

# 2025 WEEK 8 TRAINING CAMP IN ITALY



# TRAINING BULLETIN 1

**FOREST UMBRA, AN ORIENTEERING PARADISE**

# 1702 AM INTRO-O TRAINING

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

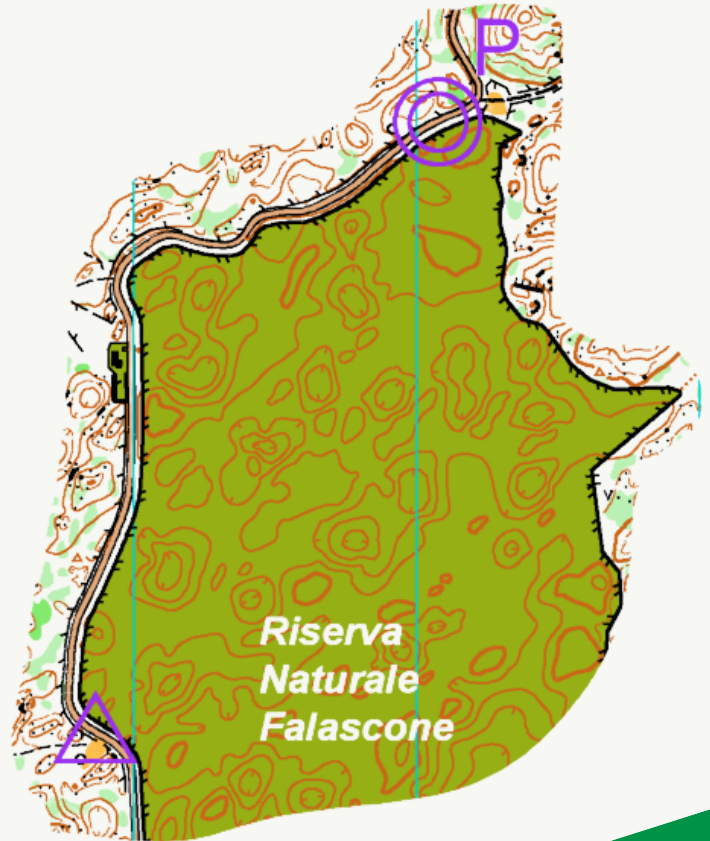
7KM 340+M // 18C.

SHORTCUT POSSIBILITY

4,4KM 185+ // 10C.



LIVELOX 



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# 1702 PM NIGHT TRAINING

**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.**



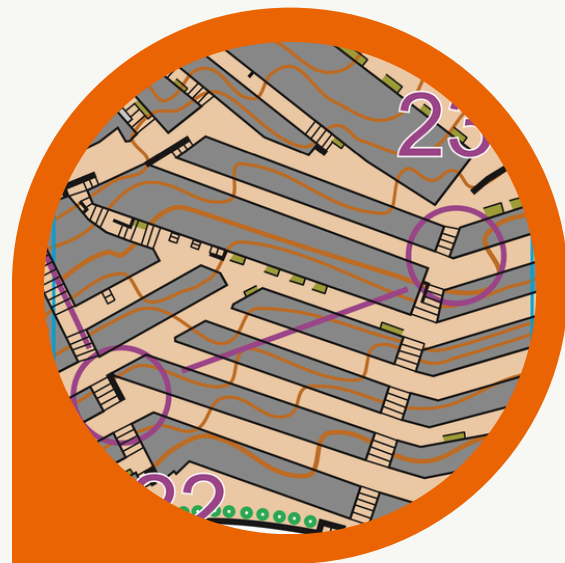
**LIVELOX**



**FOREST UMBRA, AN ORIENTEERING PARADISE**

# 1802AM SPRINT MARATHON

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



18 KM 300+M // 32C.

SEVERAL SHORTCUT  
POSSIBILITIES

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

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!NO CONTROLS  
ON THE TERRAIN!



