FEDERAZIONE ITALIANA SPORT ORIENTAMENTO

ARRTE

ÆTERNA ROMA
RUN ORIENTEERING WEEK 2026

Dipartimento per le Politiche Giovanili e il Servizio Civile Universale
Presidenza del Consiglio dei Ministri

Ministro per lo Sport e i Giovani

Aeterna Roma Run-Orienteering Week 2026

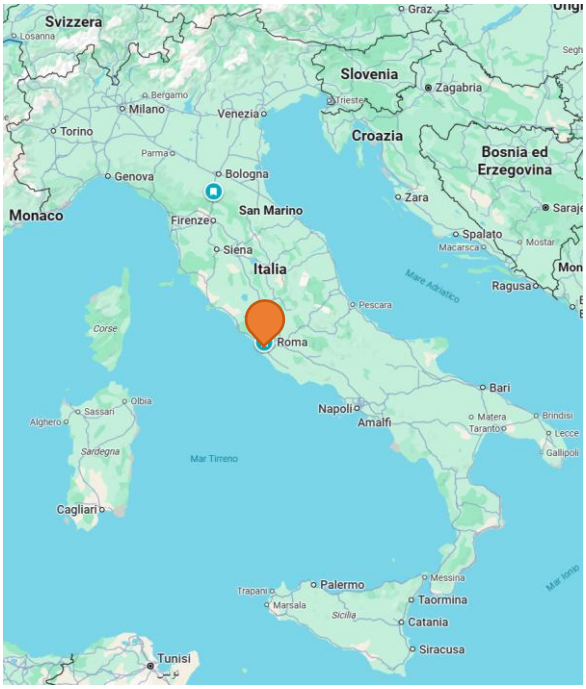
Bulletin 2

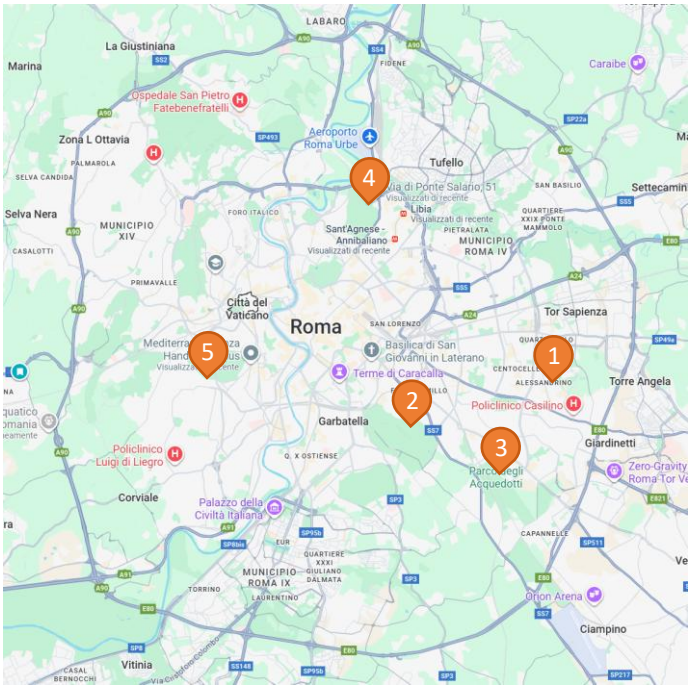
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FISO – Italian Orienteering Federation is proud to welcome you to Rome – the "Eternal City" – in this 5-day orienteering event featuring competitions in the historical parks of Parco dell'Appia Antica, Villa Doria Pamphilj and Villa Ada Savoia.

Please refer to the event's website **https://www.arrte.it** and for any further specific information about the events.

WHEREABOUTS AND PROGRAMME





Please refer to "Embargoed Areas" section of this document in order to check the competition areas that are prohibited to enter for potential competitors

1. **TOR TRE TESTE / Wednesday 04.11.2026 / Prolonged Sprint distance [prologue]**
   Race office: Stadio A. Nori / largo Serafino Cevasco – GPS: 41.881583, 12.583710
   12.30 Race office opens
   14.00 First start
   15.30 Last start

2. **PARCO DELLA CAFFARELLA / Thursday 05.11.2026 / Score [prologue]**
   Race office: picnic area along viale Mario Leigheb – GPS: 41.866753, 12.524046
   13.00 Race office opens
   14.30 First mass start
   15.00 Last mass start

