m from the meeting point; follow the white-red tapes.

Start procedure:

- Start from 10:00, with predefined start list
- Punch-start
- Call-up at -4 minutes

COURSE SETTER'S NOTES

Competitors are reminded that walls and fences marked as uncrossable according to ISSprOM 2019 (symbols 515 and 518, 0.4 mm thickness) must not be crossed.

Some fences and walls will be additionally taped with WOC2026 tape to highlight the prohibition.

Organizers may conduct checks: Crossing or climbing these features is strictly forbidden.

COURSE DETAILS

DAY 2 Pegli	Km	climb	Number of controls	Scale	Format	Control description
W10	1,6	10	14	3000	A3	textual
W12	2,1	20	15	3000	A3	pictorial
W14	2,4	60	12	4000	A3	pictorial
W16	3,1	50	17	4000	A3	pictorial
W18	3,8	75	18	4000	A3	pictorial
W20	4,1	90	20	4000	A3	pictorial
W21E	4,4	130	20	4000	A3	pictorial
W21A	3,8	75	18	4000	A3	pictorial
W21B	3,1	70	17	4000	A3	pictorial
W35+	3,8	75	18	4000	A3	pictorial
W40+	3,4	60	16	4000	A3	pictorial
W45+	3,4	60	16	4000	A3	pictorial
W50+	2,9	45	15	3000	A3	pictorial
W55+	2,9	45	15	3000	A3	pictorial
W60+	2,4	60	12	3000	A3	pictorial
W65+	2,4	60	12	3000	A3	pictorial
W70+	1,9	20	12	3000	A3	pictorial
W75+	1,9	20	12	3000	A3	pictorial
W80+	1,5	10	9	3000	A3	pictorial

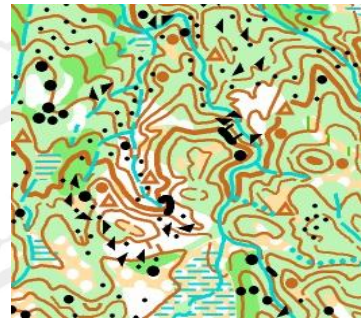
DAY 2 Pegli	Km	climb	Number of controls	Scale	Format	Control description
M10	1,6	10	14	3000	A3	textual
M12	2,1	20	15	3000	A3	pictorial
M14	3,1	50	17	4000	A3	pictorial
M16	3,4	60	16	4000	A3	pictorial
M18	4,4	130	20	4000	A3	pictorial
M20	5,7	160	23	4000	A3	pictorial
M21E	5,7	160	23	4000	A3	pictorial
M21A	4,4	130	20	4000	A3	pictorial
M21B	3,4	60	16	4000	A3	pictorial
M35+	4,4	130	20	4000	A3	pictorial
M40+	4,1	90	20	4000	A3	pictorial
M45+	4,1	90	20	4000	A3	pictorial
M50+	3,3	60	15	3000	A3	pictorial
M55+	3,3	60	15	3000	A3	pictorial
M60+	2,9	45	15	3000	A3	pictorial
M65+	2,9	45	15	3000	A3	pictorial
M70+	1,9	20	12	3000	A3	pictorial
M75+	1,9	20	12	3000	A3	pictorial
M80+	1,5	10	9	3000	A3	pictorial

DAY 2 Pegli	Km	climb	Number of controls	Scale	Format	Control description
Beginners	1,6	10	14	3000	A3	textual
Direct easy short	2,1	20	15	3000	A3	textual
Direct easy long	3,1	50	17	3000	A3	textual
Direct difficult short	3,3	60	15	4000	A3	pictorial
Direct difficult long	4,1	90	20	4000	A3	pictorial

