

# 2025 WEEK 8 TRAINING CAMP IN ITALY



## TRAINING BULLETIN 2

FOREST UMBRA, AN ORIENTEERING PARADISE

# GENERAL INFORMATION

**MEET US AT THE TRAINING VENUE TO COLLECT THE TRAINING & WARM-UP MAPS**

**YOU ARE FREE TO RUN THE TRAINING SESSIONS WHENEVER YOU PREFER, BUT CONTROL FLAGS WILL BE SET ONLY ON SCHEDULED TIMES. (SEE THE PROGRAM ON THE NEXT PAGES)**

**ONCE EACH OFFICIAL TRAINING HAS FINISHED, WE WILL SET TAPES AT EVERY CONTROL. THIS WAY YOU CAN ALSO RUN THE TRAINING SESSIONS LATER ON DURING THE WEEK.**



**YOU WILL ALSO RECEIVE A A4 WARM-UP MAP WITH CONTROL DESCRIPTIONS TOO.**

**FOREST UMBRA, AN ORIENTEERING PARADISE**

# 1702 AM INTRO-O TRAINING

MEETING POINT FROM 9:00  
- COLLECT YOUR MAPS &  
WARM-UP MAP

CONTROLS ON THE TERRAIN  
09:00 - 11:00

INTRO TRAINING WITH A  
MIX OF SHORT TECHNICAL  
LEGS, LONG  
ROUTECHOICES, EASY  
CONTROLS & MORE  
CHALLENGING ONES.

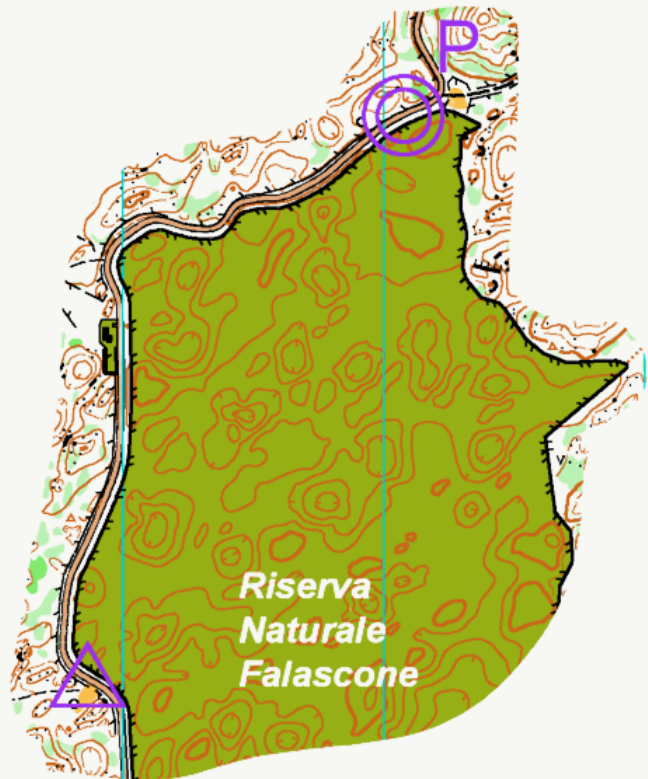
7KM 340+M // 18C.

SHORTCUT POSSIBILITY

4,4KM 185+ // 10C.



LIVELOX 



FOREST UMBRA, AN ORIENTEERING PARADISE

# 1702 PM NIGHT TRAINING

MEETING POINT FROM  
18:00

FORKED MASS-START AT  
18:30 (NOT MANDATORY)

CONTROLS ON THE TERRAIN  
14:00 - 20:00

NIGHT DIAMOND ON A  
DIFFUSE & CONTINENTAL  
TERRAIN. HIGH RUNNABILITY  
BUT LOW VISIBILITY.

FOCUS ON COMPASS BEARING  
& TERRAIN FEELING.

5KM 240+M // 24C.

*SHORTCUT POSSIBILITY*

3,8KM 160+ // 12C.