3. **PARCO DEGLI ACQUEDOTTI / Friday 06.11.2026 / Sprint distance**
   Race office: Circolo Bocciofilo San Policarpo / via Lemonia 50 (park side) – GPS: 41.851734, 12.558114
   13.00 Race office opens
   14.00 First start
   15.30 Last start

4. **VILLA ADA SAVOIA / Saturday 07.11.2026 / Middle distance**
   Race office: laghetto di Villa Ada / piazza Nelson Mandela – GPS: 41.934823, 12.504740
   9.00 Race office opens
   10.00 First start
   11.30 Last start

5. **VILLA DORIA PAMPHILJ / Sunday 08.11.2026 / Middle distance**
   Race office: Istituto S.Maria della Provvidenza / via Nocetta, 29 – GPS: 41.880237, 12.437565
   9.00 Race office opens
   10.00 First start
   11.30 Last start
   13.00 Prize giving (sum of day 3+4+5 race times)

MAPS AND TERRAIN

All maps are printed on water-resistant paper (Pretex 120g). In case of rain, plastic map bags will be available at the Start. Control descriptions are printed on the map and are also available as separate sheets at the Start, in the -2' box.

Tor Tre Teste: located in the eastern outskirts of Rome, this area offers a variety of green spaces and urban landscapes. The park itself consists mainly of open areas dotted with trees and pine tree canopies, crossed by numerous roads and paths, and featuring several archaeological remains. The surrounding urban environment is predominantly residential, with the iconic Jubilee Church of Dives in Misericordia standing out as a major landmark.

Map scale 1:4.000, 2m contours, ISSprOM 2019-2 standard, made in 2008-2018 by Remo Madella, revised in 2026

Latest used map: https://www.livelox.com/Events/Show/156909/i-Sabati-dell-Orsa-2024-25-10

Parco della Caffarella: though it is located less than 2 kilometres from the core of the city, Caffarella Park offers countryside views with mainly open areas, scattered trees and canopies, along with thicker vegetation areas on a quite hilly surface. Its area is included in the Appia Antica Regional Park and hosts a variety of archaeological treasures.

Map scale 1:7.500, 2,5m contours, ISOM 2017-2 standard, made in 2007-2022 by Remo Madella, revised in 2026

Latest used map: https://www.livelox.com/Events/Show/43768/Ogni-Parco-un-Avventura-3

Parco degli Acquedotti: one of the most characteristic "green" places in Rome, two lines of aqueducts run along the extension of this park included in the Appia Antica Regional Park. Quite flat in its morphology, the dominant vegetation type is pine trees, with many other scattered trees. Ruins and other remnants of Roman buildings can be found here and there.

Map scale 1:4.000, 2m contours, ISSprOM 2019-2, made in 2019 by Remo Madella, revised in 2026

Latest used map: https://www.livelox.com/Events/Show/127159/i-Sabati-dell-Orsa-2024-7

Villa Ada Savoia: it's the wildest among of all the "Villas" in Rome, this park offers a variety of different terrain types, all in one. The eastern half reminds other monumental parks, such as Villa Doria Pamphilj, whilst the western part presents itself with wider areas with forest and thick vegetation (mostly impassable or very slow) and a maze of narrow paths, with moderate slopes and few microdetails, too.

Map scale 1:7.500, 5m contours, ISOM 2017-2 standard, made in feb.2026 by Augusto Cavazzani

Previous ISSprOM map: https://www.pierregillain.be/Doma/show_map.php?user=pg&map=191

Villa Doria Pamphilj: monumental park with areas of open land, old pine trees and thicker mediterranean vegetation. Wide network of paths, both large and narrow. The terrain features some climbs and occasional steep slopes but the morphology is often simple. Runnability of the terrain varies from very fast to slow in the areas with the most intricate vegetation and undergrowth.

