

 **DOLOMITI**  
**PAGANELLA**



FEDERAZIONE  
ITALIANA  
SPORT  
ORIENTAMENTO



**1<sup>st</sup> - 6<sup>th</sup> july 2024**

[www.5daysitaly.it](http://www.5daysitaly.it)





A week of celebration and sport awaits us on the Paganella plateau thanks to the sixth edition of 5 Days Dolomiti Paganella. Orienteering is a sport that puts those who practice it in close contact with nature, as it combines athletic skills with the ability to orient in the natural environment. Day after day, the athletes will be able to gradually discover the most hidden corners and most evocative views of the Paganella plateau. They will have very positive memories of it. Therefore, we are proud to be hosting such an important and logistically complex event. Once again the organisational skills of Trentino will be put to the test. Nevertheless, thanks to the amazing work of our volunteers and the high quality of the accommodation facilities, we are sure we will succeed. Our aim is to strengthen the relationship between sport and tourism, thus events like this are perfect for our reality. In these five days the world's best athletes of this sport will be competing on the Paganella plateau, enjoying nature and the great outdoors of Trentino.

A huge thanks to the organisation committee. I wish all the athletes good luck! I am sure you will have five days of unforgettable sports moments.

**Roberto Failoni**

Provincial Councillor

Handicraft, commerce, tourism, forestry, hunting and fishing



"We hold the discipline of orienteering close to our hearts, because it is undoubtedly one of the sports that finds its ideal location in Trentino, and the numerous competitions with different validity that are held in our area each year bear witness to this. A discipline that identifies with nature, with the Dolomites landscape, boasts a particularly 'soft' relationship with the natural environment that serves as its arena, manages to attract a large number of participants, especially foreigners and from northern Europe, and always obtains interesting media coverage.

It is with great pleasure, therefore, that we welcome to the Paganella Plateau, at the foot of the fascinating Brenta Dolomites, the more than 1,500 participants of the international '5Days', a challenge that has already been held in the past in this area and other valleys in our province. With map and compass in hand, orienteers of all age groups, coming from all over the world, will go in search of paths, woods and enchanting villages such as those of Andalo, Molveno, Fai della Paganella and Cavedago, as well as the many hamlets and hidden corners of our territory, immersed in an alpine environment. Trentino, the sportiest province in Italy, is therefore preparing to embrace another major international sporting event, demonstrating its extraordinary versatility in hosting sporting disciplines, thanks to an area able to offer ideal settings for so many different disciplines".

**Maurizio Rossini**

CEO Trentino Marketing



A warm welcome to all participants of the 5 days of Italy on the Paganella Plateau: a territory that in its own small way encloses the stunning nature of Trentino and offers unforgettable experiences at any time of the year! In a few minutes from the motorway exit you are already captured by an environment marked by its rare beauty: the Brenta Dolomites which are reflected in the crystal clear waters of the Molveno and Nembia lakes, the Paganella mount which offers to trekkers and skiers the most breath-taking view of Trentino, Andalo with its rich offer of services and sport opportunities for the guests, San Lorenzo Dorsino, one of Italy's most beautiful hamlets, the Forest Bathing Park in Fai della Paganella and the characteristic vineyards and apple orchards of the Piana Rotaliana. I wish everyone a lot of fun, we would like you to have the pleasure of enjoying our landscapes and flavours. Good luck for the five stages of the 5 days!

**Viola Michele**

Apt President





It is a great honor for me to extend the greetings of the Italian Orienteering Federation (FISO) to all the athletes and nations that have chosen to participate in the sixth edition of the 5 Days Italy Dolomiti Paganella in Trentino. This event represents an important opportunity not only to promote the sport of orienteering in Italy but also to enhance the economic and social impact that such events have on the host territories.

I would like to extend my sincerest best wishes to the organizing committee, which with dedication and commitment has taken on the great responsibility of ensuring the success of this event. Their work is essential for the development and dissemination of orienteering in our country. A special thank you goes to the local authorities, the FISO delegation of Trentino, the regional CONI, the sponsors, and the many volunteers. Without their support and cooperation, the realization of this event would not have been possible. They are the true protagonists of what we hope will be a great sporting success. With the hope of seeing a large participation and witnessing exciting results, we eagerly await the arrival of the athletes and teams on the Paganella Plateau. Welcome to Trentino, welcome to Italy. May this edition of the 5 Days Italy Dolomiti Paganella be an unforgettable experience for everyone, rich in emotions and sportsmanship.

**Cav. Sergio Anesi**  
Fiso President



Dear orienteering friends,

With great excitement, we welcome you to the sixth edition of 5 Days Italy. We are proud to host all guests, athletes, and companions on the Paganella Plateau, a location that already hosted us in 2021 after the 2020 cancellation due to the pandemic.

At that time, we accepted the challenge and, despite the post-COVID difficulties, with determination and especially thanks to those who trusted us by participating, we concluded a splendid 5 Days event, even with reduced numbers.

This year, we return to the Paganella Plateau with renewed motivation to explore these wonderful places. The thousand of participants entered also this year, confirms once more how this territory is appreciated by orienteers from all over the world

Every year, we strive to make 5 Days an increasingly important event for international orienteering, but at the same time, we want each participant to take home an indelible memory of this experience, not only for the technical/sporting aspect but also for the beauty and excellence of the territory and the atmosphere of friendship and sharing that characterizes our event.

Welcome and good luck to everyone!

We are certain that this edition will once again be unforgettable!

**Mauro Gazzerro**  
President 5 Days Italy - Organizing Committee



Since 2018, as PWT Italia, we have created a week-long sports event model aimed at enhancing tourist areas that are not yet active in the international orienteering world. We have chosen locations such as Madonna di Campiglio, Fai della Paganella, and Dolomiti Cadore, developing an advanced system of high-quality cartography and infrastructure. We thank the organizations and institutions that believe in our project. We wish all competition participants personal fulfillment and success.

Gabriele Viale, President of PWT and Head of Marketing and International Relations for 5 Days Dolomiti Paganella

**Gabriele Viale**  
Gabriele Viale, President of PWT  
and Head of Marketing and International Relations for 5 Days Dolomiti Paganella



# PROGRAM



**29 June 2024**

**Opening of Event Center at «PALAFAI»**

Via Al Belvedere, 14 – Fai della Paganella  
<https://goo.gl/maps/VQovox5LEAtQiV7R7>

**From 29 June and till End of 5 Days**

3 Model Event Maps  
(Rifugio Meritz - Cima Paganella -San Lorenzo Dorsino)

**Monday 1st July 2024 At 5.00 p.m.**

Prologue Sprint Race ANDALO LIFE  
(Entries and Payment on site)  
At 7.00 p.m.  
Opening Ceremony at Palacongressi Andalo Life

**FIRST STAGE Tuesday 2nd July**

Middle Distance –AndaloLife –  
First Start at 4.00 p.m.

