

5 DAYS ITALY

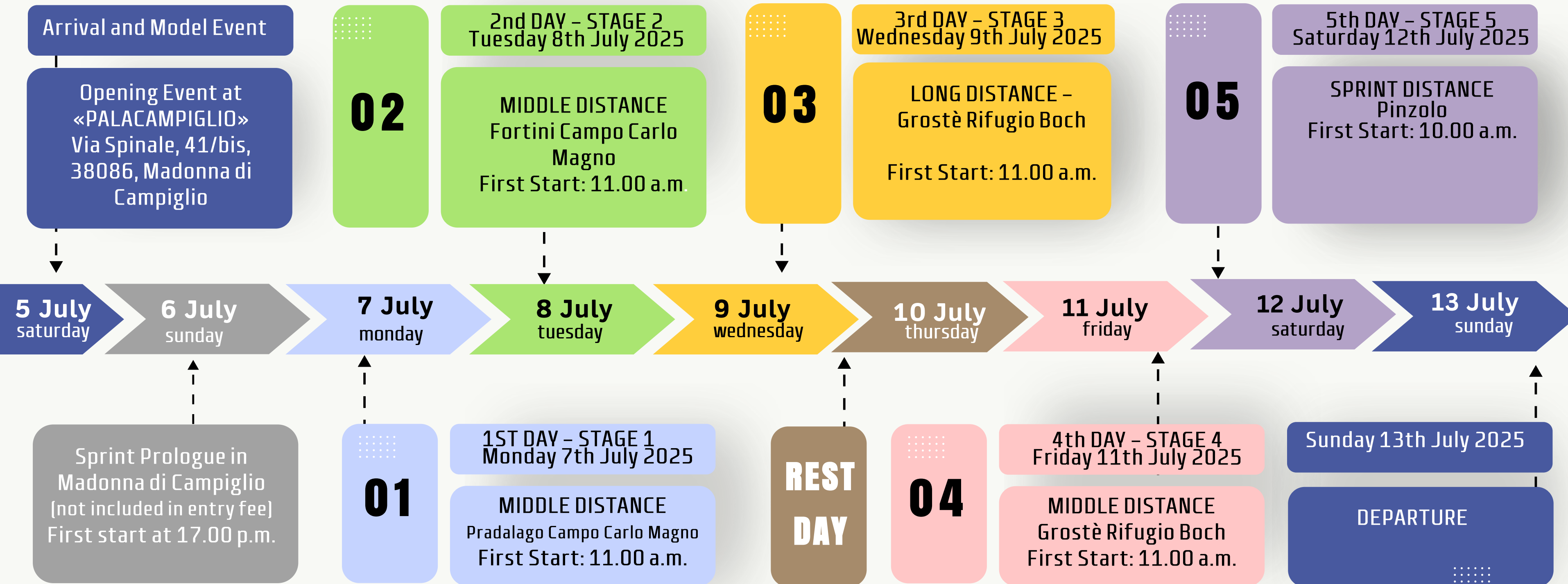
5th - 12th July 2025



Get Started



PROGRAM



ADVENTURE



ENTRY FEE

From 15 June to 31 August 2024

Until September 30th, 2024

Until December 31st, 2024

Until March 31th, 2025

Until June 15th, 2025

129,00€

149,00€

169,00€

189,00€

189,00€*

70,00€

85,00€

100,00€

115,00€

115,00€*

40,00€

45,00€

50,00€

55,00€

55,00€*

DIRECT MEDIUM and DIFFICULT COURSES

DIRECT EASY COURSE/BEGINNER

20,00€/each stage

30,00€/each stage

Round Gondola Tickets for day 3 and 4 are included in entry fee for all classes

** Gadget pack and T-shirt are not included*

EVENT CENTER PALA CAMPIGLIO

- Via Spinale, 41/bis - 38086 Madonna di Campiglio
- <https://goo.gl/maps/SeiRPdEjAf6pDMqc9>

OFFICE HOUR:

SATURDAY 5TH JULY ➔ from 09.30 am to 7.00 pm

SUNDAY 6th JULY ➔ from 09.30 am to 5.00 pm

FROM MONDAY 7th
TO FRIDAY 14th JULY ➔ from 6.00 pm to 7.00 pm

SECRETARY OFFICE REMAINS ALWAYS OPEN AT COMPETITION ARENA
DURING THE RACES FOR ANY QUESTION OR PROBLEM



For any problems or questions you can always send an email
to info@5daysitaly.it or a message at +39 3479699321 (MARA)

Next Page ➔

GENERAL INFORMATION



◆ **FIRST AID** A First Aid medical Point will be available at each Arena

◆ **TOILET** Chemical toilets will be present in every Arena

◆ **SI-CARD** It is possible to rent Sicard at the price of 5 € per day. The Si-Card will be collected after the last stage at . If the Si-Card is lost, the competitor must pay a penalty of 50€.