Map scale 1:7.500, 5m contours, ISOM 2017-2 standard, made in feb.2026 by Augusto Cavazzani

Previous ISSprOM map: https://www.viborgok.dk/DOMA/show_map.php?user=Stig+Barrett&map=1579

CLASSES, COURSES AND MAXIMUM TIME

	Day 1		Day 2		Day 3		Day 4		Day 5	
Scale	1:4.000		1:7.500		1:4.000		1:7.500		1:7.500	
Max. Time	1 hour		30 mins *		1 hour		2 hours		2 hours	
Class	**Length**	**Climb**	**Controls**	**Score**	**Length**	**Climb**	**Length**	**Climb**	**Length**	**Climb**
M Elite	4,8	30	22	420	3,4	25	6,3	100	6,9	170
W Elite	4,4	30	22	420	3,3	25	5,7	90	6,3	150
M 10	1,8	10	15	310	1,9	10	2,6	15	2,3	25
M 14	3,4	25	20	420	2,4	20	2,6	35	3,4	60
M 16	3,8	30	21	400	3,0	20	4,9	80	4,8	120
M 21A	4,2	30	22	420	3,1	25	5,5	85	6,1	140
M 21B	3,8	30	21	400	3,0	20	4,9	80	4,8	120
M 45	4,2	30	22	420	3,1	25	5,5	85	6,1	140
M 50	3,7	30	21	400	3,0	25	5,1	80	5,5	140
M 55	3,8	30	21	400	3,0	20	4,9	80	4,8	120
M 60	3,5	25	21	370	2,6	20	4,4	70	3,8	60
M 65	3,4	25	20	420	2,4	20	3,4	60	3,4	60
M 70	3,3	25	18	330	2,2	15	3,2	60	3,2	50
M 75	2,6	15	18	330	2,2	15	2,6	55	2,9	50
M 81+	2,6	15	18	330	2,2	15	2,6	55	2,9	50
W 10	1,8	10	15	310	1,9	10	2,6	15	2,3	25
W 14	3,3	25	20	420	2,3	20	2,6	35	3,3	50
W 21A	3,7	30	21	400	3,0	25	5,1	80	5,5	140
W 21B	3,5	25	21	370	2,6	20	4,4	70	3,8	60
W 40	3,7	30	21	400	3,0	25	5,1	80	5,5	140
W 45	3,8	25	21	400	2,9	20	4,9	75	4,5	100
W 50	3,8	25	21	400	2,9	20	4,9	75	4,5	100
W 55	3,6	25	21	370	2,6	20	4,6	70	4,1	80
W 60	3,3	25	20	420	2,3	20	3,2	60	3,3	50
W 65	3,3	25	18	330	2,2	15	3,2	60	3,2	50
W 70	2,6	15	18	330	2,2	15	2,6	55	2,9	50
WHITE	1,8	10	15	310	1,9	10	2,6	15	2,3	25
RED	3,8	25	21	400	2,9	20	4,9	75	4,5	100
BLACK	4,2	30	22	420	3,1	25	5,5	85	6,1	140

*** In the Score race, competitors exceeding the maximum time won't be disqualified but they will incur a 10-point penalty for each additional minute or fraction thereof.**

Competitors in classes highlighted in the table will need to turn their maps over during the course (MAP FLIP). Their maps will therefore be printed on A3 paper, folded in half, resulting in an A4 double sided.

Please note that, due to a lack of entries or fewer than three entries, some classes have been merged. Please check whether your class has been merged with another one: W16 to W21B, W18 and W35 to W21A, W75 to W70, M40 to M21A

NEW ENTRIES AND CLASS CHANGES

On each competition day, new entries will be accepted for Open/Colour Classes only
WHITE = Beginners, RED = Intermediate, BLACK = Advanced

The entry fee for new entries is 18€ per day plus 3€ per day for SI-card rental. Payment is accepted in cash only.

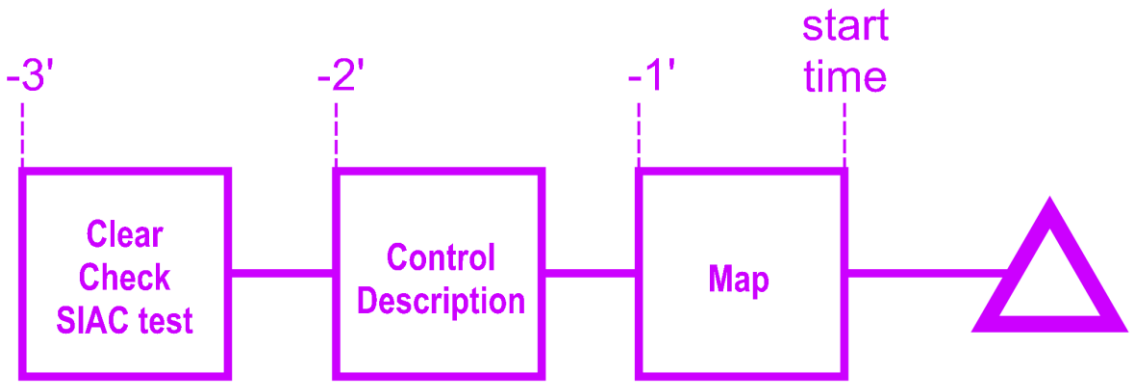
Class changes are possible at a fee of €10 per day.