**SECOND STAGE**

Wednesday 3rd July 2024  
Middle Distance – Cavedago,  
Località Priori First Start at 10.00 a.m.

**At 6.00 p.m**

**Prize Giving Ceremony Stage 1 and Stage 2**

**THIRD STAGE**

Thursday 4th July 2024  
Long Distance – Monte Fausior  
First Start at 10.30 a.m.

**FOURTH STAGE**

Friday 5th July 2024  
Middle Distance – Prati di Gaggia  
First Start at 10.00 a.m.

**At 6.00**

**p.m Prize Giving Ceremony Stage 3 and Stage 4**

**FIFTH STAGE**

Saturday 6th July 2024 Sprint Distance  
Fai della Paganella – First Start at 10.00 a.m.

Prize Giving Ceremony Stage 5  
and Overall Results and Closing Ceremony  
(after the arrival of last competitors)

## PRIZE GIVING CEREMONY

**Monday 1st July 7.00 p.m.**

Opening Ceremony at Palacongressi Andalo Life  
<https://goo.gl/maps/b8DxUAGEG9NkawL59>  
Queen and King of the Stairs Awards Ceremony  
immediately after the end of the race

**Wednesday 3rd July 6.00 p.m**

Prize Giving Ceremony Stage 1 and Stage 2  
(at Palacongressi Andalo Life )

**Friday 5th July 6.00 p.m**

Prize Giving Ceremony Stage 3 and Stage 4  
(at Palacongressi Andalo Life )

**Saturday 6th July  
Immediately After  
End of the race**

Prize Giving Ceremony Stage 5  
and Overall Results  
Closing Ceremony  
(at Event Center in Fai Della Paganella)





# EVENT CENTER



Palazzetto dello Sport «**PALAFAI**» Via Al Belvedere, 14, 38010 Fai della Paganella (TN)

<https://goo.gl/maps/VQovox5LEAtQiV7R7>

## Office Hours:

**Saturday 29<sup>th</sup> June**

From 09.30 am to 6.30 pm

**Sunday 30<sup>th</sup> June**

From 09.30 am to 12 am  
From 2 pm to 6.30 pm

**Monday 1<sup>st</sup> July**

From 09.30 am to 2 pm  
From 3.30 pm at secretary office of PUNCH and GO RACE in Andalo Life

**Tuesday 2<sup>nd</sup>**

From 9 am to 12 am (at event center in FAI)  
From 2 pm at ANDALO LIFE at competition ARENA

**Wednesday 3<sup>rd</sup>**

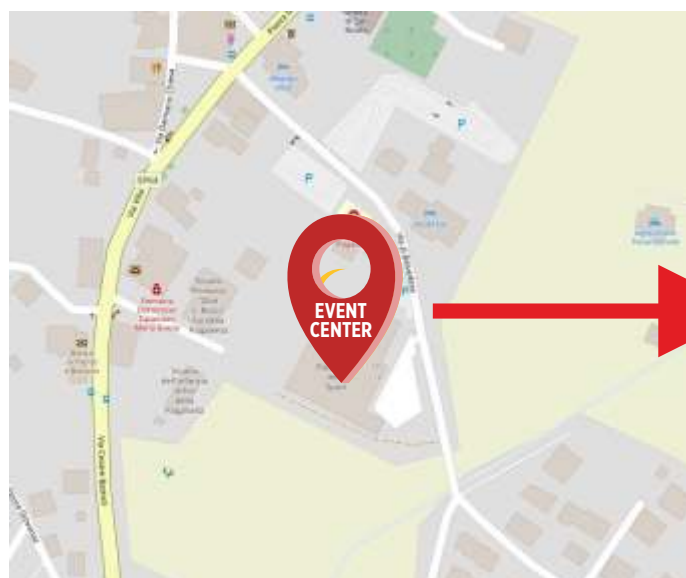
From 6 pm to 7 pm

**Thursday 4<sup>th</sup>**

(SECRETARY OFFICE ALWAYS REMAINS OPEN AT  
COMPETITION ARENA DURING THE RACES FOR ANY QUESTION  
or PROBLEM AND FOR ENTRIES on SPOT)

**Friday 5<sup>th</sup>**

**Saturday 6<sup>th</sup>**



**For any problems or questions you can always send an email to [info@5daysitaly.it](mailto:info@5daysitaly.it)  
or a message at +39 3479699321 (Mara)**



# PARKINGS:



There is a parking area, close to the Event Center  
46°10'42"40 N 11°04'15"00 E 46.178416, 11.07069  
<https://goo.gl/maps/TgBriv9ZoXcqMAUY8>

## Camper Parking Areas:

### AREA SOSTA CAMPER MOLVENO

<https://maps.app.goo.gl/oQHAM2BCJwupeZsn7>

46.14154740942709, 10.958304024336767

Via Lungolago - 38018 Molveno

52 places for campers, maximum stay 48 hours

Hourly rate: €3.50 up to maximum of €42.00 per day loading/unloading + electricity columns

### ANDALO LOCALITA' RINDOLE

via Rindole 38010 Andalo

46.160539,11.006296

<https://goo.gl/maps/1geozX4iJNXdWM9T7>

70 Places for campers, maximum stay: **48 hours**

Only 30 pitches are with electricity columns

Daily rate: 20,00 € + plus 5,00 € for energy charge

Water loading/unloading: 10,00 €

### AREA SOSTA CAMPER ORIZZONTI Fai della Paganella

via dei Òri - 38010 Fai della Paganella

46°10'17.4"N, 11°04'00.2"E

<https://maps.app.goo.gl/Kw8fWGYHhtSW71dZ8>

16 Places for campers, maximum stay: **48 hours**

Hourly rate: €2.00 (for the first hours) and then 1.00 €

(over the 48 hours the cost is € 5,00/Hour)





# ONSITE ENTRY



**On site entries during 5 Days Italy are allowed until availability of maps at the following prices:**

Direct Easy (on site)	€ 15,00
Direct Difficult (on site)	€ 25,00
MW-10 MW-12	€ 15,00
classes up to MW-20	€ 25,00
Adults	€ 40,00

Rental SI-Card 3€/stage

If you use a rented SI-chip, you have to return it after completing your last race;  
if you do not return the chip or miss it you will be charged an extra cost of € 30,00.

Control descriptions will be printed on maps and will be available at the start.

## Dolomiti Paganella Guest Card

Don't forget to ask your accommodation facility (hotel, apartment, B&B) for the Dolomiti Paganella Guest Card. This card is provided for free only by facilities associated with the DMO and is not purchasable.