LIVELOX 



FOREST UMBRA, AN ORIENTEERING PARADISE

# 1802AM SPRINT MARATHON

**YOU HAVE ALREADY  
COLLECTED THIS MAP ON  
THE PREVIOUS DAY**

**SO YOU ARE FREE TO RUN  
THE TRAINING WHENEVER  
YOU PREFER**

**! NO CONTROLS ON THE  
TERRAIN !**

**“MARATHON” SPRINT  
COURSE WITH  
CHALLENGING  
LONG-ROUTE CHOICES,  
TECHNICAL LEGS, &  
ELEVATION CHANGES.**

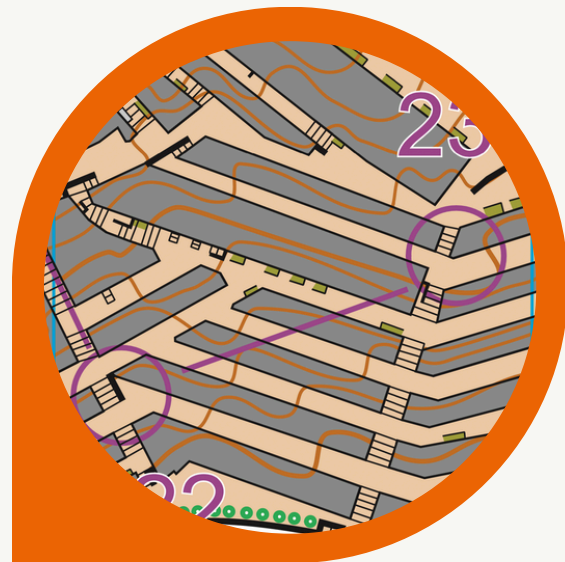
**8 KM 200+M // 28C.**

*SEVERAL SHORTCUT  
POSSIBILITIES*

LIVELOX 



**! NO CONTROLS  
ON THE TERRAIN !**



**FOREST UMBRA, AN ORIENTEERING  
COURSE**

# 1802 PM FOREST SKILLS

**MEETING POINT FROM  
15:00 - COLLECT YOUR  
MAP**

**CONTROLS ON THE TERRAIN  
15:00 - 17:00**



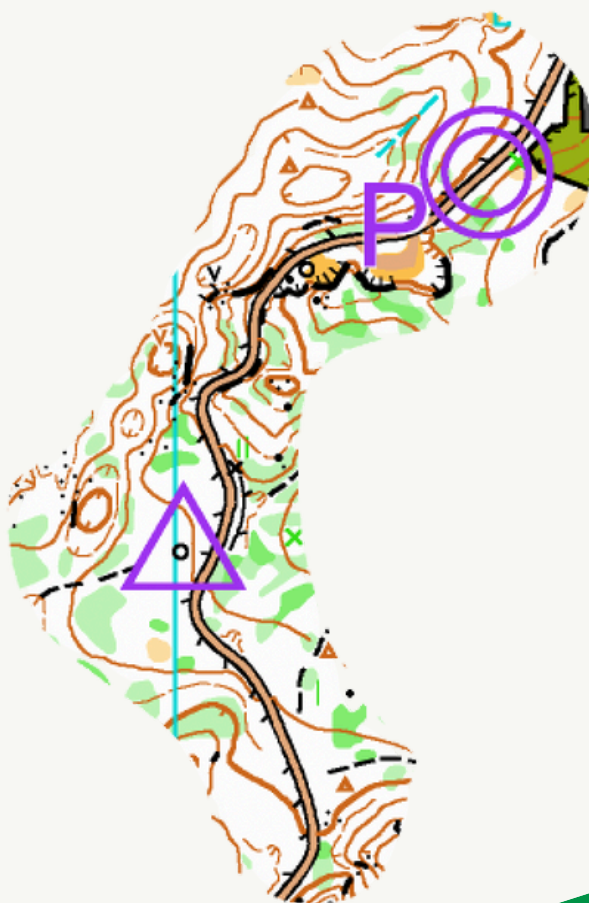
**RECOVERY FOREST  
TRAINING, CHALLENGING  
EXERCISE EVEN AT EASY  
PACE:**

**O-CORRIDOR  
DUEL-O  
15K VS 10K SCALE**

**10 KM 200+M // 12C.**

*SEVERAL SHORTCUT  
POSSIBILITIES*

**4,5KM/8,8KM/12KM**



**LIVELOX**



**FOREST UMBRA, AN ORIENTEERING PARADISE**

# 1902AM MD TRAINING

MEETING POINT FROM 9:00

YOU WILL COLLECT BOTH MAP  
& CONTROL DESCRIPTION

FOLLOW THE WARM-UP MAP  
TO THE START

FREE STARTING TIME (SI-  
CARD AIR)

READ-OUT AT THE MEETING  
POINT AFTERWARDS

CONTROLS ON THE TERRAIN  
9:30 - 11:00

TECHNICAL MIDDLE  
DISTANCE TRAINING TO BE  
RUN AT RACE PACE.  
TECHNICALLY &  
PHYSICALLY CHALLENGING.