START DISTANCE AND PROCEDURE

To reach the Start, follow the IOF-marked tape from the Arena to the start location. Warm-up is only permitted along the route between the Arena and the Start.

Competitors will be called to the start 3 minutes before their scheduled start time and will follow this starting procedure:

Control descriptions will be available in the starting corridor (at the -2' box). Transparent adhesive tape and scissors will be provided for attaching them. Control descriptions are also printed on the race maps.



With the exception of the Score competition on Day-2, competitors must punch the Start SI-station at their start.

Open Classes and M/W 10 competitors do not have assigned start times. They should simply report to the Start and will be called when a start slot becomes available.

Distance from Arena to Start and start type:

- **Day 1: 250m with no climb – 3 minutes on foot – normal start (triangle = map issue point)**
- **Day 2: mass starts will take place just next to the arena – normal start (triangle = map issue point)**
- **Day 3: 150m with no climb – 2 minutes on foot – normal start (triangle = map issue point)**
- **Day 4: 350m with 30m climb – 6 minutes on foot – delayed start (start flag 90m from the map issue point)**
- **Day 5: 450m with 25m climb – 10 minutes on foot * – delayed start (start flag 80m from the map issue point)**

** Please note that reaching the Start on Day 5 requires crossing three roads open to traffic. Competitors are advised to allow sufficient time (approximately 10 minutes) to reach the Start, taking into account the mandatory use of pedestrian crossings and compliance with traffic lights.*

LIVE RESULTS AND START TIMES

You can find start times, live results and split times here: https://app.liveresults.it/roma2026

Start time changes will not be permitted, except when the change is due to an organisational error or force majeure.

PUNCHING SYSTEM

Sport-Ident Air+ punching system is being used. In case of a malfunctioning SI-station punch on the map,

You can hire a normal SI-card (series 8) for 3€ per day. If you fail to return a hired SI-Card, a 40€ fine applies

BIBS

Race bibs will be provided at the race office. Start times and SI-card numbers are printed on the bib. The same bib will be used for all competitions and must be worn by all competitors. Safety pins will also be available at the race office.

GPS TRACKING

You can upload your route to Livelox. Maps and routes will be made available no earlier than 1 hour after the last start.

PRIZE GIVING CEREMONY

No prize-giving ceremonies will be held for the Prologue races on Days 1 and 2. The overall standings will be determined by adding together the race times from Days 3, 4 and 5 only.

The top three competitors in each age class and the top five in both the Men's and Women's Elite classes will receive prizes. The prize-giving ceremony will take place on Sunday at 13:00.

COMPLAINTS AND PROTESTS

Complaints and protests will be handled in accordance with IOF Rules 27 and 28.5 and FISO R.T.F. Rule 3.7.

Complaints may be submitted only by team officials or competitors and must be made in writing to the organiser as soon as possible (at the Race Office or, when the office is closed, at the IT tent). The time limit for submitting a complaint is 15 minutes after the publication of the results of the competitor concerned.

A protest may be submitted against the organiser's decision regarding a complaint. Only the team official or competitor who submitted the original complaint is entitled to file a protest. Protests must be made in writing to the organiser within 15 minutes of being informed of the decision. In the event of a protest, the Jury will be convened to examine the matter and make a decision.

No fee is charged for either complaints or protests. Checking backup punches stored in the control stations will not be possible unless specifically authorised by the Race Director or the Jury. In any case, please remember that SIAC cards do not store backup punches.

JURY

Jury Members: Massimo BALBONI, Carla BALMA, Giovanni VOLPONI
Reserves: Maria Pia DI NARDO, Alessandro PASSANTE

REFRESHMENT

Water and tea, as well as biscuits, will be available at the assembly area at every stage. In an effort to reduce our environmental impact, each competitor will be provided with a reusable cup, therefore disposable cups will not be available.

CHANGING ROOMS AND TOILETS

Depending on the competition venue, changing rooms will be available either in tents (on Day 2-4-5) or in fixed facilities (on Day 1-3) and either permanent (on Day 1-3-4) or portable toilets (on Day 2-5) will be available at the arena.

