







JUNE 26th - JULY 4th 2025

in conjunction with JWOC 2025



ULLETIN December 2024

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WELCOME



The natural playground of Trentino is waiting for you! Nature and sport are an heritage that Trentino recognizes as an enormous wealth to be shared and enhanced.

The Piné Plateau, Valsugana and Val di Cembra, in the heart of the Alps, are proud to host the 5 DAYS OF ITALY 2025, which represent an authentic concentration of the values on which we want to build the future of our small mountain communities: love for the territory, attention to young people, connection with many different cultures, and appreciation for voluntary work.

The sport of orienteering represents our communities for many reasons. Its playing field is outdoor, it respects the environment, it combines physical strength and tactical skills, it is silent and leaves no

trace after its passage. Orienteering is a metaphor for life: setting a goal, establishing a strategy to reach it in the shortest possible time, giving oneself intermediate milestones, relying on, and trusting in simple tools to keep the right course.

The event will result from a collaboration between numerous sports clubs and hundreds of volunteers united by their love of sport. Thanks to all of them in advance for the time and passion they will use to organize this event.

I wish all participants excellent sporting results in our forests and in our historic villages, and above all to enjoy a unique experience in Trentino, in Valsugana, on the Piné Plateau.

> ALESSANDRO SANTUARI -Mayor of Baselga di Piné,
> President of the Organising Committee (and orienteering athlete)

The 5 DAYS OF ITALY is also organized to allow the public to witness the spectacular moments of the JWOC and be able to compete with the champions of the future on the same terrain.

In Trentino woods, lakes and mountains are all waiting to embrace you in their timeless energy: the scent of spruce trees, the distinctive breeze of alpine lakes, the infinite horizons for you to gaze upon, all in the embrace of the Dolomites. A stroll on foot, a bicycle ride, a fly with paraglide, a night under the stars: rediscover here your bond with nature.

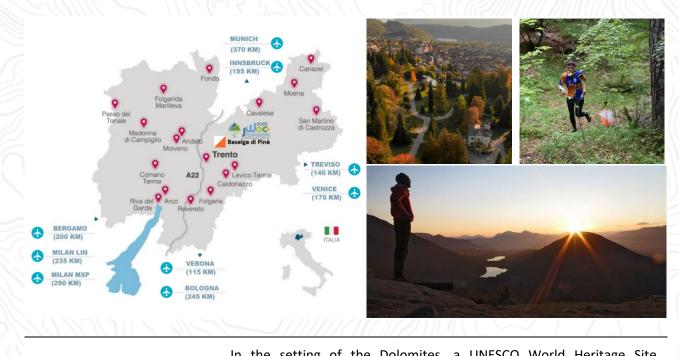
In this Bulletin and in future ones you can find all the information on the places you can visit when you arrive here to participate in the 5 DAYS OF ITALY, so that your week in Italy is not just a week of sport but also a holiday in nature, an opportunity to discover of this wonderful corner of Trentino.





VENUE

Venue for the Event is Altopiano di Piné and Valsugana Valley, in the region of Trentino of northern Italy



TRENTINO	In the setting of the Dolomites, a UNESCO World Heritage Site, <u>TRENTINO</u> is a region rich in history and evocative landscapes. Trentino is the northernmost Italian region and is almost entirely mountainous, located on the southern side of the Alps. Trentino can offer moments full of adventure and fun, but also of rest and relaxation. Evocative natural panoramas await you, occupied by the flourishing vegetation of picturesque valleys.
Trento Altopiano di Piné	The event centre is located in BASELGA DI PINÉ , a municipality of 5.000 inhabitants located on a plateau at 1000 meter a.s.l., and surrounded by lakes and mountains covered by conifers; the area is renowned for its tourism features and cultivation of berries.
VALSUGANA	Most of the races are located in one of the largest valley of Trentino, <u>VALSUGANA</u> , which lies in the eastern part of the region. Valsugana is recognized at international level for the recreative offer guaranteed by lakes, cycling paths, mountain tracks and ski areas, and is the perfect playground for an active holiday.