FOCUS ON COMPETITION  
FEELING, CLEAN  
ORIENTEERING & "FLOW"

A: 5,4 KM 255+M // 17C.

SEVERAL SHORTCUT  
POSSIBILITIES

B: 3,8KM 185+M // 11C.

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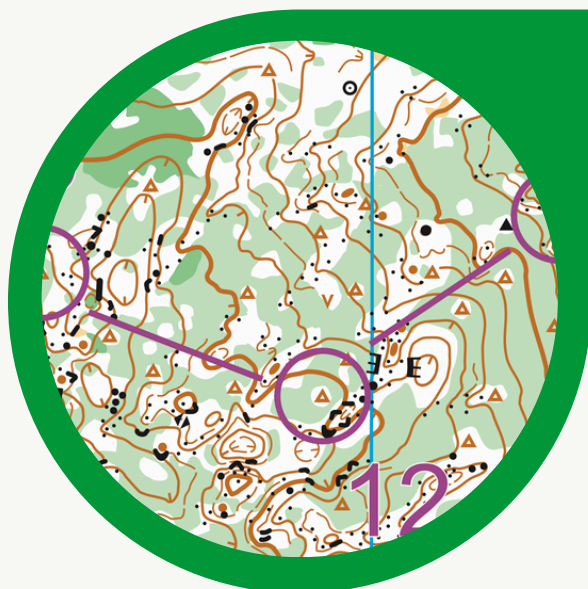


FOREST UMBRA, AN ORIENTEERING PARADISE

# 1902PM NIGHT TRAINING

MEETING POINT FROM  
18:00

CONTROLS ON THE  
TERRAIN  
18:00 - 20:00



FINAL TRAINING OF THE  
CAMP. TECHNICALLY VERY  
CHALLENGING WITH LOW  
VISIBILITY & DIFFUSE  
TERRAIN.

FOCUS ON COMPASS  
SKILLS & SIMPLIFICATION.



LIVELOX 

3,8 KM 120+M // 12C.

SEVERAL SHORTCUT  
POSSIBILITIES

2,5KM 80+M // 7C.

FOREST UMBRA, AN ORIENTEERING PARADISE



# 2002AM SPRINT PROLOGUE RACE PESCHICI

MEETING POINT FROM 09:00

YOU WILL COLLECT BOTH  
MAP & CONTROL  
DESCRIPTION

FOLLOW THE WARM-UP MAP  
TO THE START

FREE STARTING TIME (SI-  
CARD AIR)

READ-OUT AT THE MEETING  
POINT AFTERWARDS

CONTROLS ON THE TERRAIN  
09:00 - 10:00



SPRINT PROLOGUE BEFORE  
THE EVENING OFFICIAL  
RACE.  
FAST PACE & CHALLENGING  
ORIENTEERING FROM START  
TO FINISH

3,2 KM 60+M // 18C.

SEVERAL SHORTCUT  
POSSIBILITIES

LIVELOX 



FOREST UMBRA, AN ORIENTEERING

# 2025 WEEK 8 TRAINING CAMP IN ITALY



## WEEKEND RACE BULLETIN 1

**FOREST UMBRA, AN ORIENTEERING PARADISE**

# 2002PM NIGHTSPRINT RACE - VIESTE

MEETING POINT FROM  
17:30

START FROM 18:00

STARTLISTS ONLINE  
SOON



READ-OUT AT THE  
MEETING POINT  
AFTERWARDS



## COURSES DETAILS

### WOMEN

3,7 KM 90+M // 21C.

### MEN

4,1 KM 110+M // 22C.

ARTIFICIAL BARRIERS  
NOT ON THE TERRAIN  
(FAIR-PLAY)



FOREST UMBRO

PARADISE

# 2102AM MIDDLE DISTANCE RACE - FORESTA UMBRA MURGIA

MEETING POINT FROM  
8:30

START FROM 10:00

STARTLISTS ONLINE  
SOON



READ-OUT AT THE  
MEETING POINT  
AFTERWARDS

## COURSES DETAILS

### WOMEN

4,7 KM 140+M // 13C.

### MEN

5,3 KM 155+M // 14C.