Please note that on Day 4, at Villa Ada, public toilets are located next to the arena. Access costs €1.50 and payment can only be made by credit or debit card.

FAIR PLAY, GENERAL CONDUCT AND SAFETY

Since maps are not collected at the finish, all competitors are kindly requested to respect fair play and refrain from showing their maps to those who have not yet started.

General and environmental conduct:

- Respect pedestrians and local residents
- Follow the instructions given by marshals and volunteers
- Do not leave litter
- Do not enter private property or restricted areas marked on the maps
- Respect the historical and architectural heritage of the areas

Personal safety:

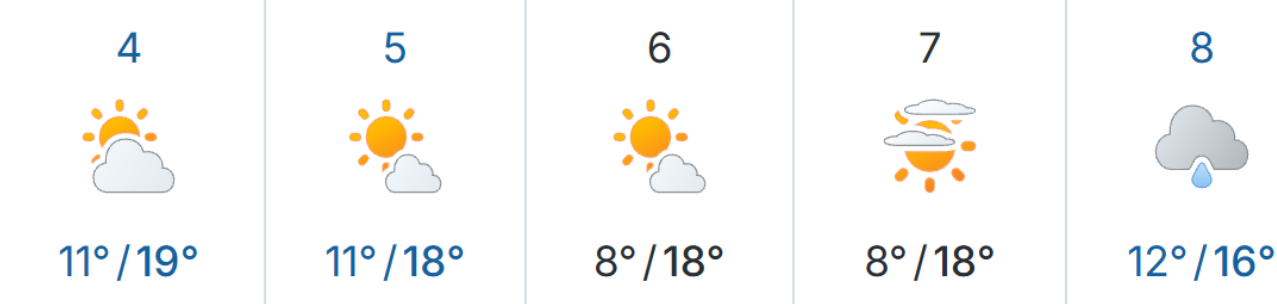
- Stop and provide assistance in the event of an injury, whether your own or someone else's
- Report any emergency immediately to marshals or volunteers
- Avoid taking unnecessary risks

Doctor + Ambulance with ICD ready to assist the competitors in the finish area / arena

Emergency number: +39 329 095 4604

WEATHER FORECAST

Source: 3bmeteo.com



ORGANISATION AND CONTACTS

Event director: Daniele Guardini
Map makers: Augusto Cavazzani / Remo Madella
Course planners/controllers: Stefano Zarfati / Lorenzo Landi / Giacomo Cataldo
Start manager: Roberto Moretti
IT manager: Giuliano Campanelli
Registration office: Helen Rollins / Gabriella Carlet

Contact: +39 329 095 4604 info@arrte.it

STAGE-SPECIFIC TRANSPORT AND TECHNICAL INFORMATION

1. TOR TRE TESTE



Closest metro station: Mirti (Metro C) is 1,5km far – 21' on foot (along via dei Platani and via dei Meli)
Closest bus stop: bus n.556 Tovaglieri/Cevasco (departures from Anagnina Metro A / Gardenie Metro C)
Parking: easy in largo Serafino Cevasco just in front of the stadium

Use of the stadium track and field is strictly prohibited. Warm-up is permitted only along the route to the Start.

Clothing and Footwear: running shoes or orienteering/trail shoes without spikes are recommended. Please note that longer courses include several sections on paved surfaces.

2. PARCO DELLA CAFFARELLA



Closest metro station: Colli Albani (Metro A) is 600m far – 8' on foot (along via Mario Menghini and largo Tacchi Venturi)
Parking: few spots available along via Latina, use of public transport is strongly recommended.

SCORE FORMAT: in an Orienteering Score race, competitors are free to visit control points in any order and are not required to visit them all. Each control point is worth a specific number of points (10, 20, 30 or 40), depending on its distance and complexity. Competitors have a maximum of 30 minutes to collect as many points as possible by visiting and punching as many control points as they can. The choice of which control points to visit and in what order is entirely up to each competitor, who must plan their own strategy. Competitors exceeding the maximum time will incur a 10-point penalty for each additional minute or fraction thereof.

MASS START: Competitors will start in groups, with one mass start every 5 minutes, from 14:30 to 14:50. Each competitor's assigned mass start time is indicated in the start list and printed on their race bib. Each mass start is identified by a specific colour, which is also printed on the race bib.

LAST CONTROL vs FINISH: In the Score race, there is no designated last control to punch before the Finish, as competitors are free to choose which control to visit last. Therefore, there will be no finish corridor. Instead, the finish stations will be positioned on a clearly visible stand, located between two finish flags at the Arena.