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



◆ **FAMILY WITH KIDS**

For families with kids, we allow parents which were assigned unfavorable start times, the flexibility to start with the punch-start during a vacant slot in the start list to allow them to safely guard their kids without stress.

◆ **CABLE WAY TICKETS**

Tickets for Stages 3 and 4 are included in entry price only for competitors with a 5-days Bib.

Cableways Tickets will be given with the bib number. For those running only a single stage in "Grosè Area" cableway ticket should be purchased at ticket office and enter the race at competition secretary office

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".

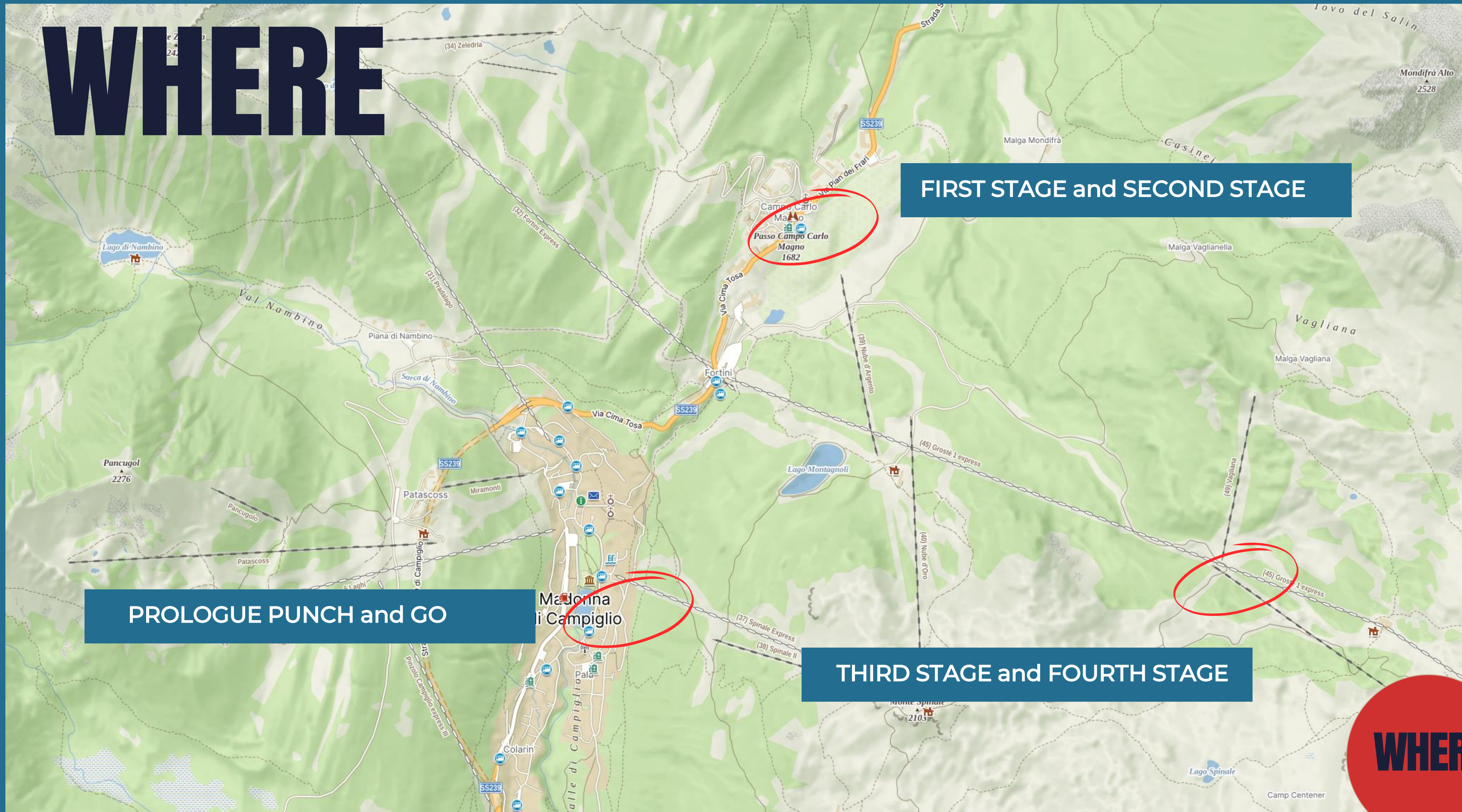
Climb: about 11 minutes