EVENT CENTRE

The Event Centre will be located in Baselga di Piné at the "Pinè 1000" Congress Centre, Via del Fosch 1, in the same place as the JWOC Event Centre

Location:	CENTRO CONGRESSI PINÉ 1000
Address:	Via del Fosch, 1 - Baselga di Pinè (TN) - ITALY
GPS Coordinates:	<u>46.133932 N, 11.249241E</u>



ORGANIZATION

The 5 DAYS OF ITALY and the JWOC 2025 are organized with volunteers from over ten Trentino sports associations whose purpose is to operate under a no-profit approach and to promote the orienteering movement in the coming years in Trentino and in Italy

Ĵ	2505	Association:	JWOC 2025 A.S.D.
		President OC:	Alessandro Santuari
	ALTOPIANO DI PINË e VALSUGANA - TRENTINO - I	-	Giuseppe Simoni

PROGRAM

DAY	STAGE	DISTANCE	LOCATION	FROM EVENT CENTRE
Thursday, June 26th	Arrival	Arrival	Arrival	Arrival
Friday, June 27th	PROLOGUE	SPRINT	BASELGA DI PINÉ	400 m – 1'
Saturday, June 28th	1st STAGE	SHORTENED LONG	BORGO VALSUGANA	45 km – 50'
Sunday, June 29th	2nd STAGE	SPRINT	CEMBRA LISIGNAGO	20 km – 25'
Monday, June 30th	Rest day	Rest day	Rest day	Rest day
Tuesday, July 1st	3rd STAGE	LONG	FORNACE	10 km – 12'
Wednesday, July 2nd	4th STAGE	MIDDLE	BASELGA DI PINÉ	3 km – 5'
Thursday, July 3rd	5th STAGE	SHORTENED LONG	BASELGA DI PINÉ	3 km – 5'
Friday, July 4th	Departure	Departure	Departure	Departure

All races are organized to allow participants to watch the arrivals and attend award ceremonies of JWOC 2025, which, except for the first stage, take place on the same maps and competition arenas.

	thursday 26/06	FRIDAY 27/06	SATURDAY 28/06	SUNDAY 29/06	MONDAY 30/06	TUESDAY 01/07	WEDNESDAY 02/07	THURSDAY 03/07	FRIDAY 04/07
	Arrival	PROLOGUE SPRINT (Baselga P.)	1 ST STAGE SH. LONG (Borgo V.)	2 [№] STAGE SPRINT (Cembra)	Rest	3 RD STAGE LONG (Fornace)	4 [™] STAGE MIDDLE (Baselga P.)	5 [™] STAGE SH. LONG (Baselga P.)	Departure
		Opening Ceremony						Closing Ceremony	
	Arrival	MODEL EVENT	SPRINT RELAY	SPRINT DISTANCE	LONG DISTANCE	Rest	MIDDLE DISTANCE	FOREST RELAY	Departure
ARTICLES BANARDO DEPENDENTAL		(Baselga P.)	(Levico T.)	(Cembra)	(Fornace)		(Baselga P.)	(Baselga P.)	



LASSES										
M10	M12	M14	M16	M18	M20	M21E	M21A	M21B	M35	
M40	M45	M50	M55	M60	M65	M70	M75	M80	-	
W10	W12	W14	W16	W18	W20	W21E	W21A	W21B	W35	
W40	W45	W50	W55	W60	W65	W70	W75	W80	-557	
BEGINNERS			ECT		DIRECT EASY LONG		DIRECT DIFFICULT SHORT		DIRECT DIFFICULT LONG	