Activate it on the 'Mio Trentino' app.

It is a digital card that offers many discounts:

- Pedestrian tickets on all the Paganella and Molveno lift systems
- About 80 organized experiences
- More than 50 entries to parks, sports facilities, castles, and museums
- Selected restaurants, shops, and farms.

The card includes a subscription to trains and buses in the province of Trento for the duration of your holiday: hop on board and validate your journey with the 'Mio Trentino' app. Save money, enjoy the scenery, don't waste time looking for parking, and most importantly, reduce the environmental impact on our magnificent mountains.





# GENERAL INFORMATION



## FIRST AID:

There will be a First Aid Point in every Arena, provided by qualified medical staff.



## TOILETS:

Chemical toilet or public ones will be on disposal in every Arena



## SI-CARD:

- it is possible to rent Si-card for € 3,00/each stage.

The Si-Card will be withdrawn after the last stage at which the competitor is registered.

If the Si-Card is lost by the competitor s/he must pay a fine of 30,00 €



## Shoes:

In Stage 5 competitors can use normal running shoes.

In Stages 1,2,3,4 it is recommended to wear orienteering shoes.



## •NO PLASTIC BAGS WILL BE PROVIDED FOR MAPS

• **Environmental statement and water:** we are endeavoring to reduce the event's environmental impact as much as possible. We will not therefore provide any bottle or glass of water for competitors at the finish of the courses. You will be expected to bring your own water. Therefore, there will be some fountains and water tanks at the finish Arena. We would also like competitors to take their own rubbish "home" with them.

## PRIZE GIVING CEREMONY

### COMPETITION CLASSES

• M10, M12, M14, M16, M18, M20, M21 Elite, M21 Long, M21 Short, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80

• W10, W12, W14, W16, W18, W20, W21 Elite,  
W21 Long, W21 Short, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80

- Direct Easy Short (DES), Direct Easy Middle (DMS), Direct Easy Long (DEL)
- Direct Difficult Short (DDS), Direct Difficult Middle (DDM), Direct Difficult Long (DDL)
- Direct courses will not have overall classification, but only single stage result.
- No prize giving will be done for Direct courses.
- Free start time for DIRECT classes, using punching-start
- M10 – W10 have free start time, using punching-start



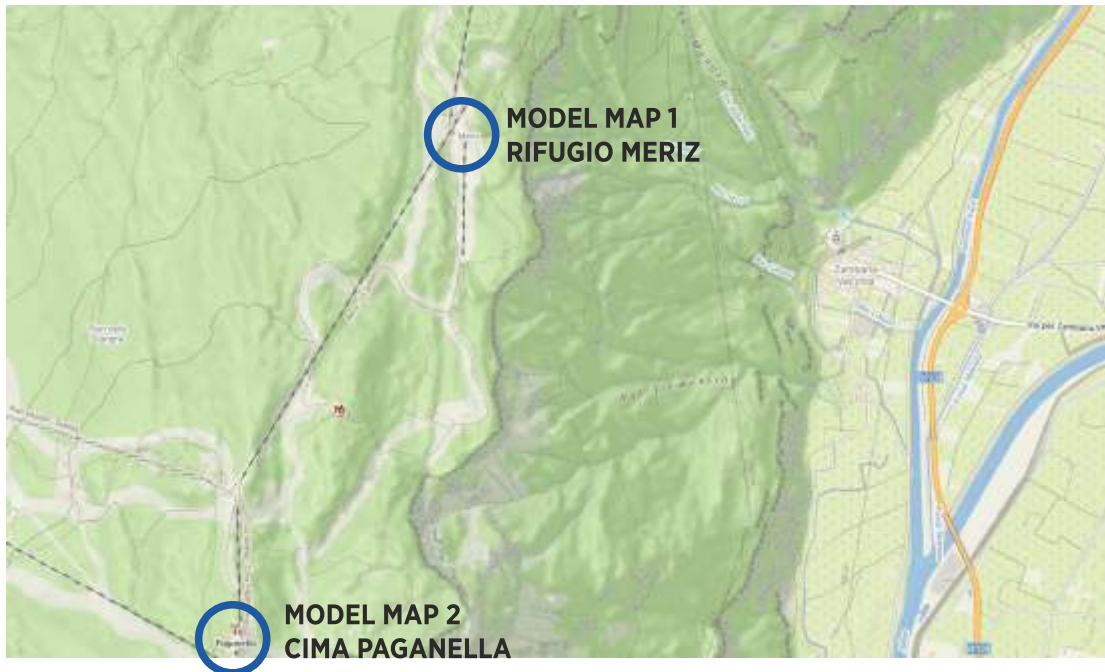


# MODEL MAPS



MODEL MAP 1 – RIFUGIO MERIZ - PRICE € 5,00  
MODEL MAP 2 – CIMA PAGANELLA – PRICE € 5,00

Each participant will be provided with a yellow wristband in order to obtain a 30% discount on tickets lifts



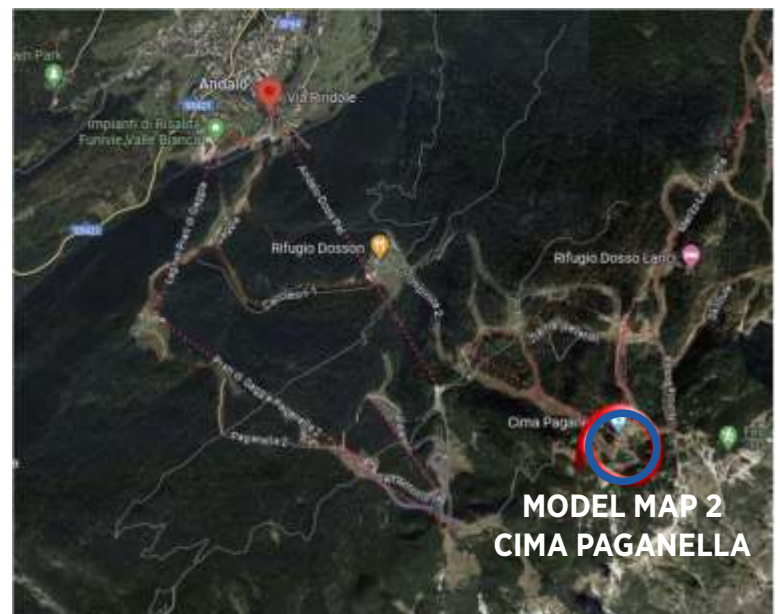
**Parking for Model 1 and Model 2:**

<https://maps.app.goo.gl/SvbfMzC2WaiWMzvt7>



**Parking for Model 1 and Model 2:**

<https://maps.app.goo.gl/SvbfMzC2WaiWMzvt7>



Model Event 2 can be reached also from Andalo from Via Rindole:

<https://maps.app.goo.gl/qEcQzsj6hsgvxJb69>



## MODEL MAP 1 – RIFUGIO MERIZ - PRICE € 5,00

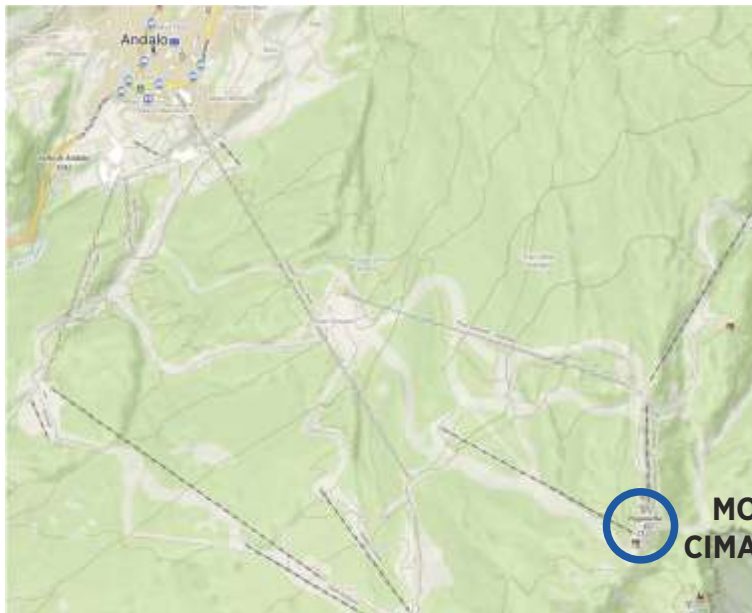
- The map of the Model Event 1 is only reachable by chairlift
- Tickets can be purchased at chairlift ticket office at the departure of the lift
- The chairlift is Santel Meriz to Rifugio Meriz which is at 1460 mt above sea level.
- The terrain is between 1300 and 1600 meters above the sea level;
- Map Scale 1:7.500 - 1:10.000, eq. 5mt





## MODEL MAP 2 – CIMA PAGANELLA - PRICE € 5,00

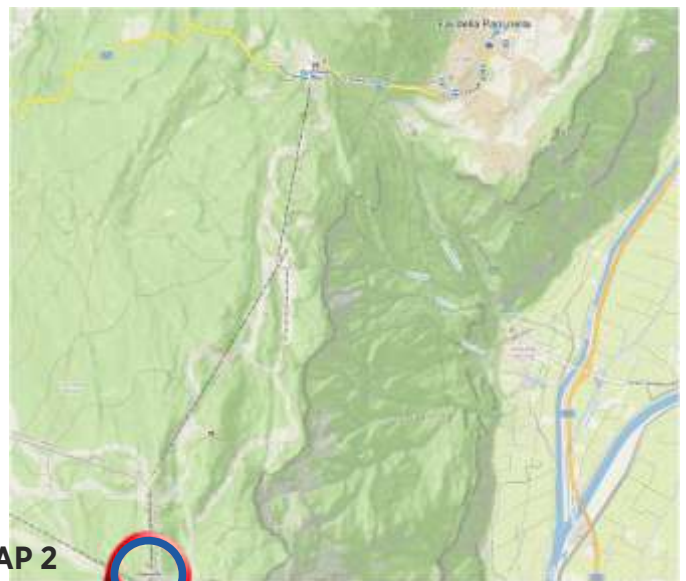
- The map of the Model Event 2 is only reachable by lift from Fai della Paganella or Andalo
- Tickets can be purchased at the lift ticket offices
- It is at about 2125 mt above sea level.
- Map Scale 1:7.500 - 1:10.000, eq. 5mt



From **ANDALO** the cable car is Andalo Doss Pelà and then chairlift till Cima Paganella

**MODEL MAP 2  
CIMA PAGANELLA**

From **FAI DELLA PAGANELLA** the chairlift is Santel Meriz till Rifugio Meriz and then the chairlift Meriz la Seletta and a third one till Cima Paganella



**MODEL MAP 2  
CIMA PAGANELLA**



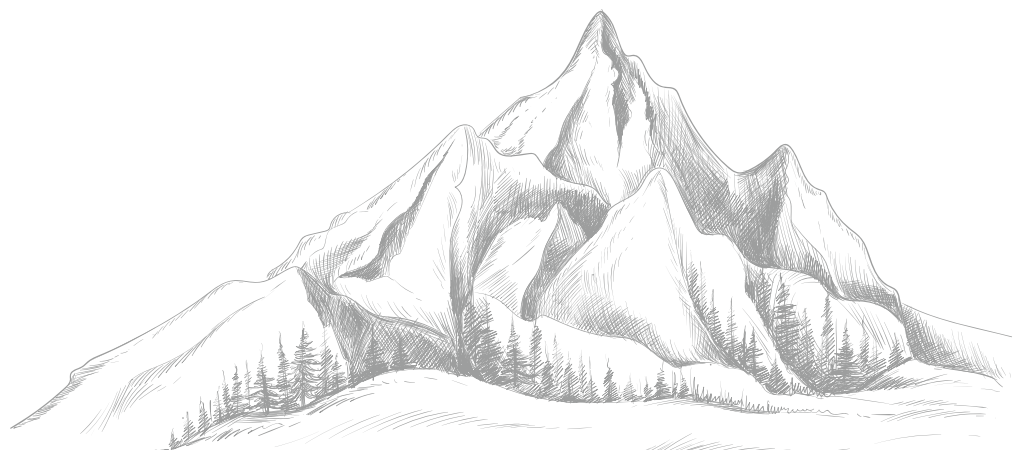
## MODEL MAP 3 – SAN LORENZO DORSINO - PRICE 5,00

Parking for Model 3: CHURCH-> <https://maps.app.goo.gl/XSktyTK1MbcSCTXu6>

ALTERNATIVE -> <https://maps.app.goo.gl/XycpwHucbLsztTGA9>

San Lorenzo Dorsino is a little village  
and you can find parking along the street

