

























MI PIACE PERCHÉ NASCE E CRESCE NEL POSTO IDEALE PER COLTIVARE LE MELE.



DALLE VALLI DI MELINDA, LA MELA CHE LA PENSA COME TE.

Mi piace perché è prodotta in modo sostenibile, in armonia con la natura.

Mi piace perché utilizza solo energie rinnovabili.

Mi piace perché è l'unica al mondo ad essere conservata nel cuore della montagna.

Mi piace perché i suoi fiori sono impollinati naturalmente dalle api,

grazie alla collaborazione con gli apicoltori della valle.

SUMMARY

Intro	4 - 5
General Information	7
Event Center	
Parkings	10
Campers	11
Important Information	12
Prize Giving Ceremony	13
Competition Classes and Bibs	14
MODEL EVENT Pinzolo & Malga Mondifrà	15
From Event Center to Fortini Parking	16 -17
STAGE 1 - SPRINT DISTANCE Sunday, 3rd July Madonna di Campiglio	18
STAGE 2 - LONG DISTANCE Monday, 4th July - Grostè	19
STAGE 3 - MIDDLE DISTANCE Tuesday, 5th July - Grostè	
STAGE 4 - MIDDLE DISTANCE Wednesday, 6th July - Pradalago - Fortini Campo Carlo Magno	
STAGE 5 - MIDDLE DISTANCE	21
Thursday, 7th July - Fortini Campo Carlo Magno	22
Start area layout	25
Honorary Committee	
Prganizing Committee	
Vext 5 Days Italy	

I want to thank all the organisers of 5 Days Italy, the event is now really an excellence of orienteering in Italy. It is amazing how this wonderful sport can bring together so many prople from around the world in Madonna di Campiglio and the Brenta Dolomites. It is a real honor to host and welcome more over 1750 orienteers representing 32 nations.

Orienteering runners are really wonderful, the ability to run, take quick decision and analyze are incredible abilities which are also vital in everyday life. Orienteering is in fact considered a highly educational sport. I wish to all of you a great stay in Trentino and a good luck for all the races.

Roberto Failoni

Councillor for Crafts, Trade, Promotion, Sport and Tourism

All the tourism section of Madonna di Campiglio is ready to welcome 5 Days Italy from the 2nd to the 7th July. An important come back after the 2018 edition.

This prestigious orienteering event is not only limited to Madonna di Campiglio but touches the areas from Campo Carlo Magno to Lago d'Idro, a real natural playground for all kind of outdoor sports.

I wish to thank 5 Days Italy organisers, Adamello Brenta Natural Park, the municipalities of Pinzolo, Tre Ville and the Comunità delle Regole Spinale Manez. Thanks to the cooperation of all we are sure to offer something unique to all orienteers.

Welcome to all athletes and tourists, I am sure that you will enjoy our territory and will appreciate all the beauties of Adamello-Presanella and Brenta Dolomites UNESCO World Heritage Site.

Tullio Serafini

President of Tourist Board Madonna di Campiglio

Is with great pleasure that we welcome all the 5 Days Italy friends coming to Madonna di Campiglio from all over the World. Seeing so many athletes here in our mountains is happiness.

Madonna di Campiglio can offer stunning scenarios, thanks to the beautiful Brenta Dolomites mountains and the summer colors. Good luck to all orienteers and to 5 Days Italy organiser.

Matteo Leonardi Mayor Tre Ville



Orienteering is a perfect mix of sport and environment that fits perfectly in our territory. Honestly Adamello Brenta Natural Park is the perfect location for 5 Days Italy.

Seeing 1750 athletes form 32 countries entered is a confirmation of the value and the reputation which the territory, thanks to the sport events, did gain during the years. It is the ideal location for competitions and trainings thanks to numerous sport areas and the high quality of them. After two difficult years, also in the "sport world", we are looking forward to see another important international orienteering event here. We want to see it also as a new beginning for something great in the future. I want to thank the Tourism Association, the Municipalties and all those who made 5 Days Italy 2022 possible.

Michele Cereghini Mayor Pinzolo

After the amazing 2018 edition of 5 Days Italy, we are back in Madonna di Campiglio. A stunning scenery of pure natural beauty in forests of the Adamello Brenta National Park. Once again the organising team prepared a memorable week of orienteering for the over hundreds of athletes from allover the world. Once again these landscapes and territory are showing how this amazing sport fits perfectly in Trentino. Organise a multi-days event is always a challenge, but Italy as shown many time before is well prepared and ready to offer a quality event for all. A special thanks goes to Mauro Gazzerro and all the 5 Days Italy team, for the hard work and the dedication toward the event also during hard times with the global pandemic situation. This year is once again a new beginning full of joy, happiness and orienteering. I welcome you all to Italy and to Trentino and I wish you all a nice week in Madonna di Campiglio.