PRICES

Until 30/09/2024	Until 15/01/2025	Until 31/03/2025	Until 31/05/2025
35 €	35 €	35 €	<u>31,05,2025</u> 35€
60 €	70 €	85 €	100€
90 €	110€	130€	150€
	1211/3/11		
Until 30/09/2024	Until 15/01/2025	Until 31/03/2025	Until 31/05/2025
10€	10€	10€	10€
15€	18€	22€	25€
20 €	25€	30 €	35 €
	D (D)	schar	120
Until 30/09/2024	Until 15/01/2025	Until 31/03/2025	Until 31/05/2025
5€	5€	5€	5€
10€	10€	10€	10€
	30/09/2024 $35 \in$ $60 \in$ 90 € Until 30/09/2024 10 € 15 € 20 € Until 30/09/2024 5 €	30/09/2024 $15/01/2025$ $35 €$ $35 €$ $60 €$ $70 €$ $90 €$ $110 €$ $00 €$ $110 €$ $00 €$ $110 €$ $00 €$ $110 €$ $00 €$ $10 €$ $00 €$ $10 €$ $00 €$ $10 €$ $10 €$ $10 €$ $10 €$ $10 €$ $10 €$ $15 €$ $10 €$ $15 €$ $10 €$ $15 €$ $0 €$ $25 €$ $0 0 9/2024$ $15/01/2025$ $5 €$ $5 €$	30/09/2024 $15/01/2025$ $31/03/2025$ $35 €$ $35 €$ $35 €$ $60 €$ $70 €$ $85 €$ $90 €$ $110 €$ $130 €$ Until Until Until $30/09/2024$ $15/01/2025$ $31/03/2025$ $10 €$ $10 €$ $10 €$ $15 €$ $18 €$ $22 €$ $20 €$ $25 €$ $30 €$ Until Until Until $30/09/2024$ $15/01/2025$ $31/03/2025$ $5 €$ $5 €$ $5 €$

Entries on the direct classes are allowed on site.

Renting SI-Card: € 2,00 / stage

PAYMENTS

Payment must be made by **BANK TRANSFER** to the following bank details:

Beneficiary:	JWOC 2025 A.S.D.	
Address:	Via Cesare Battisti, 50 – 38042 Baselga di Pinè (TN) – Italy	0
Bank:	CASSA RURALE ALTA VALSUGANA	
IBAN:	IT64P0817834330000023171072	/
BIC/SWIFT:	CCRTIT2T47A	/
Reason for the transfer:	Entry 5days – [Reference Code]	

It is also possible to pay with **CREDIT CARD** (with an increase of 2,3% for transaction fees) or **PAYPAL** (with an increase of 3,5% for transaction fees). For those who wish to pay by Credit Card or Paypal please contact the Secretariat via email at <u>5days@jwoc2025.it</u>



ENTRIES

The entries of **5 DAYS OF ITALY** are collected using OrienteeringOnline.net:

https://www.orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=13441

To entries for the **PROLOGUE** it is necessary to register separately from the 5 stages of the 5 DAYS, on the OrienteeringOnline.net website and with the same payment system:

https://www.orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=13468

In case of issues with the entry system, please email your entries to: 5days@jwoc2025.it

PRIZEGIVING

For each single stage of 5 DAYS OF ITALY the first place in each category will be awarded For the overall results of 5 DAYS OF ITALY, the first, second and third place in each category will be awarded

For JWOC flower ceremonies will be held in Arena and the official ceremonies will be held in the town centre of Baselga at the Medal Plaza. For 5 DAYS OF ITALY prize-giving ceremonies of the single stages will be held in the Arena and the Final prize-giving ceremony will be held in the same JWOC Medal Plaza.

ACCOMMODATION

Various accommodation solutions are available in Piné Plateau and in Valsugana, both in the areas of the race center and near the lakes of Levico and Caldonazzo. Accommodation will be provided through the local tourist board; for more information contact <u>booking@jwoc2025.it</u> or visit the <u>sites of the local tourist board</u>

Email:	booking@jwoc2025.it and booking@trento.info	
Telephone number:	+39 0461 216000	
Contact:	Booking office of local tourist board (APT Trento)	

TRAINING

Designed for the athletes of the national teams participating in the JWOC2025, orienteering training courses are available for everyone throughout Trentino.