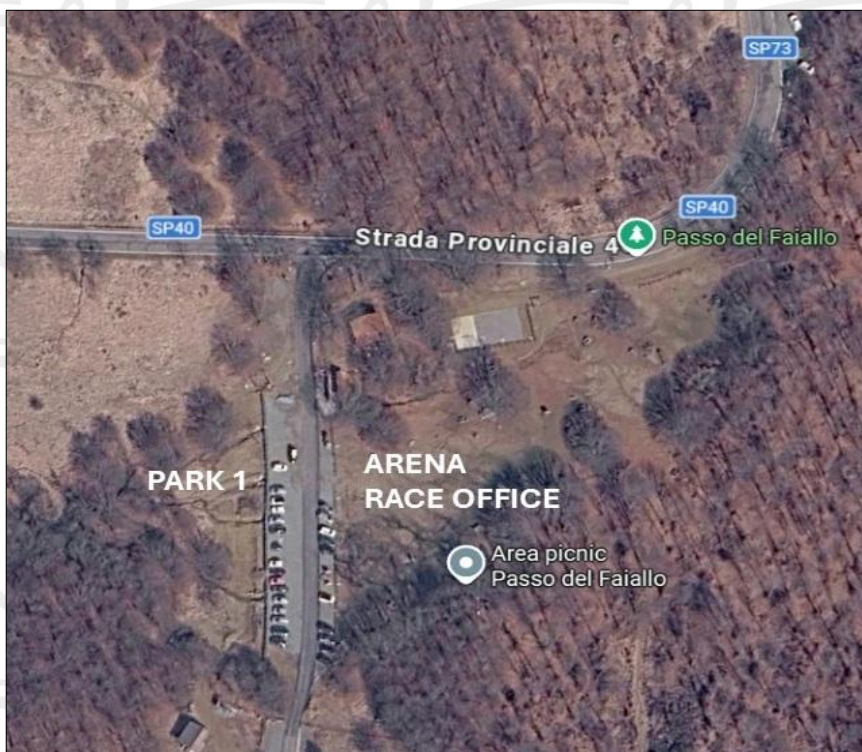
DAY 3 – Tuesday 9 - Middle Distance

Passo del Faiallo – Urbe (SV)

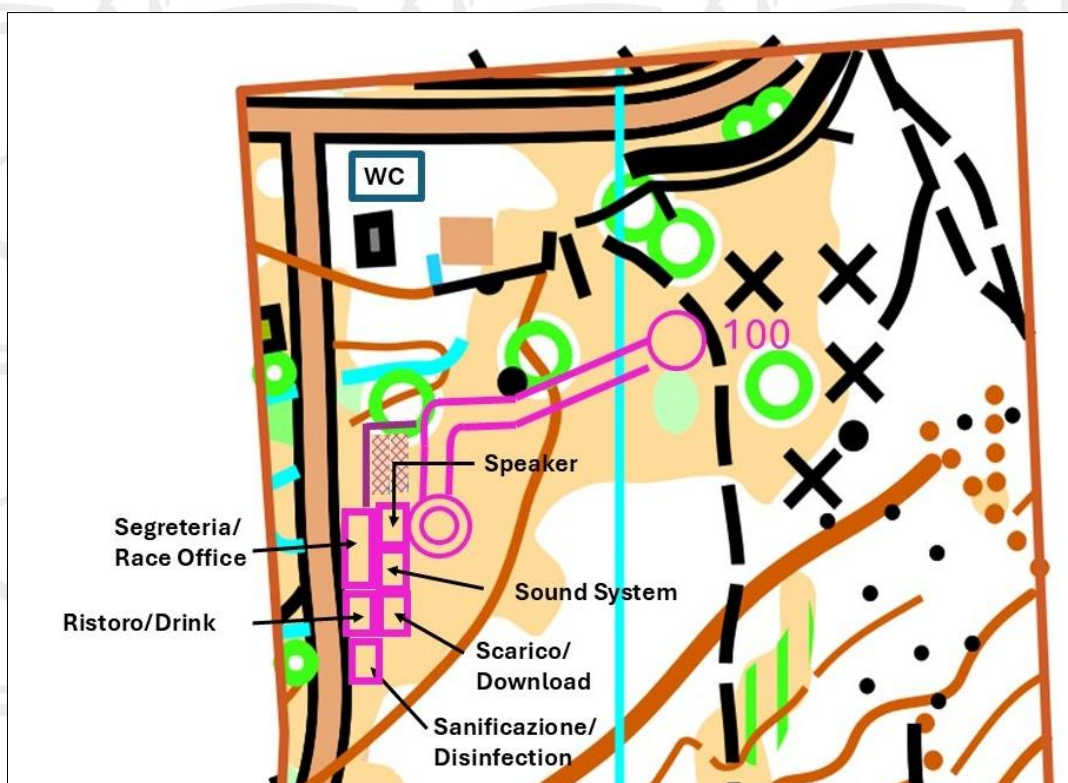
Scale	1:7500		
Contour Interval	5 meters		
Map surveyed	April 2024	Updated	Maggio 2026
Surveyors	Francesco Buselli		
Map approval	n° 1363 del 27/05/2024 – Alessio Tenani		