FOREST UMBRA, AN ORIENTEERING PARADISE

# 2202AM LONG DISTANCE RACE - FORESTA UMBRA JACOTENENTE

MEETING POINT FROM  
8:00

START FROM 9:00 

STARTLISTS ONLINE  
SOON

READ-OUT AT THE  
MEETING POINT  
AFTERWARDS

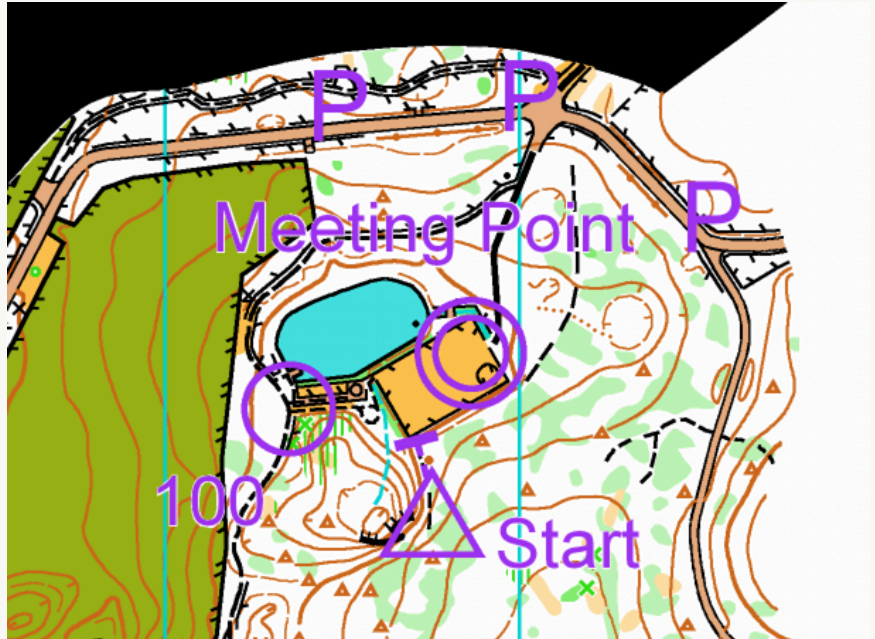
## COURSES DETAILS

**WOMEN**

**9,4 KM 240+M // 14C.**

**MEN**

**10,8 KM 305+M // 14C.**



**FOREST UMBRA, AN ORIENTEERING PARADISE**

# MOC WEEK 19 - 23 MARCH 2025

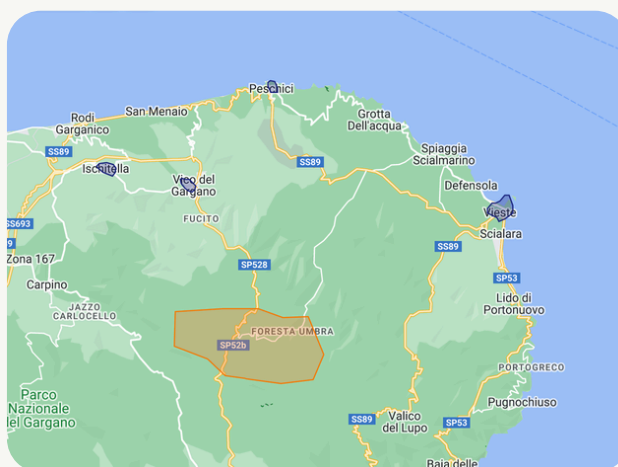


## MOC Camp 2025

# 2025 WEEK 8 TRAINING CAMP IN ITALY



**ALL TRAINING AREAS ARE  
WITHIN 30 MINUTES DRIVING**



**TRAINING PACKAGE 50,00€**

**RACE PACKAGE 45,00€**

**ENTER NOW!!**

# 2025 WEEK 8 TRAINING CAMP IN ITALY



**KARSIC PARADISE,  
THOUSANDS OF  
SINKHOLES, ROCK  
DETAILS AND  
MICRO-RELIEFS**

**T.SCALET - WMOC 2022 VICE-  
MANAGER**

**TRICKY AND STEEP  
ANCIENT COASTAL  
TOWN, SOME  
FLATTER AND  
SQUARED AREAS  
AS WELL.**

**G.VIALE PWTITALIA TEAM  
MANAGER / WMOC2022  
MANAGER**



**FOREST UMBRA, AN ORIENTEERING PARADISE**



## MOC-Camp 18 -23 march 2025

### PRELIMINARY PROGRAM:

Tue 18th	<b>MOC Camp day 1</b> with Sprint & forest training
Wed 19th	<b>MOC Camp day 2</b> with Sprint & Forest training
Thu 20th	<b>MOC Camp day 3</b> open trainings
Fri 21st	<b>MOC Championship stage 1</b> + training possibilities
Sat 22nd	<b>MOC Championships stage 2</b> + training possibilities
Sun 23rd	<b>MOC Championships stage 3</b>