- All information and details on training are available in the specific section of the website: TRAINING.
- A general map with all the available trainings can be consulted at the link: TRAININGS MAP
- For any information and to organize your training camp contact <u>training@jwoc2025.it</u>

CONTACT INFORMATION

Organizing Association	JWOC 2025 A.S.D.
Legal Address	Via C. Battisti, 50 – 38042 Baselga di Pinè (TN) - ITALY
Website	www.jwoc2025.it/5days
Instagram	<u>jwoc2025</u>
Email	<u>5days@jwoc2025.it</u>
Contact Accommodation	booking@jwoc2025.it and booking@trento.info



TOURIST INFORMATION

By staying in one of the accommodation facilities in Trentino you will receive the TRENTINO GUEST CARD with which you can keep recommendations at your fingertips, book tickets and services, and enjoy free or discounted access to the major museums, castles and natural parks. Above all, you can take advantage of public transport easily and at no cost, thus avoiding traffic and parking issues; claim discounts at participating facilities; and access exclusive services such as guided tours and tastings.

For more information on TRENTINO GUEST CARD visit:

www.visittrentino.info/en/experience/trentino-guest-card



With the TRENTINO GUEST CARD you can travel for free on local public transportation. Shared or dedicated transportation to race locations will be planned upon specific request.

DAY BY DAY

Below you will find some tips on places to visit and things to see when you arrive here to participate in the 5 DAYS OF ITALY, so that your week in Italy is not just a week of sport but also a holiday to discover nature, traditions, culture, gastronomy of this wonderful corner of Italy.



FRIDAY 27/06 – PROLOGUE (BASELGA DI PINÈ)

The terrain is urban at around 1000 m a.s.l.; the map covers several villages with historic centers characterized by narrow streets and some underpasses, interspersed with meadows, parks and open spaces

LOCATION:	Baselga di Pinè	
DISTANCE:	SPRINT	
MAP:	1:4.000 / 2,5 m	
MAPPER:	Viktor Kirianov	
COURSE SETTER:	JWOC team	

Further details (characteristics of the courses, meeting point, parking, etc.) will be available in the next Bulletin

- Attend the opening ceremony of JWOC 2025
- Take a tour around Lake Serraia and stop for a homemade ice cream
- Swim in the clear waters of Lago delle Piazze
- 🍨 Stop to eat at a pizzeria or restaurant in the area 🦷
- Taste the goodness of small fruits, grown on the plateau
- Visit the Holy Mary Sanctuary and the peaceful Conca della Comparsa
- Drink one of the excellent local craft beers
- Listen live music during the night concerts at Gang Band Festival
- Climb to the top of Costalta, the mountain that overlooks the Pinè plateau
- Visit the <u>"Lupo" Waterfall</u> or climb up to the "Cros del Cuc" for breathtaking views





SATURDAY 28/06 - STAGE 1 (VAL DI SELLA)

The terrain is typically alpine at 1000 m a.s.l., featuring fir and beech forests alternating with large meadows. It is rather fast, partly flat and slightly sloping, offering various route choices that require careful navigation.

LOCATION:	Borgo Valsugana: Val di Sella	
DISTANCE:	SHORTENED LONG	
MAP:	1:10.000 / 5,0 m	
MAPPER:	Kirianov, Kapralov, Prokopciuk	
COURSE SETTER:	JWOC team	

Further details (characteristics of the courses, meeting point, parking, etc.) will be available in the next Bulletin