MEETING POINT AND ARENA



From 11.00 at Area Pic-Nic <https://maps.app.goo.gl/wmFxfiqnj7zNmbz8>



RACE OFFICE

Located at the meeting point, open from 11,00 alle 17,00

PARKING

- Park 1: at the meeting point
- Park 2: along the provincial road near the junction to the meeting point

Competitors must follow the instructions of traffic volunteers.

START

The start is located 1200 m from the meeting point; follow the white-red tapes.

Start procedure:

- Start from 14:00, with predefined start list
- Punch-start
- Call-up at -4 minutes

COURSE SETTER'S NOTES

Near the last control, all classes will encounter a mandatory crossing, supervised by organizers. Crossing or following the main asphalt road at any other point is strictly forbidden.

For longer courses, control #100 will be used both as last control and spectator control, and must therefore be punched twice.

Some indistinct paths will be taped with white-red ribbons to aid recognition on the terrain.

COURSE DETAILS

DAY 3 Praglia	Km	climb	Number of controls	Scale	Format	Control description
W10	1,5	70	7	7500	A4	textual
W12	1,7	85	10	7500	A4	pictorial
W14	2,5	100	12	7500	A4	pictorial
W16	2,5	125	13	7500	A4	pictorial
W18	3,6	185	15	7500	A4	pictorial
W20	3,9	195	19	7500	A4	pictorial
W21E	4,7	240	20	7500	A4	pictorial
W21A	3,9	195	19	7500	A4	pictorial
W21B	2,5	125	13	7500	A4	pictorial
W35+	3,9	195	19	7500	A4	pictorial
W40+	3,6	185	15	7500	A4	pictorial
W45+	3,6	185	15	7500	A4	pictorial
W50+	2,5	150	13	7500	A4	pictorial
W55+	2,5	150	13	7500	A4	pictorial
W60+	2,5	105	11	7500	A4	pictorial
W65+	2,5	105	11	7500	A4	pictorial
W70+	2,1	90	8	7500	A4	pictorial
W75+	2,2	95	10	7500	A4	pictorial
W80+	2,2	95	10	7500	A4	pictorial

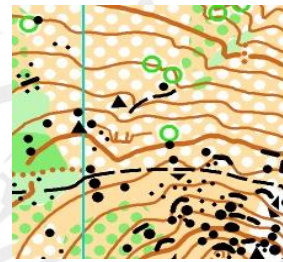
DAY 3 Praglia	Km	climb	Number of controls	Scale	Format	Control description
M10	1,5	70	7	7500	A4	textual
M12	1,7	85	10	7500	A4	pictorial
M14	2,5	100	12	7500	A4	pictorial
M16	2,5	150	13	7500	A4	pictorial
M18	4,3	210	20	7500	A4	pictorial
M20	4,5	235	20	7500	A4	pictorial
M21E	5,4	260	24	7500	A4	pictorial
M21A	4,3	210	20	7500	A4	pictorial
M21B	3,6	185	15	7500	A4	pictorial
M35+	4,7	240	20	7500	A4	pictorial
M40+	4,5	235	20	7500	A4	pictorial
M45+	4,3	210	20	7500	A4	pictorial
M50+	3,8	190	18	7500	A4	pictorial
M55+	3,9	195	19	7500	A4	pictorial
M60+	2,9	150	11	7500	A4	pictorial
M65+	2,9	150	11	7500	A4	pictorial
M70+	2,1	90	8	7500	A4	pictorial
M75+	2,1	90	8	7500	A4	pictorial
M80+	2,2	95	10	7500	A4	pictorial