**IF YOU BUY ALL 3 MODEL MAPS THE PRICE IS 10,00 €**





**SECOND STAGE**  
Wednesday 3rd July  
2024  
Middle Distance -  
Cavedago, Località  
Priori

**FIRST STAGE**  
Tuesday 2nd July  
2024  
Middle Distance -  
Andalo Life

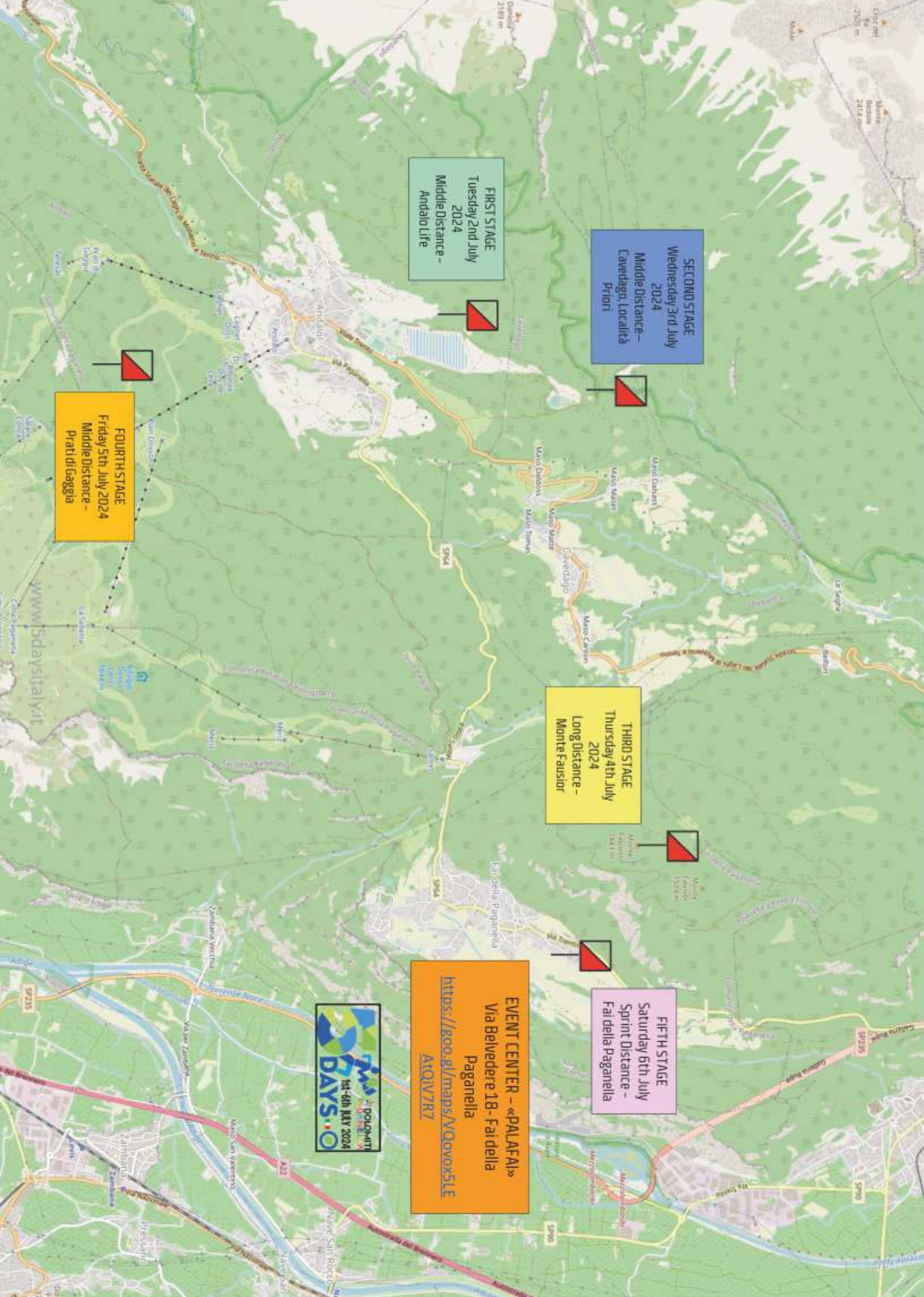
**THIRD STAGE**  
Thursday 4th July  
2024  
Long Distance -  
Monte Faussior