FORBIDDEN AREAS: it is strictly prohibited to enter out-of-bounds areas (symbol 709.0 - magenta cross-hatching).

Clothing and Footwear: Full leg coverage is recommended, as well as orienteering/trail shoes without spikes.

3. PARCO DEGLI ACQUEDOTTI



Closest metro station: Giulio Agricola (Metro A) is 800m far – 11' on foot (along viale Giulio Agricola and via Lemonia)
Parking: few spots available along via Lemonia, use of public transport is strongly recommended.

Entrance to "Bocciofila S.Policarpo" in on the side of the park, not from via Lemonia. Changing room, left luggage and toilets are available inside the facility.

Last control (100) description is "prominent man made feature", corresponding to the Italian Orienteering Federation flag.

Clothing and Footwear: Full leg coverage is recommended, as well as orienteering/trail shoes without spikes.

4. VILLA ADA SAVOIA



Closest metro station: Libia (Metro B1) is 1,8km far – 25' on foot (along viale Somalia and via di Ponte Salario) Alternatively, you can take the regional train towards Campi Sportivi or Monte Antenne from Flaminio station (Metro A).

Some buses connect Termini and Tiburtina railway stations to Viale Somalia (i.e. 92, 310, 135). From there, the arena is still a 10–15-minute walk away.

Parking: usually available along Via di Ponte Salario, on the right-hand side of the road, just past the entrance to Villa Ada. Please make sure to park only in permitted areas.

One of the small footpaths, marked on the map with symbol 506, consists of a wooden boardwalk.

Clothing and Footwear: Full leg coverage is recommended, as well as orienteering/trail shoes without spikes.

5. VILLA DORIA PAMPHILJ



Best Public Transport option: take tram line 8 from Piazza Venezia or from Trastevere railway station and get off at the terminus "Casaletto". From there, the arena is just 600 metres away, approximately an 8-minute walk.

Parking: there are plenty of free parking spots along via Leone XIII on both sides. When reaching the arena (400m from the closest parking spots) make sure to go all the way around along via Leone XIII and via della Nocetta, without entering the park that is in the embargoed area

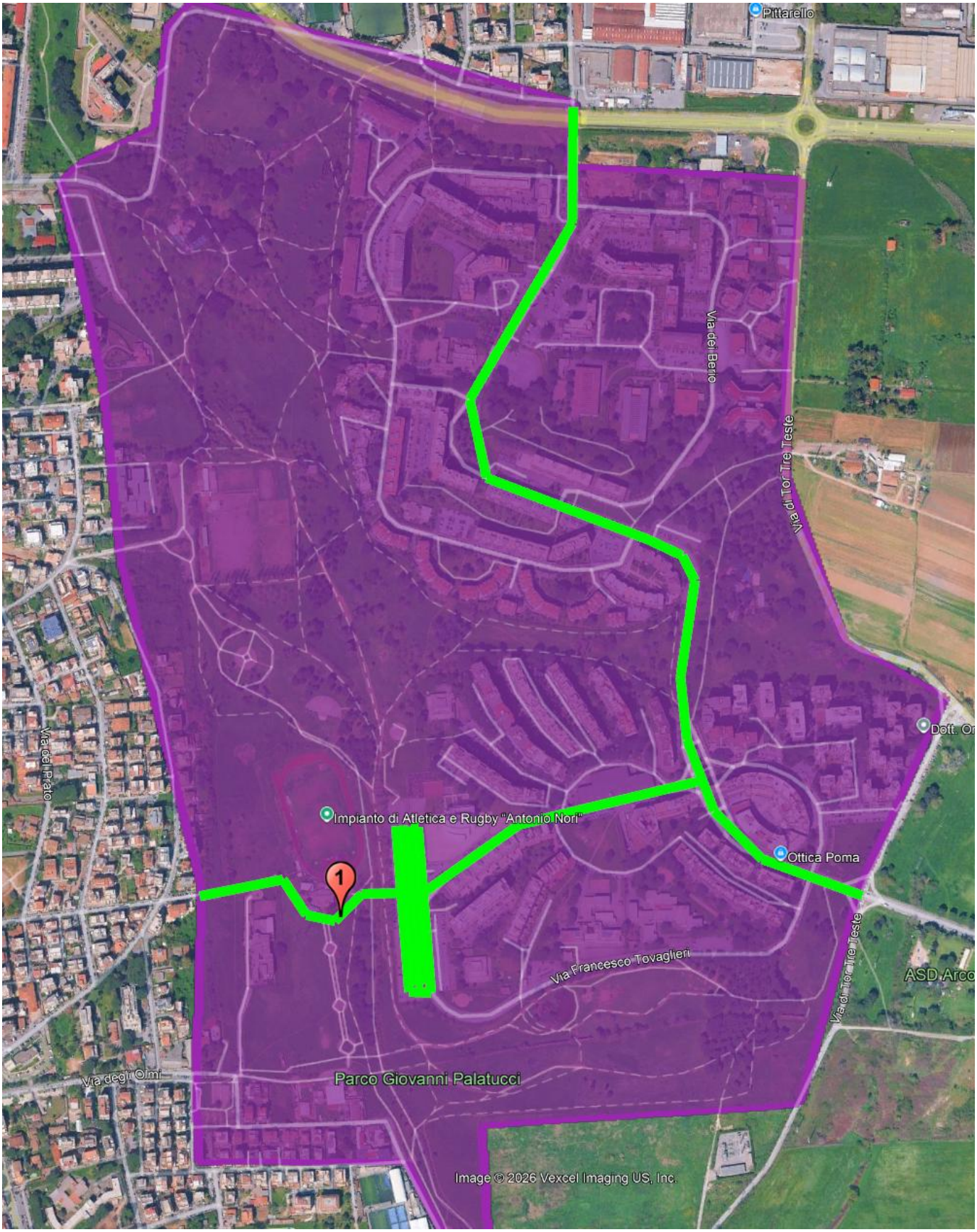
The assembly area is kindly hosted by Istituto S.Maria della Provvidenza, which provides a large covered canopy in case of rain. The prize-giving ceremony will also take place on the stage beneath the canopy. The toilet facilities within the institution are reserved for staff members only. Competitors can use the portable toilets located next to the finish area.