DAY 3 Praglia	Km	climb	Number of controls	Scale	Format	Control description
Beginners	1,7	85	10	7500	A4	textual
Direct easy short	2,5	100	12	7500	A4	textual
Direct easy long	2,5	125	13	7500	A4	textual
Direct difficult short	3,6	185	15	7500	A4	Pictorial
Direct difficult long	4,7	240	20	7500	A4	Pictorial

DAY 4 – Friday 10 - Middle Distance

Piani di Praglia – Ceranesi (GE)

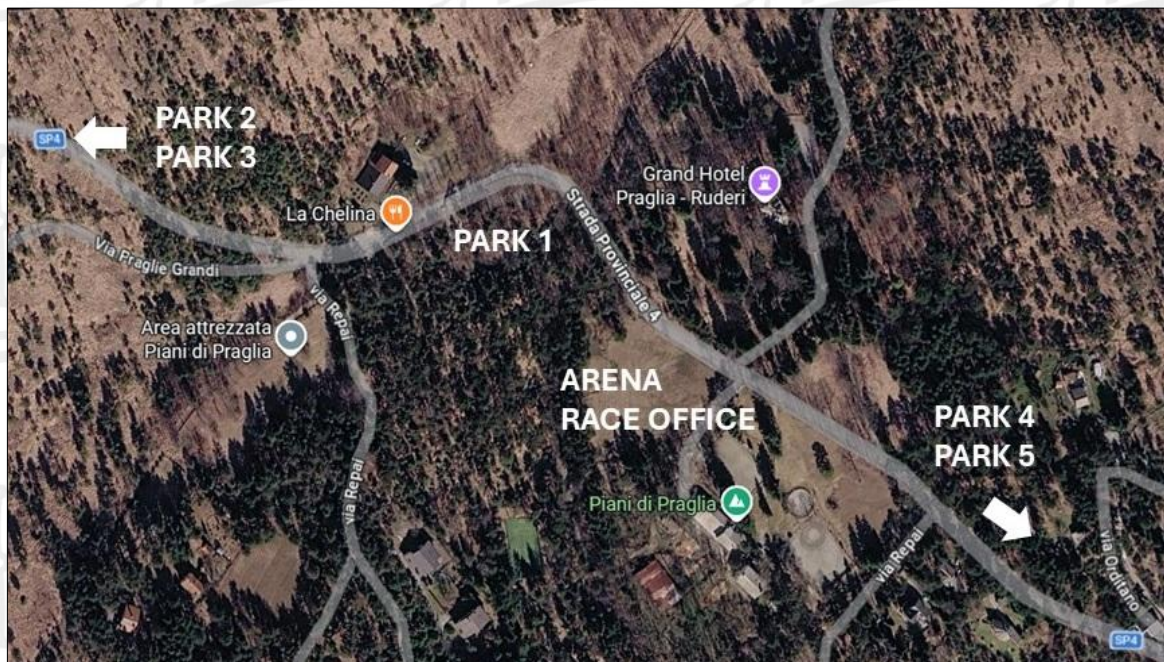
Scale	1:7500		
Contour Interval	5 meters		
Map surveyed	June 2023	Updated	May 2026
Surveyors	Francesco Buselli		
Map approval	n° 1316 del 21/07/2023 – Emiliano Corona		



MEETING POINT AND ARENA

From 08.00 at ASPORT scuola equitazione, SP4 Piani di Praglia, Ceranesi (Ge)

<https://maps.app.goo.gl/9uvym2P74tcGXZKX9>





RACE OFFICE

Located at the meeting point, open from 08,00 alle 13,00

PARKING

Park 1 <https://maps.app.goo.gl/A653dSe3TxW2vqjZ9>

Park2 <https://maps.app.goo.gl/KK7PfhCMmSuD59q38>

Park3 <https://maps.app.goo.gl/vuo4JGbMVB6goJXw8>

Park4 <https://maps.app.goo.gl/Mn2oodoqnjv2DeRP9>

Park5 <https://maps.app.goo.gl/hUsDPb6jGALU8bVE7>

Park6 <https://maps.app.goo.gl/zwqRqCuuEeorB6Ex9>

Competitors must follow the instructions of traffic volunteers.