**FIFTH STAGE**  
Saturday 6th July  
Sprint Distance -  
Fai della Paganella

**EVENT CENTER - «PALAFAL»**  
Via Belvedere 18 - Fai della  
Paganella  
<https://goo.gl/maps/NOovox5LEAtQv7RZ>



**FOURTH STAGE**  
Friday 5th July 2024  
Middle Distance -  
Prati di Gaggia





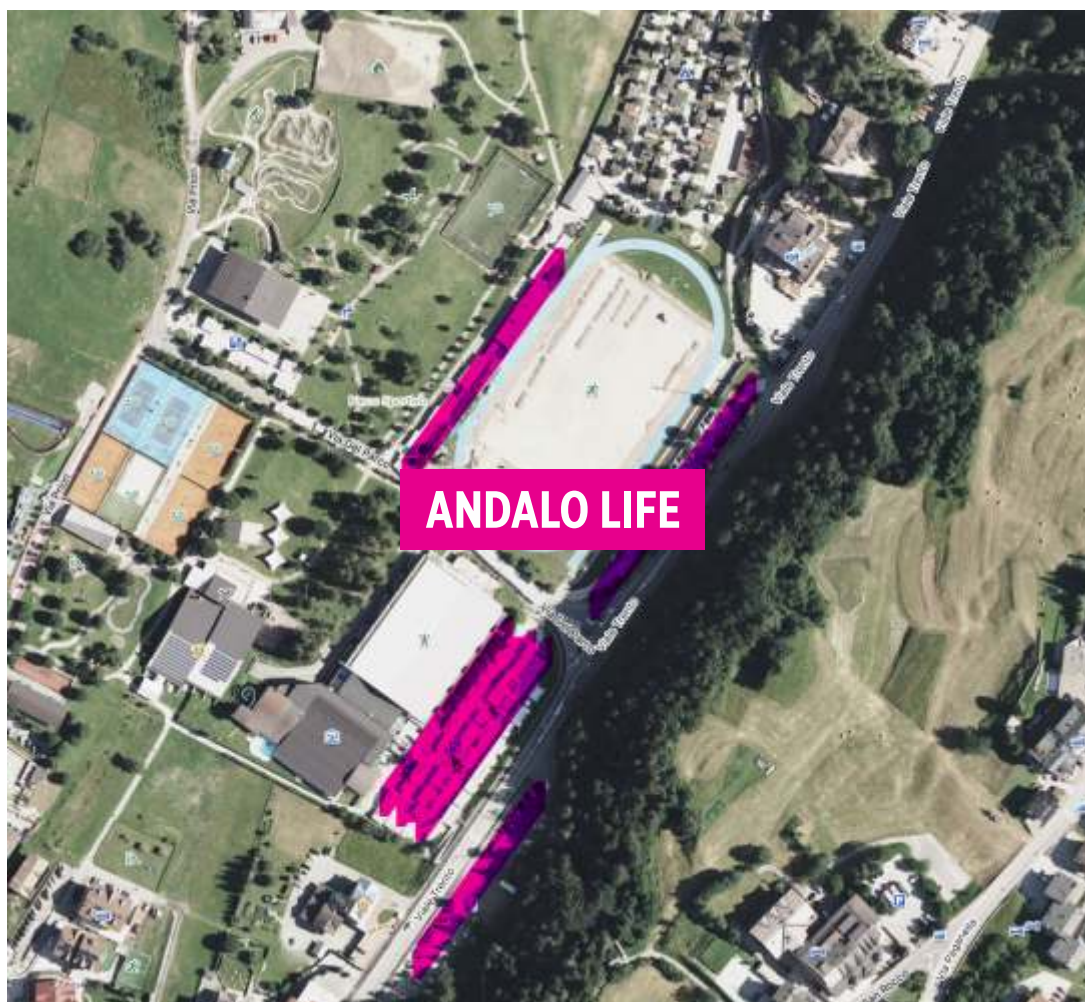
# PARKING AREA FOR PROLOGUE

## STAGE 1 AND STAGE 2



Arena is in front of Palacongressi Andalo Life  
46.170386, 11.004857

<https://goo.gl/maps/b8DxUAGEG9NkawL59>





# Prologue – Monday 1<sup>st</sup> July



- PUNCH ANG GO - Sprint Distance
- The Race is not included in entry fee.
- Price is 5,00 € to be paid directly to the race office on the Arena
- Bring with you your bib number to enter Punch and Go Race

## General Information:

- Arena is in front of Palacongressi Andalo Life
- 46.170386, 11.004857
- <https://goo.gl/maps/b8DxUAGEG9NkawL59>
- 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.

- First Start: 5.00 p.m

- Mapper: Jessica Lucchetta

Course setter: Jessica Lucchetta

- Scale 1:4.000, eq. 2.5 mt. (format 29x42 cm) for all categories
- The maps are printed on blue-back paper, water-resistant.

**at 7.00 p.m «Opening Ceremony» and  
Queen and King of the Stairs Winner Awards**





# FIRST STAGE Tuesday 2<sup>nd</sup> July



## Middle Distance – Andalo Life

- Arena is in front of Palacongressi Andalo Life
- 46.170386, 11.004857
- <https://goo.gl/maps/b8DxUAGEG9NkawL59>
- First Start: 4.00 p.m.
- The distance between the Arena and the Start is 2 km + 100 mt climb about 35 minutes walk
- Mapper: Marco Bezzi, Francesco Buselli
- Course setter: Marco Bezzi

• Scale 1:10.000, eq. 5 mt. (format 29x42 cm) 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 21 x 29 cm) for classes:  
M60, M65, M70, M75, M80, W60, W65, W70, W75, W80,  
M10, M12, W10, W12, DES, DEM,  
DEL The maps are printed on blue-back paper, water-resistant.

BUS STOP: Piazza Dolomiti, Andalo





## SECOND STAGE Wednesday 3<sup>rd</sup> July



### Middle Distance Race – Cavedago, Località Priori

- Arena is in front of Palacongressi Andalo Life
- 46.170386, 11.004857
- <https://goo.gl/maps/b8DxUAGEG9NkawL59>
- First Start: 10.00
- The distance between the Arena and the. Start is about 1,4 km by foot with 20 mt climb
- Mapper: Marco Bezzi and Francesco Buselli
- Course setter: Marco Bezzi
- Scale 1:10.000, eq. 5 mt. (format 29x42 cm) 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 21 x 29 cm) for classes: M60, M65, M70, M75,  
M80, W60, W65, W70, W75, W80, M10, M12, W10, W12, DES, DEM, DEL
- The maps are printed on blue-back paper, water-resistant.





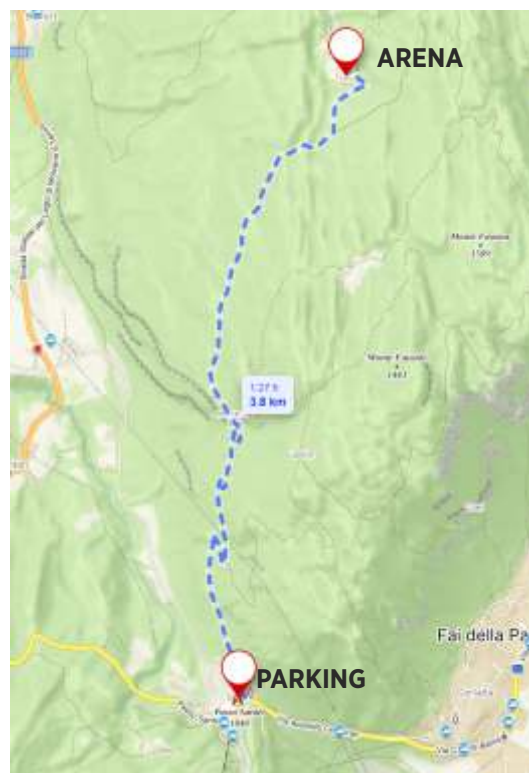
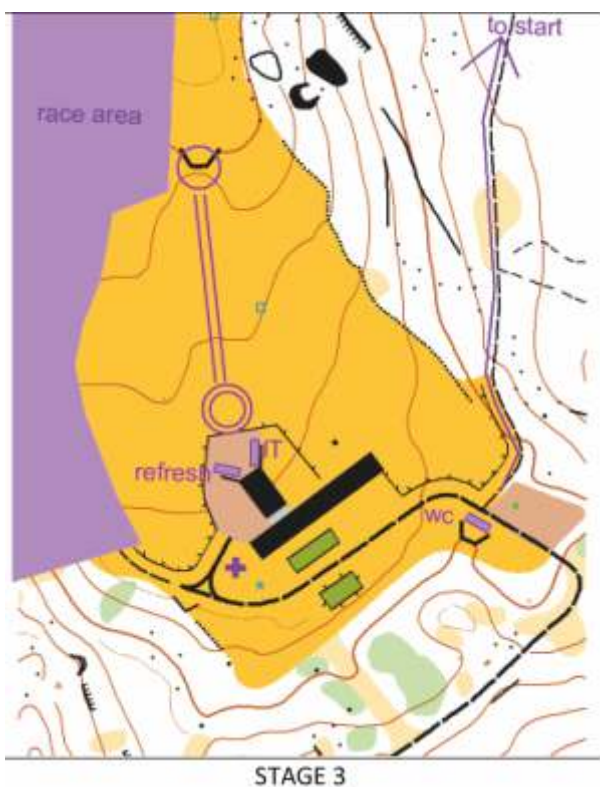
# THIRD STAGE

## Thursday 4<sup>th</sup> July



### Long Distance Race – Monte Fausior

- Parking at Cableway “Santel – Meriz”
- <https://maps.app.goo.gl/SvbfMzC2WaiWMzvt7>
- Arena is about 3,8 Km from the Parking to Malga Val Brenzi with 380 slope (About 40 minute)
- It is only possible to reach the competition arena on foot. Remember to bring water with you
- Start: The distance between the Arena and the Start is about 0.85 Km with 120 mt climb (about 20 minutes)
- First Start: 10.30
- Mapper: Victor Kirianov, Stefano Raus - Course setter: Fabio Hueller
- Scale 1:10.000, eq. 5 mt. (format 29 x 42 cm) 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 21 x 29 cm) for classes: M60, M65, M70, M75, M80, W60, W65, W70, W75, W80, M10, M12, W10, W12, DES, DEM, DEL
- The maps are printed on blue-back paper, water-resistant.