FOREST UMBRA, AN ORIENTEERING  
COURSE

# 1802 PM FOREST SKILLS

RECOVERY FOREST  
TRAINING, CHALLENGING  
EXERCISE EVEN AT EASY  
PACE:

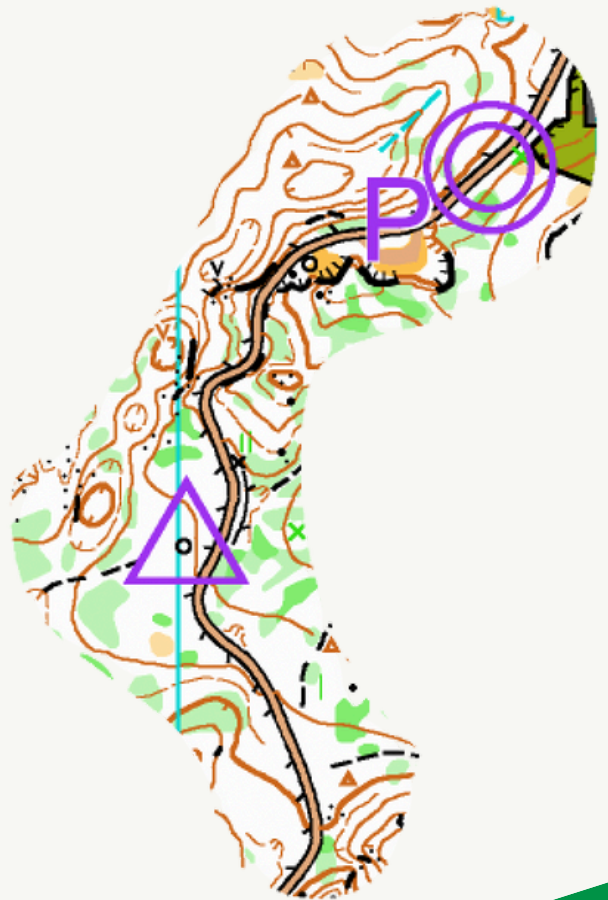
O-CORRIDOR  
DUEL-O  
15K VS 10K SCALE

10 KM 200+M // 12C.

SEVERAL *SHORTCUT*  
*POSSIBILITIES*

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

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# 1902AM MD TRAINING

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

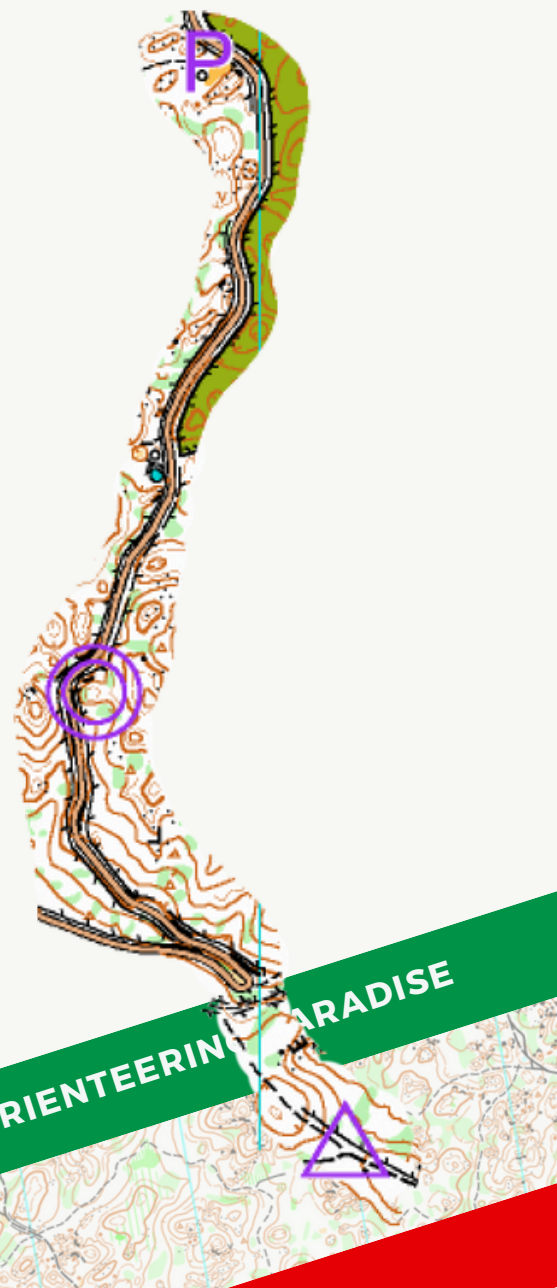
FOCUS ON COMPETITION  
FEELING, CLEAN  
ORIENTEERING & "FLOW"