### EVENT CENTRE

MOC sprint camp 2025: residence/hotel Toccacielo in Nova Siri  
– 4 stars hotel <https://toccacielo.it/>

### ACCOMMODATION

#### **Accommodation A - Bungalow** (max 80 places available):

5 nights (5 beds) + training camp.	Price 199€/person
5 nights (3 beds) + training camp.	Price 239€/person

#### **Accommodation B - 4 stars Hotel** (max 100 places available):

5 nights Half board (twin room) + training camp.	Price: 359€/person
5 nights Half board (triple/quadruple room)+ training camp.	Price 319€/person

*Information for accommodation: Mara [pwt@orienteering.it](mailto:pwt@orienteering.it)*

### Extra trainings

On request is possible to organize extra training in forest and in historical city



## XX edition of MOC Mediterranean Open Championship Orienteering

- **MOC Championships stage 1** in Pisticci
- **MOC Championships stage 2** in Rotondella
- **MOC Championships stage 3** in Matera



### ENTRIES - MOC Championships 2025

**60€** before 15 December 2024

**75€** before 15 January 2025

**95€** before 16 January 2025

*The entry includes 3 races + T-shirt + gadget*

### Prizes for winners

For the top 3 Men and Women Elite at XX edition MOC Mediterranean Open Championships Orienteering.

1° WM = 500€

2° WM = 250€

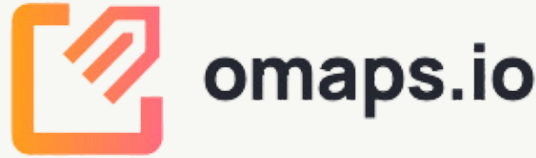
3° WM = 200€

### **Info MOC Camp 2025:**

Gabriele Viale – [viale@orienteering.it](mailto:viale@orienteering.it); mob. +39 338 6138508 - [www.orienteering.it](http://www.orienteering.it)



# MORE TRAINING AVAILABLE ALL AROUND ITALY



<p>📏 2.70km</p> <p>PWT Italia Malta Sprint - Borml...</p> <p>📍 Cospicua, Malta</p> <p>☆☆☆☆☆ 5.00€</p>	<p>📏 4.00km</p> <p>PWT Italia 2023 Abruzzo Sprint ...</p> <p>📍 Fara San Martino, Italy</p> <p>☆☆☆☆☆ 5.00€</p>	<p>📏 4.00km</p> <p>PWT Italia 2024 Abruzzo Sprint ...</p> <p>📍 Casalbordino, Italy</p> <p>☆☆☆☆☆ 5.00€</p>	<p>📏 4.00km</p> <p>PWT Italia 2024 Abruzzo Sprint ...</p> <p>📍 Lanciano, Italy</p> <p>☆☆☆☆☆ 5.00€</p>
<p>📏 0.00-4.00km</p> <p>PWT Italia 2024 Abruzzo Sprint ...</p> <p>📍 Vasto, Italy</p> <p>☆☆☆☆☆ 5.00€</p>	<p>📏 5.10-7.90km</p> <p>PWT Italia Classic Foresta Umb...</p> <p>📍 Monte Sant'Angelo, Italy</p> <p>☆☆☆☆☆ 6.00€</p>	<p>📏 0.00km</p> <p>PWT Italia EOC2023 - Malcesin...</p> <p>📍 Malcesine, Italy</p> <p>☆☆☆☆☆ 5.00€</p>	<p>📏 3.80-4.10km</p> <p>PWT Italia EOC2023 - Montecc...</p> <p>📍 Montecchio Maggiore, Italy</p> <p>☆☆☆☆☆ 5.00€</p>

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Happiness is your free time

**CAFFÈ VERO**

**ROSSO Gargano**

*Loison*  
PASTICCIERI DAL 1938

**CARBONI ADV**  
media and events

**TRENTINGRANA**  
L'arte, sale, caglio e rispetto.

*Lasagne*  
Villa Paola

**OCAD**<sup>+</sup>  
the smart software for cartography