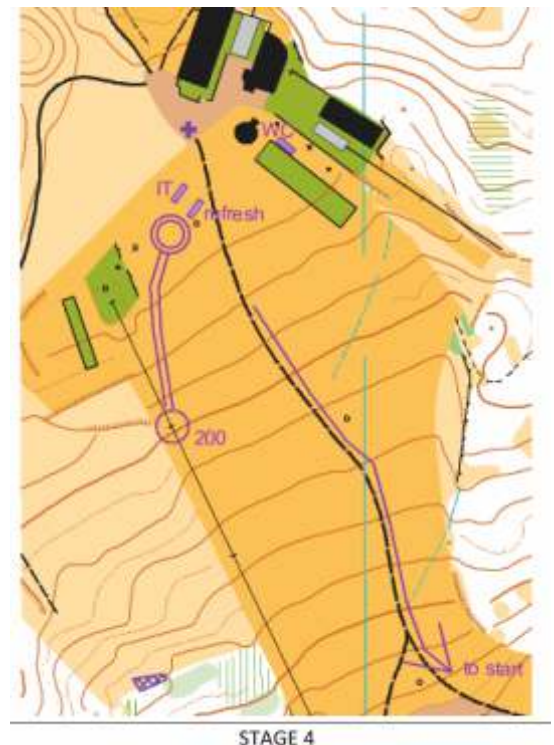
## FOURTH STAGE Friday 5th July



### Middle Distance – Chalet FORST Prati di Gaggia

- Parking: There is a big parking area at the start of Cablecar Laghet Prati di Gaggia. From there you'll take the cableway until Chalet Forst (ARENA RACE)
- 46.16083602224096, 11.001483401157826
- <https://maps.app.goo.gl/RGq4xpSyZv4EYacT9>
- Cableway Tickets are included in entry fee for those with a bib number and yellow wristband
- START: the distance between the Arena and the Start is 650 mt with 110 mt climb (10 minutes walking) .
- First Start: 10.00
- The stage is a middle distance race. The terrain is alpine with steep descents.
- The forest is predominantly conifer with good/very good visibility.
- Height is 1300/1600 mt a.s.l.
- Mapper: Marco Bezzi and Francesco Buselli - Course setter: Eddy Sandri
- Scale 1:10.000, eq. 5 mt. (format 29x42 cm) 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 21 x 29 cm) for classes: M60, M65, M70, M75, M80, W60, W65, W70, W75, W80, M10, M12, W10, W12, DES, DEM, DEL
- The maps are printed on blue-back paper, water-resistant.

BUS STOP: Piazza Dolomiti, Andalo





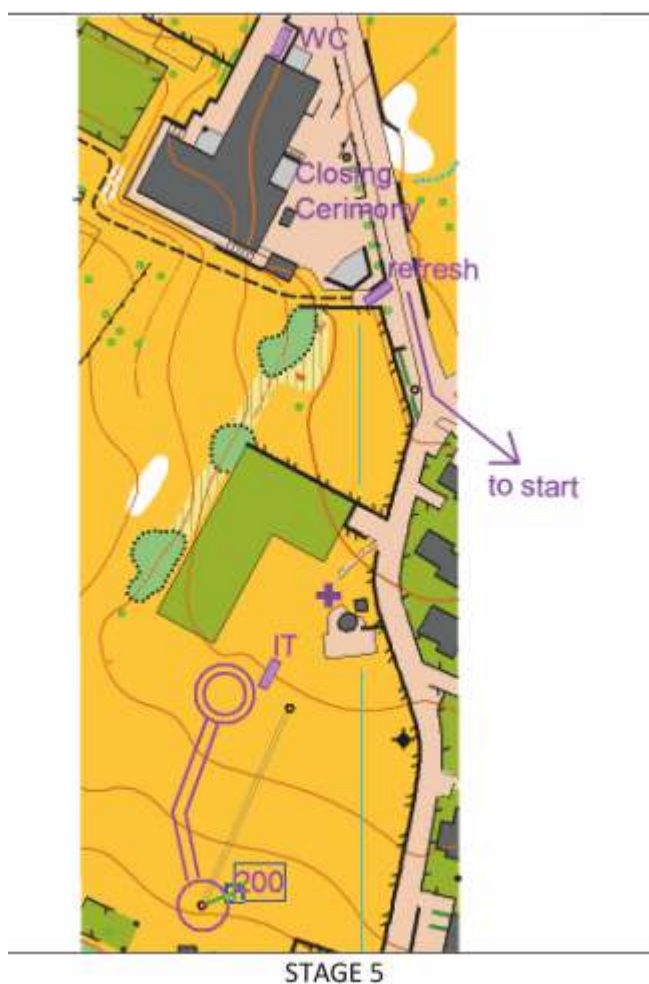
# FIFTH STAGE

## Saturday 6th July



### Sprint Distance – Fai della Paganella

- Parking: There is a limited parking area, close to the event center
- <https://goo.gl/maps/TgBriv9ZoXcqMAUY8>
- Alternative Parking at Santel Meriz parking Area <https://maps.app.goo.gl/JV2XhTJoAoHfnW1U9>
- (and then by foot or by bus to Event Center)
- START: the distance between the Arena and the Start is 650 mt with 15 mt climb (10 minutes walking) .
- First Start: 10.00
- The stage is a sprint distance race. Mapper: Stefano Raus - Course setter: Samuele Tait
- Scale 1:4.000, eq. 2,5 mt. (format 29 x 42 cm) for all classes.
- The maps are printed on blue-back paper, water-resistant.