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

SEVERAL *SHORTCUT*  
*POSSIBILITIES*

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

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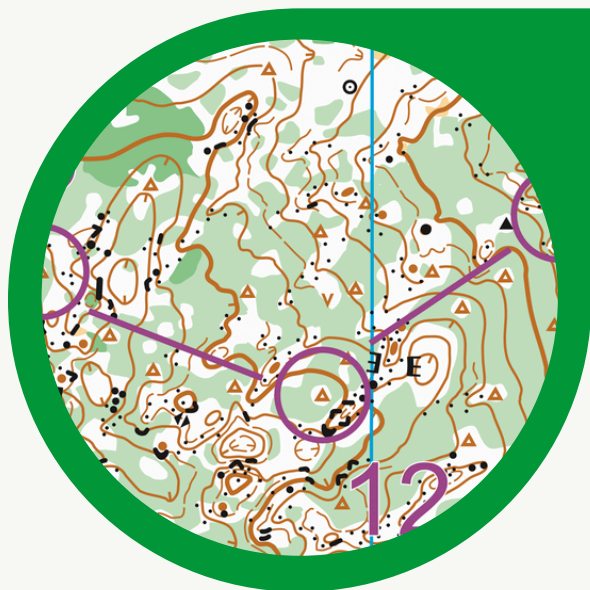


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# 1902PM NIGHT TRAINING

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

**FOCUS ON COMPASS  
SKILLS & SIMPLIFICATION.**



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

*SEVERAL SHORTCUT  
POSSIBILITIES*

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

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# 2002AM SPRINT PROLOGUE RACE VICO DEL GARGANO

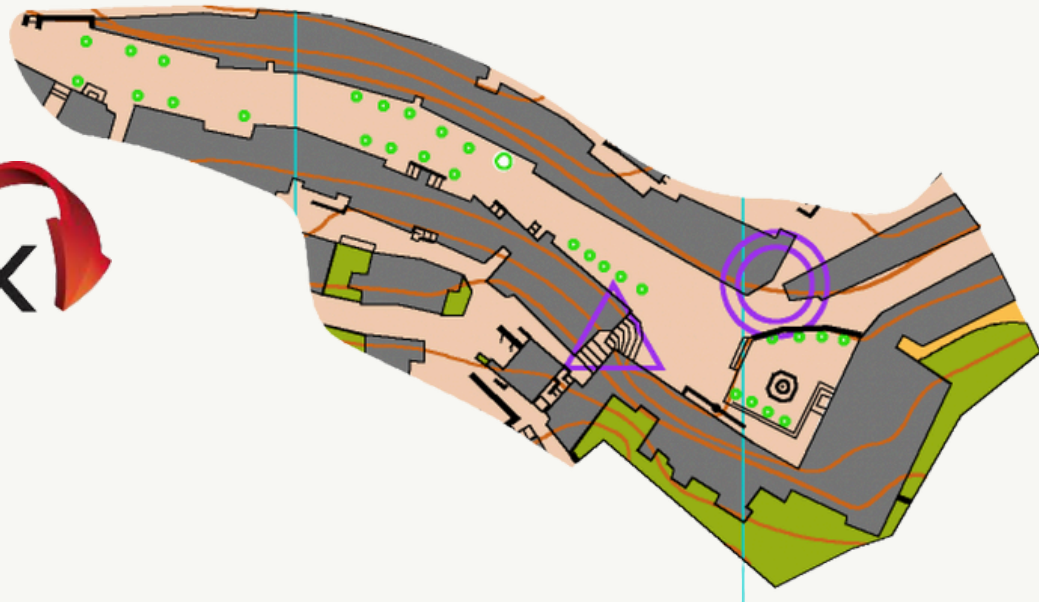
SPRINT PROLOGUE BEFORE  
THE EVENING OFFICIAL  
RACE.  
FAST PACE & CHALLENGING  
ORIENTEERING FROM START  
TO FINISH



3,2 KM 60+M // 13C.

NO SHORTCUT  
POSSIBILITIES

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**2002PM  
NIGHTSPRINT RACE - VIESTE**

**COMING SOON**

**2102AM  
MIDDLE DISTANCE RACE -  
FORESTA UMBRA MURGIA**

**COMING SOON**

**2202AM  
LONG DISTANCE RACE - FORESTA  
UMBRA LACOTENENTE**

**FOREST UMBRA, AN ORIENTEERING PARADISE**



# 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 WEEK 19 - 23 MARCH 2025



## MOC Camp 2025

- Sprint Map
- Forest Map

## MOC-Camp 18 -23 march 2025

### PRELIMINARY PROGRAM:

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

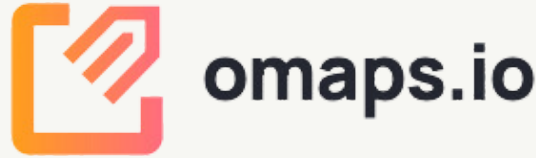
3° WM = 200€

### **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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**DOMINA**  
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**  
the smart software for cartography