START

The start is located 1500 m from the meeting point; follow the white-red tapes.

Start procedure:

- Start from 09:00, with predefined start list
- Punch-start
- Call-up at -4 minutes

COURSE SETTER'S NOTES

The terrain is highly uneven; athletes prone to ankle sprains are strongly advised to use taping.

Some indistinct paths will be taped with white-red ribbons to aid recognition.

In the final part of the course, several areas marked with magenta cross-hatching (symbol 709 "Out-of-bounds area") are strictly forbidden to enter — violation leads to disqualification.

A road crossing is required to reach the last control; competitors must pay attention and follow any instructions from race staff.

COURSE DETAILS

DAY 4 Piani di Praglia	Km	climb	Number of controls	Scale	Format	Control description
W10	1,54	35	7	7500	A4	textual
W12	1,7	55	9	7500	A4	pictorial
W14	2,54	85	12	7500	A4	pictorial
W16	2,48	110	13	7500	A4	pictorial
W18	2,83	95	13	7500	A4	pictorial
W20	3,16	145	14	7500	A4	pictorial
W21E	3,29	190	16	7500	A4	pictorial
W21A	2,56	120	12	7500	A4	pictorial
W21B	2,48	110	13	7500	A4	pictorial
W35+	3,05	100	13	7500	A4	pictorial
W40+	2,83	95	13	7500	A4	pictorial
W45+	2,83	95	13	7500	A4	pictorial
W50+	2,1	105	10	7500	A4	pictorial
W55+	2,1	105	10	7500	A4	pictorial
W60+	2	55	10	7500	A4	pictorial
W65+	2	55	10	7500	A4	pictorial
W70+	1,83	60	60	7500	A4	pictorial
W75+	1,83	60	60	7500	A4	pictorial
W81+	1,64	60	8	7500	A4	pictorial

DAY 4 Piani di Praglia	Km	climb	Number of controls	Scale	Format	Control description
M10	1,54	35	7	7500	A4	textual
M12	1,7	55	9	7500	A4	pictorial
M14	2,54	85	12	7500	A4	pictorial
M16	2,56	120	12	7500	A4	pictorial
M18	3,05	100	13	7500	A4	pictorial
M20	3,56	190	17	7500	A4	pictorial
M21E	4,43	195	19	7500	A4	pictorial
M21A	3,16	145	14	7500	A4	pictorial
M21B	2,56	120	12	7500	A4	pictorial
M35+	3,56	190	17	7500	A4	pictorial
M40+	3,29	190	16	7500	A4	pictorial
M45+	3,16	145	14	7500	A4	pictorial
M50+	3,05	100	13	7500	A4	pictorial
M55+	3,05	100	13	7500	A4	pictorial
M60+	2,17	115	11	7500	A4	pictorial
M65+	2,17	115	11	7500	A4	pictorial
M70+	1,83	60	60	7500	A4	pictorial
M75+	1,83	60	60	7500	A4	pictorial
M81+	1,64	60	8	7500	A4	pictorial

DAY 4 Piani di Praglia	Km	climb	Number of controls	Scale	Format	Control description
Beginners	1,7	55	9	7500	A4	textual
Direct easy short	1,54	35	7	7500	A4	textual
Direct easy long	2,54	85	12	7500	A4	textual
Direct difficult short	2,48	110	13	7500	A4	pictorial
Direct difficult long	2,83	95	13	7500	A4	pictorial