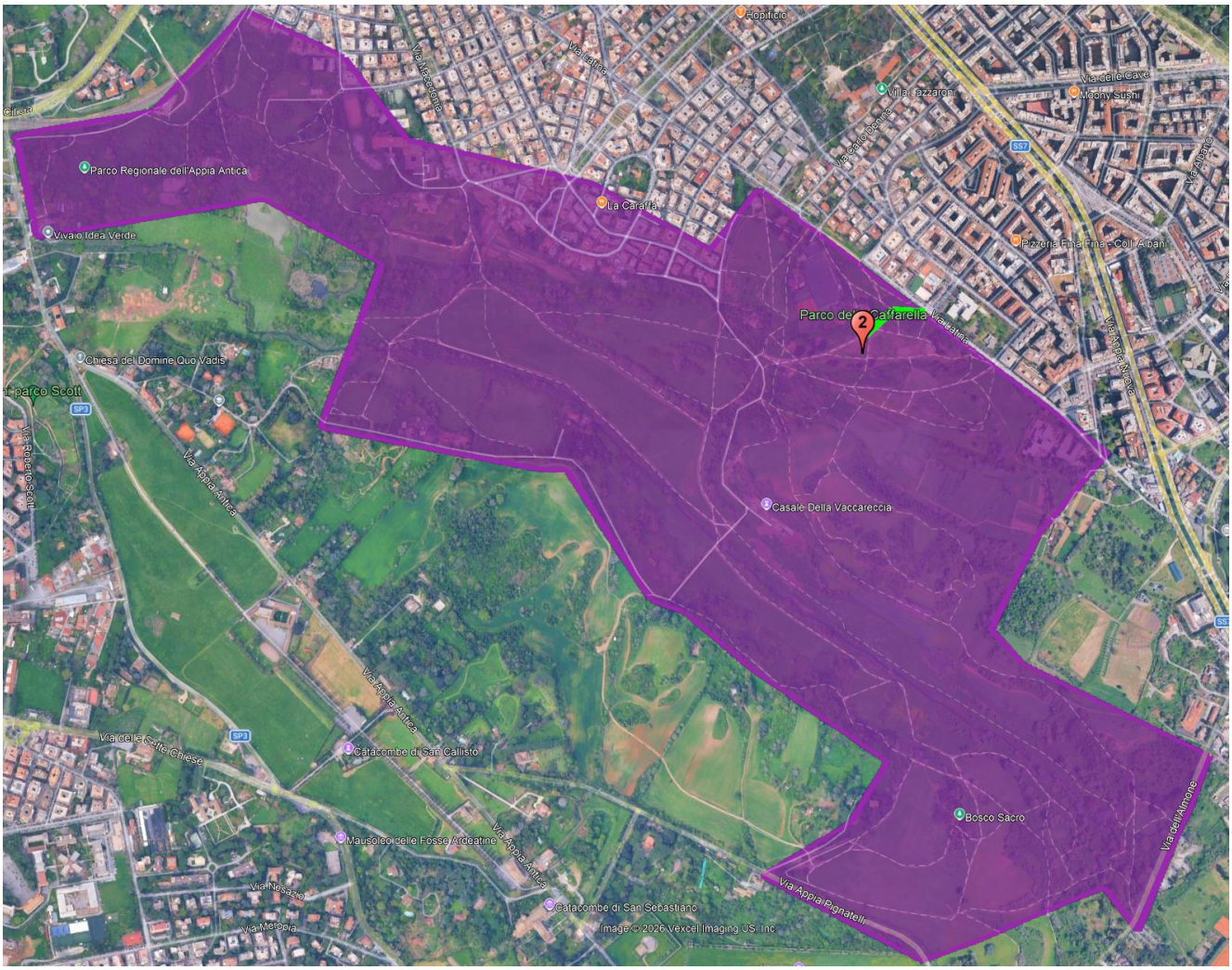
Please note that reaching the Start on Day 5 requires crossing three roads open to traffic. Competitors are advised to allow sufficient time (approximately 10 minutes) to reach the Start, taking into account the mandatory use of pedestrian crossings and compliance with traffic lights.