# COURSE LENGHTS



	STAGE 1 ANDALO LIFE		STAGE 2 ANDALO CAVEDAGO		STAGE 3 MONTE FAUSIOR		STAGE 4 PRATI DI GAGGIA		STAGE 5 FAI DELLA PAGANELLA	
	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB
M10	1890	35	1460	40	1740	25	1450	35	1400	40
M12	1960	50	2040	55	2380	100	2150	70	1900	50
M14	2290	90	2490	80	2850	125	2200	100	2200	60
M16	3920	125	3890	125	4570	240	3400	125	2600	85
M18	4990	150	4830	210	5910	290	4050	155	3000	95
M20	5390	170	5000	225	6620	355	4650	150	3400	120
M35	5070	160	4690	195	6420	360	4850	190	3200	100
M40	4990	150	4830	210	5910	290	4050	155	3000	95
M45	4420	170	4310	120	4890	270	3900	140	2900	95
M50	4270	130	4270	115	4670	250	3750	130	2800	95
M55	4040	125	4170	125	4470	240	3700	125	2700	80
M60	3790	120	3960	120	4330	230	3600	120	2500	75
M65	3300	120	3860	110	3370	185	3500	100	2300	65
M70	3300	120	3860	110	3370	185	3500	100	2300	65
M75	2860	125	3080	100	2530	145	2900	80	2000	55
M80	2860	125	3080	100	2530	145	2900	80	2000	55
ME	5630	175	5400	235	7640	450	5200	220	3800	150
M21L	5390	170	5000	225	6620	355	4650	150	3400	120
M21S	3920	125	3890	125	4570	240	3400	125	2600	85
W10	1890	35	1460	40	1740	25	1450	35	1400	40
W12	1960	50	2040	55	2380	100	2150	70	1900	50
W14	2290	90	2490	80	2850	125	2200	100	2200	60
W16	3460	100	3600	115	4140	245	3100	100	2400	70
W18	4140	125	4010	115	4360	240	3700	110	2600	80
W20	4960	165	4570	195	4640	260	4200	130	2800	90
W35	4420	170	4310	120	4890	270	3900	140	2900	95
W40	4170	160	4170	120	4190	235	3800	125	2700	80
W45	4170	160	4170	120	4190	235	3800	125	2700	80
W50	4140	125	4010	115	4360	240	3700	110	2600	80
W55	3930	130	4130	125	4030	220	3450	80	2400	70
W60	3760	135	3620	115	3320	180	3200	70	2100	55
W65	3760	135	3620	115	3320	180	3200	70	2100	55
W70	2860	125	3080	100	2530	145	2900	80	2000	55
W75	2690	120	2980	95	2480	140	2400	75	1800	45
W80	2690	120	2982	95	2480	140	2400	75	1800	45
WE	5070	160	4690	195	6420	360	4850	190	3200	100
W21L	4960	165	4570	195	4640	260	4200	130	2800	90
W21S	3460	100	3600	115	4140	245	3100	100	2400	70
Direct ES	1890	35	1460	40	1740	25	1450	35	1400	40
Directy EM	2060	70	2480	40	2060	95	1600	55	2200	60
Direct EL	2520	90	3070	65	2630	100	2200	70	3300	105
Direct DS	4160	120	4560	145	2420	210	3100	115	1600	45
Direct DM	4870	140	4810	160	4400	245	3550	125	2400	75
Direct DL	5340	160	5140	185	5650	280	4000	150	3500	130



# HONORARY COMMITTEE



President Province of Trento  
 Tourism Assessor Province of Trento  
 President of Tourist Board Dolomiti Paganella  
 Mayor of Andalo  
 Mayor of Fai della Paganella  
 Mayor of Cavedago  
 Mayor of Spormaggiore  
 President of Trentino Olympic Committee  
 President of Orienteering Italian Federation  
 President of Trentino FISO Committee  
 President 5 Days Italy Committee  
 Director of Tourist Board Dolomiti Paganella  
 President of Fai Vacanze  
 President of Andalo Vacanze  
 President of Andalo Gestioni  
 Technical responsible Dolomiti Paganella  
 President Or. Mezzocorona Club  
 President Consorzio Skipass Paganella Dolomiti  
 Director Consorzio Skipass Paganella Dolomiti  
 President Valle Bianca Lift society  
 President Paganella 2001 Lift society  
 Carabinieri Corps Commander in Andalo

**Fugatti Maurizio**  
**Roberto Failoni**  
**Viola Michele**  
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**Mottes Mariavittoria**  
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**Mora Paola**  
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**D'Angelo Luca**  
**Perlot Lucia**  
**Perli Marika**  
**Rigotti Daniele**  
**Giuliani Maurizio**  
**Dorigati Paolo**  
**Gabrielli Alessandro**  
**Ghezzi Ruggero**  
**Bottamedi Mara**  
**Toscana Gianmaria**  
**Moretto Loris**

## PARTNERS FISO





# ORGANIZING COMMITTEE



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President

**Gazzerro Mauro**

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**Raus Michele**

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**Hueller Fabio**

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**Pierpaoli Daniela**

Camera TV

**Gulli Alessandro**

Social & Web

**Lucchetta Jessica**

Photo

**Boldrini Maurilio**

Speakers

**Galletti Stefano**







## Madonna di Campiglio

**5<sup>th</sup> - 12<sup>th</sup> July 2025**

**Dolomiti di Brenta  
Unesco World Heritage**

### General Program

5 July 2025	Arrival and Opening Event Center
6 July 2025	Prologue in Madonna di Campiglio [not included in Training Entry Fee]
7 July 2025	DAY 1 - Middle Distance Pradalago Campo Carlo Magno
8 July 2025	DAY 2 - Middle Distance Fortini Campo Carlo Magno
9 July 2025	DAY 3 - Long Distance Grostè Rifugio Boch
10 July 2025	<b>Rest Day</b>
11 July 2025	DAY 4 - Middle Distance Grostè Rifugio Boch
12 July 2025	DAY 5 - Sprint Distance Pinzolo

### Entry Fee

	Adults	classes up to MW-20	MW10 MW12
From 15 June to 31 August 2024	129,00 €	70,00 €	40,00 €
Until September 30th, 2024	149,00 €	85,00 €	45,00 €
Until December 31st, 2024	169,00 €	100,00 €	50,00 €
Until March 31th, 2025	189,00 €	115,00 €	55,00 €
Until June 15th, 2025	189,00 € 🇪🇺	115,00 € 🇪🇺	55,00 € 🇪🇺
DIRECT EASY COURSES	20,00 €/each stage		
DIRECT DIFFICULT COURSES	30,00 €/each stage		
Round Gondola Tickets for days 3 and 4 are included in entry fee for all classes			

\* Gadget pack and T-shirt are not included



**Entries and Payment**  
<https://www.5daysitaly.it/>