DAY 5 – Saturday 11 - Sprint Distance

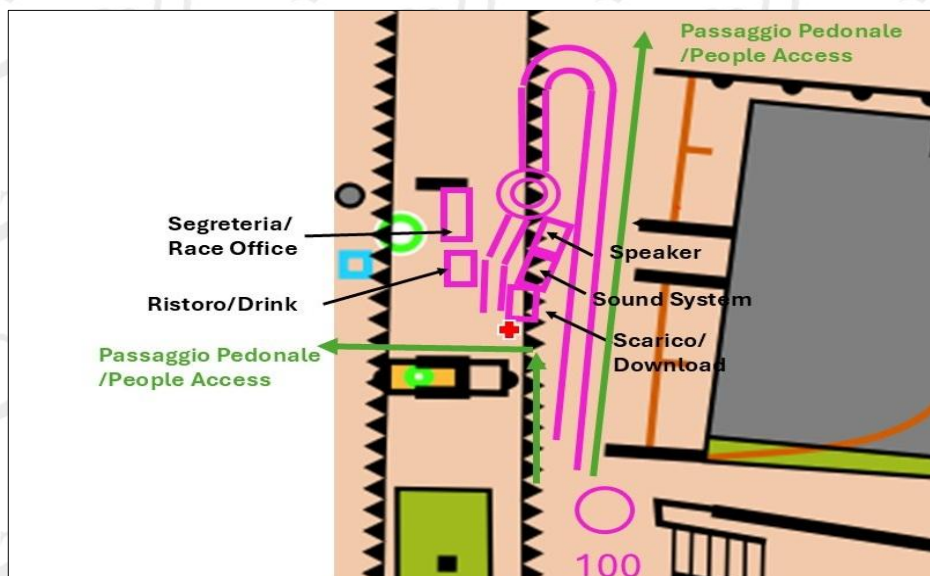
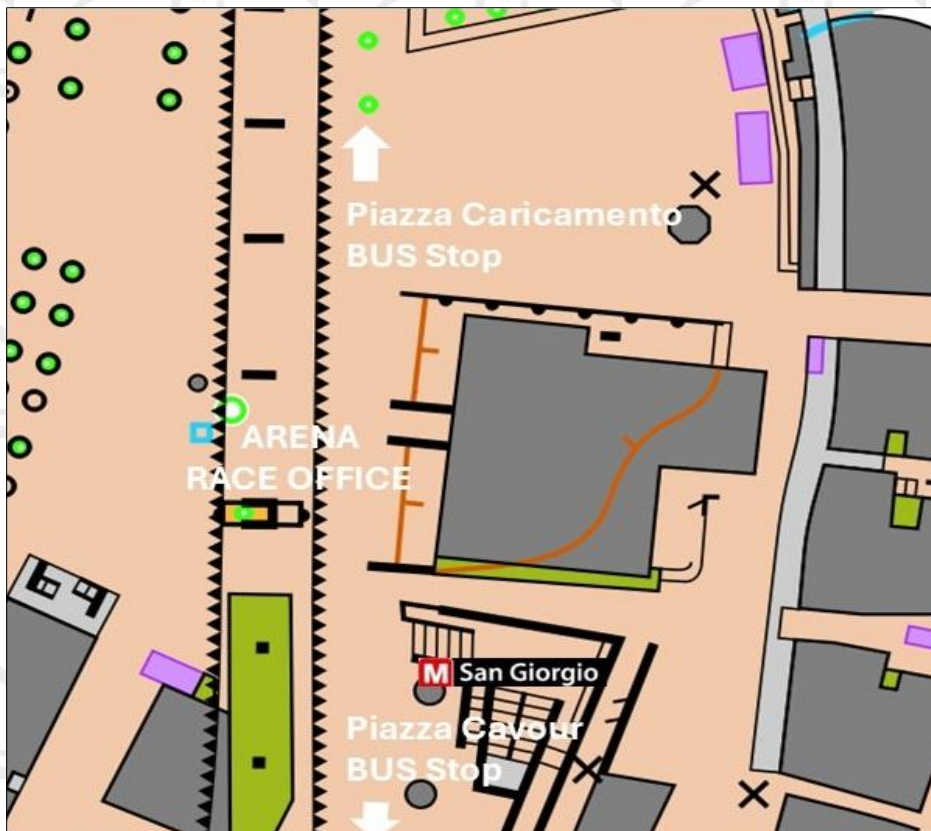
Genova Porto Antico