Maximum Capacity of cable: 6 people

NATURE



WHERE



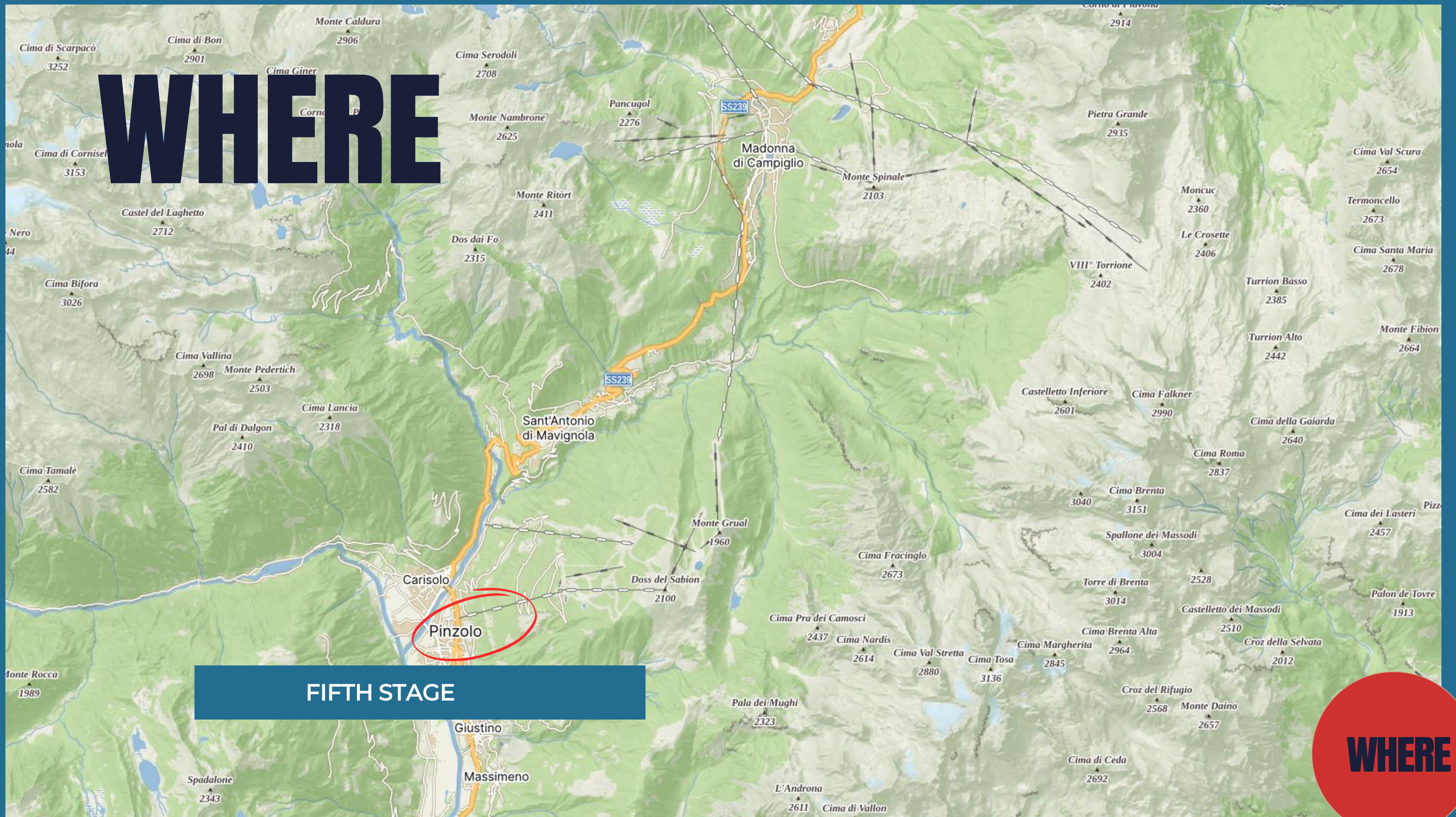
FIRST STAGE and SECOND STAGE

PROLOGUE PUNCH and GO

THIRD STAGE and FOURTH STAGE



WHERE



FIFTH STAGE

WHERE

PARKING

FOR STAGES 1-2-3-4

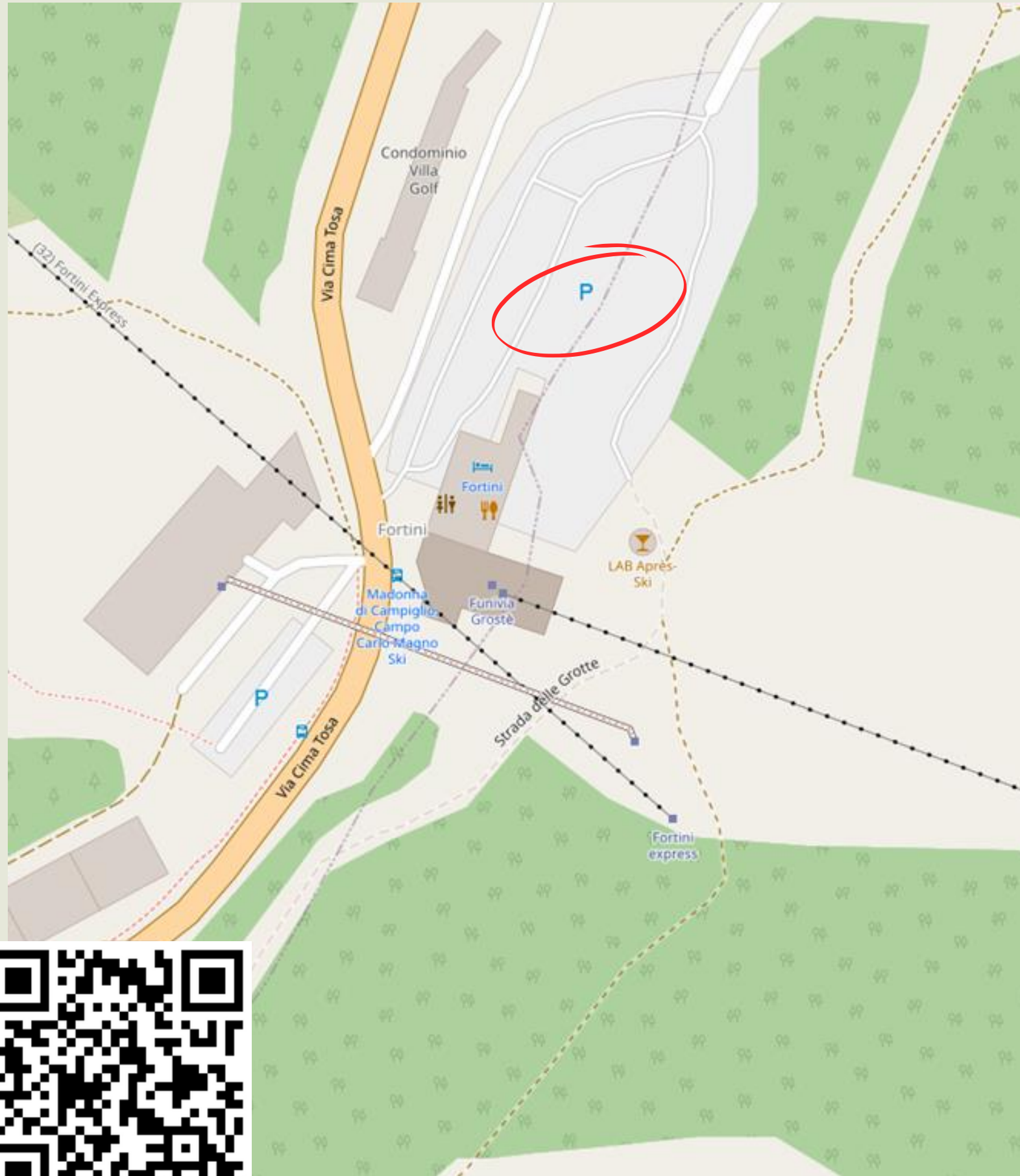
▶▶ Passo Campo Carlo Magno

- Località Fortini Parking - Start of the cableway "Grostè"