Sergio Anesi

President of Italian Orienteering Federation

Dear orienteering friends, Get ready! The fourth edition of 5 Days Italy is starting. Once again this is a unique event for old and youngsters united under a common love: orienteering.

5 Days Italy is the only Italian orienteering event that for an entire week allows athletes from different countries and backgrounds to get together in some of the best terrains of our country and run in UNESCO Sites. In these four years we have built an event on the many feedbacks received to allow everyone to enjoy at best their time with us and with the amazing orienteering community. We are ready and excited to welcome you to 5 Days Italy 2022 and, we wait you all also for 2023 and 2024. Enjoy and always happy days!!

Mauro Gazzerro

President 5 Days Italy Organizing Committee





GENERAL INFORMATION

COMPETITION CLASSES

M14, M16, M18, M20, M21 Elite, M21 Long, M21 Short, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80

W14, W16, W18, W20, W21 Elite, W21 Long, W21 Short, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80

MW10, MW12, EASY SHORT, EASY MIDDLE, EASY LONG DIFFICULT SHORT, DIFFICULT MIDDLE, DIFFICULT LONG Free start time for these classes, using punching-start

TIME SCHEDULE:

Saturday 2nd July 2022

Arrivals and Model Event Pinzolo & Malga Mondifrà

Sunday 3rd July

Stage 1 - SPRINT DISTANCE - Madonna di Campiglio (First Start 4.00 pm)
Opening and Price giving Ceremony: 7 pm - Piazza Sissi



Monday 4th July 2022

Stage 2 - LONG DISTANCE – Grostè Rif. Boch (First Start 10.00 am)



Tuesday 5th July 2022

Stage 3 - MIDDLE DISTANCE – Grostè Rif. Boch (First Start 10.00 am) Price Givinig Stage 2 and 3: 6:30 pm - Piazza Sissi



Wednesday 6th July 2022

Stage 4 - MIDDLE DISTANCE – Fortini Campo Carlo Magno (First Start 10.00 am)



Thursday 7th July 2022

Stage 5 - MIDDLE DISTANCE – Campo Carlo Magno (First Start 10.00 am)



Price Givinig Stage 4, 5 and Overall Winner: 2:30 pm - Race Arena





FORMAGGIO AL GUSTO VAL DI SOLE

MEZZANA · DIMARO · M. DI CAMPIGLIO



SCOPRI IL NUOVO E-COMMERCE

www.caseificiopresanella.com

EVENT CENTER

Madonna di Campiglio Sport Hall

Via Spinale, 41/bis, 38086, Madonna di Campiglio

OFFICE HOURS:

Saturday	2nd July	From 09.00 am to 7.00 pm
Sunday	3rd July	From 09.00 am to 3.00 pm
Monday	4th July	
Tuesday	5th July	From 6.00 pm to 7.00 pm
Wednesday	y 6th July	From 6.00 pm to 7.00 pm
Thursday	7th July	

Secretary Office remains always open at competition Arena during the races.

For any problems or questions you can always send an email to

info@5daysitaly.it

or a 🕓 Whatsapp Message at

+39 3479699321





Frame the QR-code for location!

https://rb.gy/wo9fr3

PARKINGS

MADONNA DI CAMPIGLIO

Parcheggio Spinale - Stage 1



https://rb.gy/y60fsh

PASSO CAMPO CARLO MAGNO

Stages 2, 3, 4, 5 Località Fortini Parking Start of the cableway "Grostè" 46°14'15.1"N 10°50'11.1"E



https://rb.gy/o8qlzr



(Parking pass to collect at event center)

CAMPERS

CAMPING FAÈ

Viale Dolomiti di Brenta, 1 38086 Sant'Antonio di Mavignola, Campiglio



https://rb.gy/o59fgt

PASSO CAMPO CARLO MAGNO

Stages 2, 3, 4, 5 Località Fortini Parking Start of the cableway "Grostè" 46°14'15.1"N 10°50'11.1"E



https://rb.gy/o8qlzr



- It is possibile for campers and motorhomes to stay all day long booking a place sending an email to:
 - info@5daysitaly.it
 - → SPECIAL PASS to buy and collect at event center
 - PLEASE TAKE NOTE THAT THERE ARE NO SERVICES INCLUDED!
 - (water, toilets services etc..)