Last control (100) description is "prominent man made feature", corresponding to the Italian Orienteering Federation flag.

Clothing and Footwear: Full leg coverage is recommended, as well as orienteering/trail shoes without spikes.

EMBARGOED AREAS AND PERMITTED ROUTES (UPDATED)




Parco Regionale dell'Appia Antica
Vivaio Idea Verde
Chiesa del Domine Quo Vadis
Parco Scott
Via Appia Antica
Via Roberto Scott
Via Ardea
Via Latina
Via Appia Nuova
Via delle Sette Chiese
Catacombe di San Callisto
Mausoleo delle Fosse Ardeatine
Via Nesazio
Via Meropia
Catacombe di San Sebastiano
Via Appia Pignatelli
Bosco Sacro
Via dell'Almone
Casale Della Vaccareccia
Parco dei Caffarella
La Caraffa
Villa Fazzaroni
Moony Sushi
Pizzeria Fina Fina - Colli Albani
Via Ambrosini
Via Latina
Via Appia Nuova
Via Ardea
Via Appia Antica
Via Appia Antica
Via Appia Antica


3
Via Lemonia
Via Quintilio Varo
Via Anicio Gallo
Via Cato Cauderio
Cossuto Grandi Magazzini
Tomba a camera del Quadraro tipo tumulo
Parco degli Acquedotti
G&F Edilizia e Ferramenta
Ristorante Chiu Sapore - Labieno
Casale di Roma Vecchia
Acquedotto Claudio
Resti via Latina
Ristorante Grappasonni dal 1908
Veterinaria Appia 24H
Image © 2026 Vexcel Imaging US, Inc.


Tennis Club Parioli
SS4
Centro Islamico Culturale d'Italia - Grande...
4
Villa Ada
Bunker Villa Ada Savoia
Catacombe di Priscilla
Via di Priscilla
La Casa del Cremolato
Via Fogliano
Via Catasio
Via Archiano
Via Nemorense
Via Panama
Via Lima
Via Panama
Via Lariana
Via Benaco
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Casale dei Cedrati
Via Aurelia Antica
Villa Pamphili
Villa Piccolomini
Via Aurelia Antica
Largo del Casale di Giovo
Campo da Pallacanestro Villa...
Area cani Villa Pamphili – Via Leone...
Fontana del Giglio
Giardino del Teatro
Via Leone XIII
Villa Doria Pamphili
Cedro del Libano
Lago del Belvedere
Parco Villa Doria Pamphilj
Villa Pamphili Padel Club
Il giardino dei giusti dell'umanità di Roma
Albero Monumentale Pioppo Nero
Hotel Villa Pamphili Roma
Villa Pamphili Ovest
Trastevere Stadium
Via della Nocetta
5
Via della Nocetta
Via Vitellia
Via Vitellia
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