- Go to Levico Terme to watch the spectacular Sprint Relay of JWOC 2025
- Walk along the Val di Sella and visit Arte Sella
- Take a tour of the historic center of Borgo Valsugana, at the foot of Castel Telvana
- Visit the town of Levico Terme or spend a few hours at the SPA
- Go around Lake Levico on the panoramic path, or relax on its beaches
- Take a bath in <u>Lake Caldonazzo</u>, rent a pedal boat or experience SUP
- Walk into the Lagorai mountains or drive up to the Manghen Pass
- Go to <u>Rifugio Crucolo</u> and taste <u>Parampampoli</u> or other typical alpine dishes
- Go to Monte Panarotta and take a paragliding flight or simply enjoy the view
- Cycle on the Valsugana cycle path, with your bike or rent one





SUNDAY 29/06 - STAGE 2 (CEMBRA)

The terrain is urban in a small alpine village (670 m a.s.l.). Runners will face a mix of narrow streets, with underpasses and stairs, and residential areas.

LOCATION:	Cembra-Lisignago: Cembra	
DISTANCE:	SPRINT	
MAP:	1:4.000 / 2,5 m	(NEW-MAR)
MAPPER:	Marco Bezzi	
COURSE SETTER:	JWOC team	

Further details (characteristics of the courses, meeting point, parking, etc.) will be available in the next Bulletin

- In the morning, cheer on the 2025 JWOC sprint race
- Visit the Muller Thurgau Festival, the typical wine of Cembra valley
- Discover the Earth Pyramids of Segonzano, a wonder of nature
- Visit a <u>cellar</u> and taste the wines of Val di Cembra
- Go to Lago Santo and take a walk around this beautiful little alpine lake
- Visit a distillery and taste the special Grappa Trentina
- Visit the <u>Roccolo del Sauch</u> and have lunch at the characteristic alpine hut
- Go fishing at **<u>Ponciach</u> and try the fabulous potato pizza**
- Climb up to the **Potzmauer refuge** and taste the typical Trentino cuisine
- Relax in the Spa of Masen di Giovo or run on its particular athletics track





MONDAY 30/06 - REST DAY

It is the JWOC Long race day, but during the rest day you can take the best of the TRENTINO GUEST CARD you have received from your host. You can visit the museums and castles of Trentino, discover the taste of local wines and foods and get discounts in some shops. With the Card, public transport in the region, is also free. Some tips for today:

- Watch the JWOC 2025 Long race at Pian del Gac
- Visit the <u>city of Trento</u> or surrounding areas, reachable by public transport
- Visit the MUSE, the Science Museum of Trento, designed by architect Renzo Piano
- Visit the Buonconsiglio Castle, easily located in the City Centre of Trento
- Look at the city of Trento from above by taking the cable car to the town of Sardagna
- Climb to Mount Bondone for a 360° view and visit the botanical garden or the Viote observatory
- Take the cable car up to Mount Mezzocorona, cross the Tibetan bridge and taste the tortel di patate
- Visit the Valle dei Mocheni, the enchanted valley
- Go to one of the many <u>SPAs</u> or swimming pools in the area
- Travel to Val di Fiemme and Val di Fassa, in the heart of the Dolomites
- Go to Lake Garda, the largest lake in Italy, with so many things to do and see
- Go rafting or canyoning in one of the province's many streams
- Visit Primiero, former home of the JWOC 2009
- Go to Alpe Cimbra, already home of the 2014 WOC
- 🔶 If you leave early, go to Venice or Verona, Mantua, Milan in a day

In collaboration with the local Tourism Boards, the Organizing Committee is defining some potential guided tours that will be announced in the next Bulletins.



TUESDAY 01/07 - STAGE 3 (PIAN DEL GAC)

The terrain is moderately hilly with some steeper parts, between 700 and 1000 metres a.s.l. Some areas are full of holes and depressions. Open deciduous and coniferous forests, with some areas of dense young forest.