Scale	1:4000 / 1:3000
Contour Interval	2,5 meters
Map surveyed	Maggio 2026
Surveyors	Samuele Curzio
Map approval	n° 1508 del 31/05/2026 – Alessio Tenani



MEETING POINT AND ARENA

From 09.00, piazza Caricamento <https://maps.app.goo.gl/MF7XGBfeWwxCFesAA>



RACE OFFICE

Located at the meeting point, open from 09,00 alle 13,00

PARKING

Park Marina Porto antico <https://maps.app.goo.gl/sUi7cbR3pgJgEjBT7>

Park acquario <https://maps.app.goo.gl/kLYsQoqXij1VkXFr8>

WARNING: Both parking areas are paid parking facilities. There is no possibility of free parking in the city centre of Genova.

START

Start is located 200 m from the Meeting Point; follow the white-red tapes.

Start procedure:

- Start from 10:00, with predefined start list
- Punch-start
- Call-up at -4 minutes

COURSE SETTER'S NOTES

An artificial barrier will be present on the longer courses.

Competitors are reminded that walls and fences marked as uncrossable according to ISSprOM 2019 (symbols 515 and 518, 0.4 mm thickness) must not be crossed.

In some locations, fences and walls will be additionally taped with WOC2026 tape to highlight the prohibition.

Organizers may conduct checks: Crossing or climbing these features is strictly forbidden.

Pay attention to the large number of tourists and local residents in the area:

do not push; slow down when turning around building corners; in case of accidental collisions, stop and provide assistance.

PRIZE-GIVING CEREMONY

At the end of the event, the overall prize-giving ceremony for the 5 Days of Italy 2026 will take place.

COURSE DETAILS

DAY 5 Genova porto an- tico	Km	climb	Number of controls	Scale	Format	Control descrip- tion
W10	1,4	20	16	3000	A4	textual
W12	1,9	20	19	3000	A4	pictorial
W14	2,3	20	18	4000	A4	pictorial
W16	3	20	20	4000	A4	pictorial
W18	3,3	20	20	4000	A4	pictorial
W20	3,5	25	23	4000	A4	pictorial
W21E	3,5	30	24	4000	A4	pictorial
W21A	3,3	20	20	4000	A4	pictorial
W21B	3	20	20	4000	A4	pictorial
W35+	3,3	20	20	4000	A4	pictorial
W40+	3,2	20	21	4000	A4	pictorial
W45+	3,2	20	21	4000	A4	pictorial
W50+	2,4	20	20	3000	A4	pictorial
W55+	2,4	20	20	3000	A4	pictorial
W60+	2,3	20	18	3000	A4	pictorial
W65+	2,3	20	18	3000	A4	pictorial
W70+	2	20	15	3000	A4	pictorial
W75+	2	20	15	3000	A4	pictorial
W80+	1,7	15	14	3000	A4	pictorial

DAY 5 Genova porto an- tico	Km	climb	Number of controls	Scale	Format	Control descrip- tion
M10	1,4	20	16	3000	A4	textual
M12	1,9	20	19	3000	A4	pictorial
M14	3	20	20	4000	A4	pictorial
M16	3,2	20	21	4000	A4	pictorial
M18	3,5	30	24	4000	A4	pictorial
M20	4	60	25	4000	A4	pictorial
M21E	4	60	25	4000	A4	pictorial
M21A	3,5	30	24	4000	A4	pictorial
M21B	3,2	20	21	4000	A4	pictorial
M35+	3,5	30	24	4000	A4	pictorial
M40+	3,5	25	23	4000	A4	pictorial
M45+	3,5	25	23	4000	A4	pictorial
M50+	3,2	30	21	3000	A4	pictorial
M55+	3,2	30	21	3000	A4	pictorial
M60+	2,4	20	20	3000	A4	pictorial
M65+	2,4	20	20	3000	A4	pictorial
M70+	2	20	15	3000	A4	pictorial
M75+	2	20	15	3000	A4	pictorial
M80+	1,7	15	14	3000	A4	pictorial