IMPORTANT INFORMATION



FIRST AID:

A First Aid medical staff Point will be available at each Arena



TOILETS:

Chemical toilets will be present in every Arena.

SI-CARD:



it is possible to rent Sicard at € 3,00/each stage The Si-Card will be collected after the last stage at which the competitor is registered.

If the Si-Card is lost, the competitor must pay a penalty of $30 \in$.

SHOES:



In Stage 1 competitors can use normal running shoes. In Stages 2, 3,4 and 5 it is recommended to wear orienteering shoes; we are in high mountain terrain with growing grass but there are no particular problems of transitability. The use of shoes with treaded soles or spikes is recommended, especially on stages 2 and 3

CABLEWAYS:



Tickets for Stages 2 and 3 are included in entry price. Cableways Tickets will be given with the bib number. If for any reason the tickets are lost, the competitors should purchase an additional ticket at his/her expenses at the start of the cableway "Grostè".

Opening Hour: from 8:00 am to 5:00 pm

Climb: about 11 minutes

Maximum Capacity of cable: 6 people

When using the lift, we suggest that you wear the mask.



PRIZE GIVING CEREMONY



The prizegiving ceremonies will take place the following days:

SUNDAY 3rd JULY

Piazza Sissi Campiglio at 7.00 p.m. (Stage 1)

TUESDAY 5th JULY

Piazza Sissi Campiglio at 6.30 p.m. (Stage 2 and Stage 3)

THURSDAY 7th JULY

Fortini Race Arena at 2.30 p.m. (Stage 4, Stage 5 and overall winners)

In case of bad weather conditions, the prize giving ceremonies will take place at Palacampiglio in Madonna di Campiglio the 5th and 7th July.



COMPETITION CLASSES AND BIBS



BLUE BIBS:

For classes: Direct Short/Middle/Long (easy and difficult) M10, M12, W10, W12 There will be free starting times for these classes, timed with punching-start.



GREEN BIBS:

For men's classes: M14, M16, M18, M20, M21 Elite, M21 Long, M21 Short, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80



YELLOW BIBS:

For women's classes: W14, W16, W18, W20, W21 Elite, W21 Long, W21 Short, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Bibs will be collected at event center during opening hours.



MODEL EVENT Pinzolo & Malga Mondifrà

The maps can be purchased at the event Centre from Saturday 2nd July (from 9 am).

There are two types of maps with two different scales:

Scale 1:4.000, eq. 5mt (format 21x29cm)

SPRINT MODEL (the controls will be placed only on Saturday and Sunday)

Price € 2,00

Scale 1:7.500, eq. 5mt (format 10x29cm)

MALGA MONDIFRA' MODEL (the controls will be placed from Saturday to Thursday)

Price 5,00 €

HOW TO REACH PINZOLO?



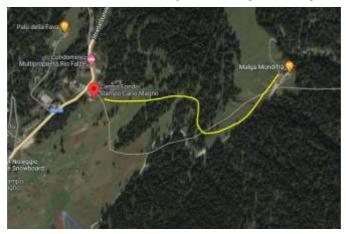


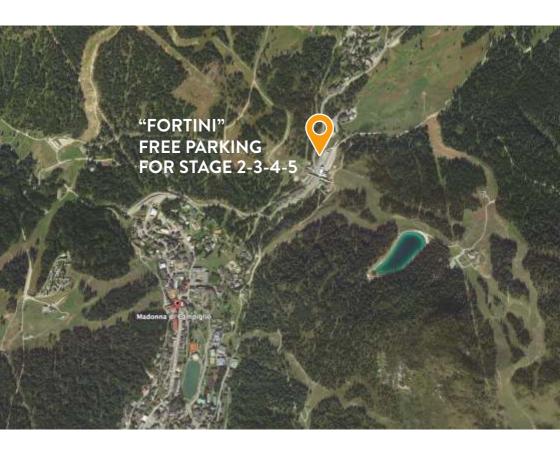


https://rb.gy/da3b0d

HOW TO REACH MALGA MONDIFRÀ?

from Centro Fondo Campo Carlo Magno Parking





PLEASE TAKE NOTE:

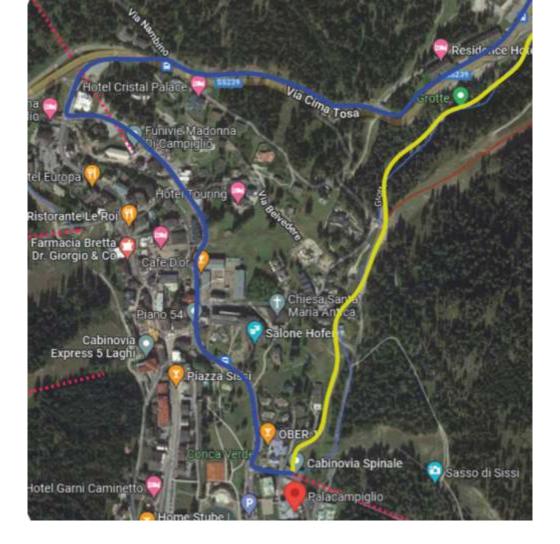
Parking is free only for the time of the races (stage 2-3-4-5) (Parking pass to collect at event center)



https://rb.gy/rrvmpt

It is possibile for campers and motorhomes to stay all day long (during stage 2-3-4-5)
At the cost of 15,00 €/day (But no services are included)

SPECIAL PASS to buy and collect at event center.



From Event Center to Fortini Parking

(STAGES 2-3-4-5)

*Walking: about 1,8 Km

By Car: about 4,6 Km

By public Bus:





Sunday, 3rd July - Madonna di Campiglio

GENERAL INFORMATION:

The stage is **a sprint distance race**; it's an urban area with underpasses and areas on different levels.

There are gardens around houses and/or residences.

Height is 1550 m a.s.l.

Mapper: Marco Bezzi

Course setter: Eddy Sandri

Scale 1:4.000, eq. 2.5 mt. (format 29x29cm) for all classes

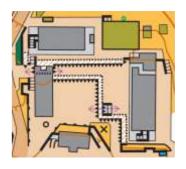
The distance between the Arena and the Start is **about 800 mt. with 70 mt. climb**

The maps are printed on blue-back paper, water-resistant.

Secretary Office and Entries on site: at Conca Verde park



The distance between the Event Centre and the Arena is 200mt



This is an extract of a multilevel area in Madonna di Campiglio sprint map. In the example, purple arrows shows where you can pass in the multilevel. The arrow at the top left is on the same floor, the one at the bottom right tells that you pass from the lower floor to the central floor with the stairs under a canopy.

Monday, 4th July - Grostè

GENERAL INFORMATION:

The stage is a **long distance race**. It has very detailed morphology and it is mostly without forest but with some semi-open areas.

Height is between 1900 and 2100 mt. a.s.l.

Mapper: Marco Bezzi, Maurizio Ongania, Stefano Raus, Rodoflo De Ferrari

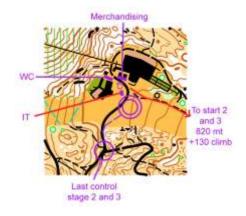
Course setter: Marco Bezzi

Scale 1:7.500, eq. 5 mt. (format 29x29cm) for all classes

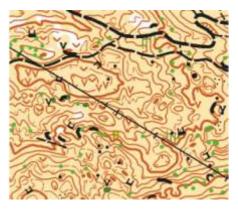
The distance between the Arena and the Start is **about 820 mt. with 130 mt. climb**

The maps are printed on blue-back paper, water-resistant

Secretary Office and Entries on site: at Rifugio Boch (Arrival of Lift)



The distance between the Parking Fortini and the Arena is 3km, with 15 minutes in cable-cars.



The area symbol 'Open Land' is used only for relevant alpine skiing tracks; for the other areas the symbol used is "rough open land".

Tuesday, 5th July - Grostè

GENERAL INFORMATION:

The stage is a middle distance race. It has very detailed morphology and it is mostly without forest but with some semi-open areas. Height is between 1900 and 2100 m a.s.l..

Height is between 1900 and 2100 m a.s.l..

Mapper: Marco Bezzi, Maurizio Ongania, Stefano Raus, Rodoflo De Ferrari

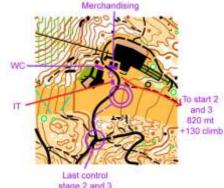
Course setter: Marco Bezzi

Scale 1:7.500, eq. 5 mt. (format 29x29cm) for all classes

The distance between the Arena and the Start is about 820 mt. with 130 mt. climb

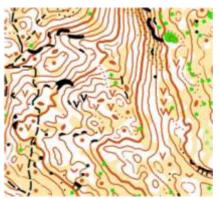
The maps are printed on blue-back paper, water-resistant

Secretary Office and Entries on site: at Rifugio Boch (Arrival of Lift)



stage 2 and 3

The distance between the Parking Fortini and the Arena is 3km, with 15 minutes in cable-cars.