LOCATION:	Fornace: Pian del Gac	
DISTANCE:	LONG	
MAP:	1:10.000 / 5,0 m	
MAPPER:	Kirianov, Prokopciuk, Mykhaylov	
COURSE SETTER:	JWOC team	

Further details (characteristics of the courses, meeting point, parking, etc.) will be available in the next Bulletin

- Walk the gnome path together with your children
- Take a walk to natural reserve of Lake Santa Colomba
- Move a few kilometers to visit the <u>Ponte Alto gorge</u>
- Organize a visit to the <u>Argentario ecomuseum</u>
- Go shopping in the <u>historic center of Trento</u> and visit the <u>Buonconsiglio Castle</u>
- Have lunch at one of the many agritourisms in the area
- Discover the <u>She-Wolf of Lagorai</u> or the <u>Dragon of Lavarone</u>, the works of art by Marco Martalar
- Enter the former <u>silver mines</u> of Monte Calisio, also known as Argentario
- Climb Monte Calisio to enjoy a view of the city of Trento from above
- Attend one of the orchestral, choral or band concerts in the theaters or churches of the region



WEDNESDAY 02/07 - STAGE 4 (LAGHESTEL)

The terrain is characterized by mainly coniferous forest with clean undergrowth with fast running. Hills with various details force to have a fine reading. Some green areas characterised by low runnability and visibility.

LOCATION:	Baselga di Pinè: Laghestel	
DISTANCE:	MIDDLE	
MAP:	1:10.000 / 5,0 m	
MAPPER:	Kirianov, Prokopciuk, Mykhaylov	
COURSE SETTER:	JWOC team	

Further details (characteristics of the courses, meeting point, parking, etc.) will be available in the next Bulletin

- Watch the JWOC 2025 Middle race
- Take a trip to Lago delle Buse and relax with the Kneipp path
- Visit the Trentino tourism museum at the former Corona hotel
- Drive to Val di Fiemme and go up by cable car or on foot to the top of Alpe Cermis
- Visit the ancient Moser mill in Prada, which still grinds Pinetana flour today
- Take a bike ride on one of the <u>Hike & Bike routes</u> of the Pinè Plateau
- Taste and buy the delicious cured meats and cheeses produced on the Plateau
- Visit the medieval church of San Mauro, the small church of Vigo or the ancient parish church of Baselga
- Stroll through the streets of the center of Baselga which come alive until late at night every Wednesday
- Take a tour of the <u>Pinè Ice Stadium</u> and the <u>archery range</u>





THURSDAY 03/07 - STAGE 5 (LAGHESTEL)

As in the Middle Distance, the forest tends to consist of conifers. The vegetation is relatively denser, especially in deep valleys. Part of the map is characterised by a large swamp. There are several open areas.

LOCATION:	Baselga di Pinè: Laghestel	
DISTANCE:	SHORTENED LONG	
MAP:	1:10.000 / 5,0 m	
MAPPER:	Kirianov, Prokopciuk, Mykhaylov	
COURSE SETTER:	JWOC team	

Further details (characteristics of the courses, meeting point, parking, etc.) will be available in the next Bulletin

- Watch the Relay, the Coaches and VIP race, the closing ceremony of the JWOC 2025
- Return to the <u>Laghestel</u> map and visit this biotope calmly
- Discover other local products such as flour, pasta, bread or Pinè honey
- Read a magazine or listen to music at the LAC library, with the splendid view of Lake Serraia
- Climb up to the **Bedolpian** pine forest, take a walk to the Frog Pond and have lunch at the Capannina
- Attend one of the various shows or take part in some parties in the hamlets of the Plateau
- Move to Trento and discover, beneath the streets and squares, the ancient Roman city Tridentum
- Have fun in one of the various acro-parks in the surrounding area, the acrobatic parks for adults and children
- Move to the nearby Valle dei Mocheni and go up to Lake Erdemolo or the mine of the XII° Century
- There are many other things to do: the Pinè Plateau, Valsugana, Trentino await you!





PARTNER





BACINO IMBRIFERO MONTANO DEL BRENTA

For more information visit the website, follow us on social media or send us an email:





jwoc2025



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