DAY 5 Genova porto an- tico	Km	climb	Number of controls	Scale	Format	Control descrip- tion
Beginners	1,4	20	16	3000	A4	textual
Direct easy short	1,9	20	19	3000	A4	textual
Direct easy long	3	20	20	3000	A4	textual
Direct difficult short	2,4	20	20	4000	A4	pictorial
Direct difficult long	3,5	25	23	4000	A4	pictorial
IOF Family	3,5	30	23	3000	A4	pictorial

ORIENTEERING AND TOURISM

Wednesday 8 July

RIOMAGGIORE – CINQUE TERRE

Ready for a fun orienteering game in the stunning scenery of the Cinque Terre? With your map in hand, you'll try to solve the riddles scattered around the beautiful seaside villages of Manarola and Riomaggiore, with the special chance to walk along the famous Via dell'Amore.

You can enjoy the day exactly the way you like: running through the narrow streets, taking a relaxed stroll, treating yourself to a good gelato or a slice of focaccia, or even jumping into the sea for a refreshing swim. It's completely up to you to choose the pace of this fantastic adventure!

A perfect opportunity to combine relaxation, exploring the area, and your love for orienteering.



Orienteering and Tourism

5 Terre

Manarola-Riomaggiore

Fee : 20 euros

2 map + exclusive access to "via dell'amore"

Subscription : iscrizioniaao@gmail.com

Pay: IT55E0538701411000003861810

BIC: BPMOIT22XXX **reason:** REST DAY

Beneficiary: Comitato Genova 2026

Logistics & Transportation Info

Map & Pass Pick-Up

You'll need to pick up your orienteering game maps and your Via dell'Amore pass at the race office by July 7.

How to Reach the Start Point (July 8)

- **By train from Genova:** You can leave from Genova (Brignole or Principe stations), change trains in Levanto, and then continue on the "5 Terre Express". This option is highly recommended, since parking in Manarola is very difficult.
- **By car:** You can drive to **Manarola**, park in the designated parking area, and start your route from there. From Manarola, you can then choose how to reach **Riomaggiore**: walking along the famous **Via dell'Amore**, or taking the **5 Terre Express**, the dedicated train service that quickly connects the villages.

Costs & What's Included

- **Included in the registration fee:** Course maps, Official passes, Exclusive access to the Via dell'Amore
- **Not included (participant's responsibility):** Travel expenses (fuel/tolls), train tickets and parking fees

At the end of the activity, every participant will receive a small gadget as a souvenir of the day by



TRAINING & MODEL EVENT – 5 to 12 July 2026

Throughout the whole week, you'll have access to **two training options** (urban and forest), with controls placed on the terrain for the entire duration of the event.

You can pick up the maps starting from **Saturday 4 July** at the event center "**Sala Quadrivium**", Piazza Santa Marta 2, Genova. Alternatively, you can collect them directly at the **Race Office** of each competition venue.

Course Options

You'll receive a **full map** showing all the controls placed on the terrain. From there, you're completely free to choose how to run your training session:

- **Custom route:** Pick the controls you prefer and create the route that best fits your technical needs.
- **Suggested route:** Follow the course recommended by the Technical Director.

Training sessions are **free of charge** for all participants registered for the "**5 Days of Italy 2026**"!

1) Campo Ligure – *Training urban*

Parking Piazzale Europa 44°32'23.9"N 8°41'44.9"E

Scale 1:3000 / 1:4000

2) Monte Beigua – *Model Event forest*

Parking Rifugio Prato Rotondo 44°25'41.7"N 8°35'13.6"E

Scale 1:7500 / 1:10000