The area symbol 'Open Land' is used only for relevant alpine skiing tracks:

for the other areas the symbol used is "rough open land".



Wednesday, 6th July - Pradalago - Fortini Campo Carlo Magno

GENERAL INFORMATION:

The stage is a middle distance race. The terrain is alpine with also strong drops mixed to more soft areas; in the northern part, there are many humid areas. There is conifer forest with good/very good visibility, rich in clear areas.

Height is 1670 m a.s.l.lt

Mapper: Victor Kirianov

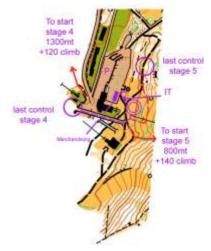
Course setter: Matteo Sandri

Scale 1:10.000, eq. 5 mt. (format 21x29cm) **for classes:** ME, M21L, M21S, M14, M16, M18, M20, M35, M40, M45, M50, M55, WE, W21L, W21S, W14, W16, W18, W20, W35, W40, W45, W50, W55, DDS, DDM, DDL

Scale 1:7.500, eq. 5 mt. (format 21x29cm) **for classes:** M60, M65, M70, M75, M80, W60, W65, W70, W75, W80, Direct Short, M10, M12, W10, W12, DES, DEM, DEL

The maps are printed on blue-back paper, water-resistant

Secretary Office and Entries on site: at Fortini Arena (at Fortini Parking)



The distance between the Arena and the Start is 1300 mt with 120 mt climb



The area symbol 'Open Land' is used only for relevant alpine skiing tracks; for the other areas the symbol used is "rough open land".

Thursday, 7th July - Fortini Campo Carlo Magno

GENERAL INFORMATION:

The stage is a middle distance race. The terrain is alpine with also strong drops mixed to more soft areas; in the northern part, there are many humid areas. There is conifer forest with good/very good visibility, rich in clear areas.

Height 1670 m a.s.l.lt

Mapper: Marco Bezzi, Maurizio Ongania, Stefano Raus

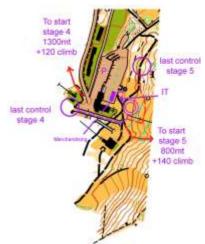
Course setter: Fabio Hueller

Scale 1:10.000, eq. 5 mt. (format 21x29cm) for classes: ME, M21L, M21S, M14, M16, M18, M20, M35, M40, M45, M50, M55, WE, W21L, W21S, W14, W16, W18, W20, W35, W40, W45, W50, W55, DDS, DDM, DDL

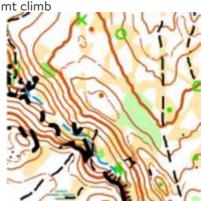
Scale 1:7.500, eq. 5 mt. (format 21x29cm) **for classes:** M60, M65, M70, M75, M80, W60, W65, W70, W75, W80, Direct Short, M10, M12, W10, W12, DES, DEM, DEL

The maps are printed on blue-back paper, water-resistant

Secretary Office and Entries on site: at Fortini Arena (at Fortini Parking)



The distance between the Arena and the Start is 800 mt with 140 mt climb



The area symbol 'Open Land' is used only for relevant alpine skiing tracks;

for the other areas the symbol used is "rough open land".

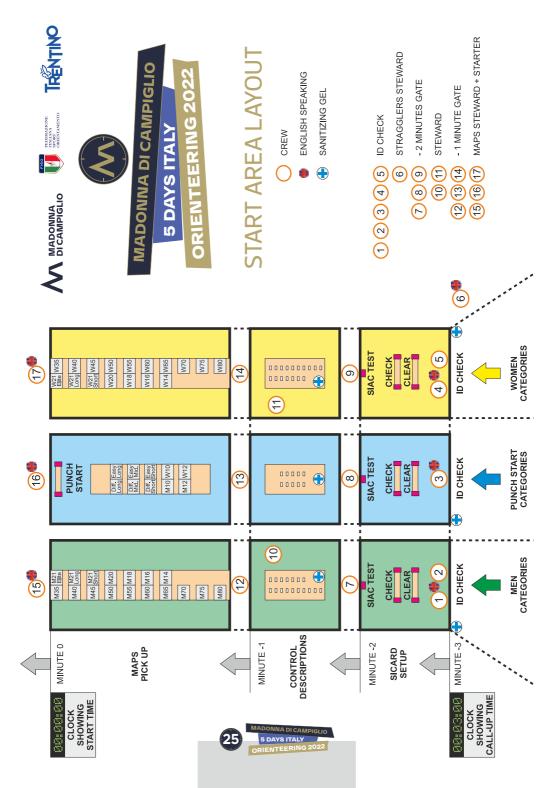




RACES DISTANCE

	STAGE 1 MADON	INA DI CAMPIGLIO	STAGE 2	STAGE 2 GROSTE'	STAGE 3	GROSTE	STAGE 4	STAGE 4 FORTINI	STAGE 5 CAMPO	CARLO MAGNO
	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB
M10	1120	20	1840	15	2160	45	1890	35	1790	10
M12	1540	35	2020	20	2290	22	2110	45	2360	25
M14	1880	09	2920	30	3190	85	2780	85	3070	90
M16	2170	75	0809	70	4510	06	3410	110	3940	135
M18	2390	80	7430	90	4980	120	4100	100	4290	175
M20	2750	85	9550	195	6240	170	2390	170	4520	180
M35	2550	80	9920	175	2690	140	5220	110	4890	175
M40	2450	85	8750	170	2860	190	2060	160	4430	160
M45	2320	75	8350	135	2790	135	4760	120	4330	150
M50	2240	70	7460	105	5550	155	4490	120	4200	145
M55	2240	70	7460	105	2550	155	4490	120	4200	145
M60	2210	99	0099	110	5170	100	3920	110	3880	140
M65	2030	09	6520	75	4960	95	3490	75	3690	115
M70	1780	20	5140	20	3950	30	3020	70	2700	75
M75	1780	20	5140	20	3950	30	3020	70	2700	75
M80	1780	20	5140	20	3950	30	3020	70	2700	75
ME	3020	06	11070	250	09/9	220	6020	190	5810	205
M21L	2750	85	9550	195	6240	170	2390	170	4520	180
M21S	2170	75	0809	70	4510	06	3410	110	3940	135
W10	1120	20	1840	15	2160	45	1890	35	1790	10
W12	1540	35	2020	20	2290	22	2110	45	2360	25
W14	1880	09	2920	30	3190	85	2780	85	3070	09
W16	2010	09	5520	100	4040	08	3630	80	3320	110
W18	2370	70	7000	95	2620	140	4190	80	3990	160
W20	2430	70	8680	115	2590	195	4590	160	4400	165
W35	2320	80	8350	135	5790	135	4760	120	4330	150
W40	2190	70	0069	85	4930	125	3310	80	4040	155
W45	2190	70	0069	85	4930	125	3310	80	4040	155
W50	1920	09	6300	80	2000	20	2990	80	3550	150
W55	1920	09	9300	80	2000	70	2990	80	3550	150
W60	1760	50	5630	75	4660	75	2570	75	2910	70
W65	1760	50	5630	75	4660	75	2570	75	2910	70
M70	1570	45	4560	09	3030	20	2460	09	2570	50
W75	1570	45	4560	09	3030	70	2460	09	2570	20
W80	1570	45	4560	09	3030	20	2460	09	2570	50
WE	2550	80	9920	175	2690	140	5220	110	4890	175
W21L	2430	70	8680	115	2590	195	4590	160	4400	165
W21S	2010	09	5520	100	4040	08	3630	80	3320	110
Direct DL	2630	85	6820	70	2650	150	3230	70	4520	190
Direct DM	2370	92	5510	40	4800	20	2930	65	4300	180
Direct DS	1710	55	3310	20	3660	10	2630	09	3940	135
Direct EL	1910	45	3870	35	4110	150	3150	110	3370	80
Direcy EM	1480	35	2920	55	3040	65	2640	100	2510	30
Direct ES	1120	20	1840	15	2160	45	1890	35	1790	10









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MATTEO LEONARDI

Mayor of Tre Ville

SERGIO ANESI

President FISO

MAURO GAZZERRO

President of the Organizing Committee

PAOLA MORA

President CONI TRENTO

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President of Spinale and Manez Rules

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President of Tourist Board Madonna di Campiglio

MAURIZIO ROSSINI

CEO Trentino Marketing

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President of Consorzio Operatori Pinzolo Val Rendena





























Da sempre sulle tavole degli italiani























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V. President

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RAUS MICHELE

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SANDRI MATTEO

Course setter 4

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BEZZI MARCO

Course setter 2 - 3

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CARABINIERI IN CONGEDO CAMPIGLIO

Security



