- 46°14'15.1"N 10°50'11.1"E

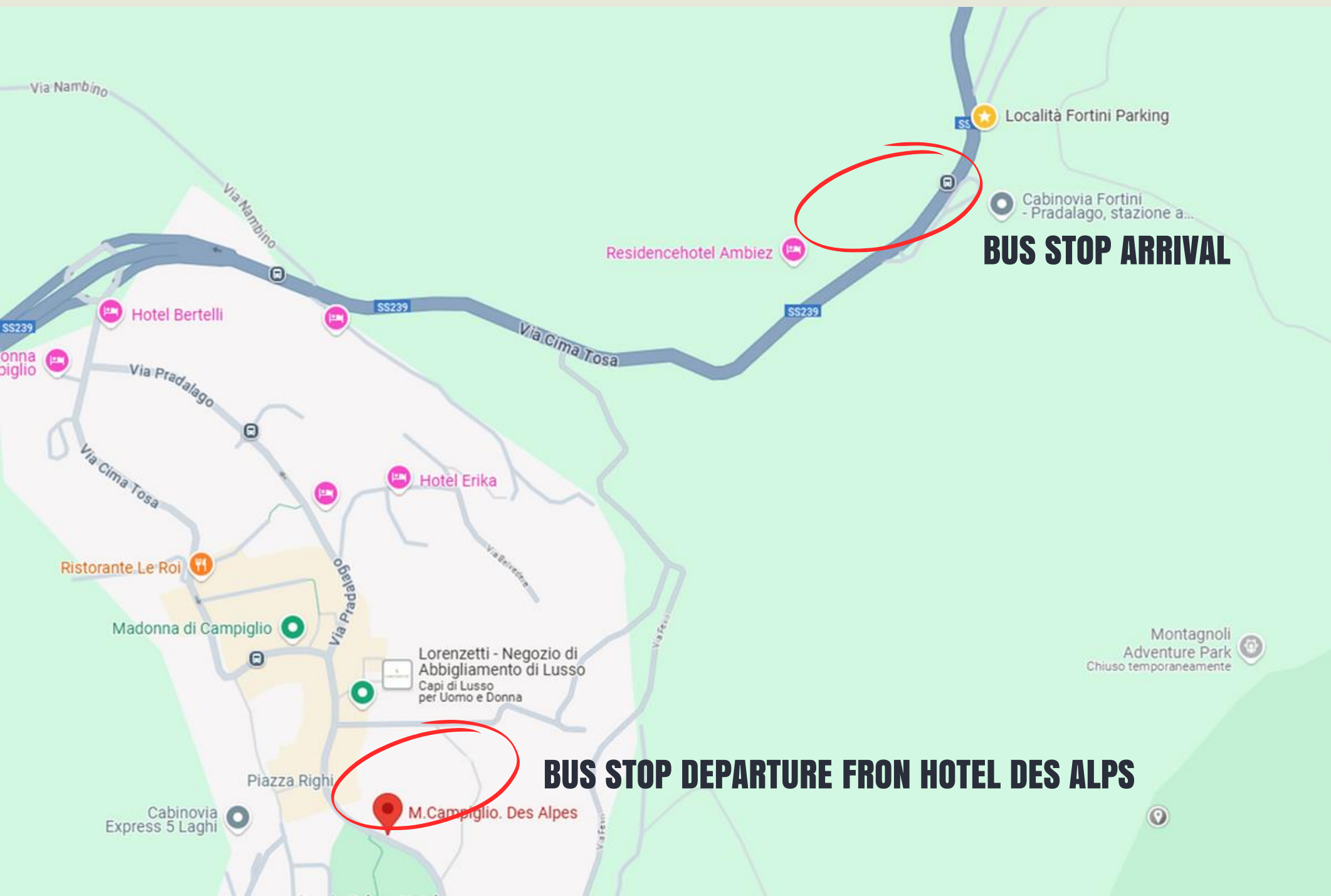
- <https://maps.app.goo.gl/a8RCuUnX6NLU5TWC7>

- **PARKING IS FREE ONLY FOR THE TIME OF THE RACES
(PARKING PASS TO COLLECT AT EVENT CENTER)**





PUBLIC TRANSPORT



FOR STAGES 1 - 2 - 3 - 4

BUS STOP DEPARTURE From Madonna di Campiglio

From HOTEL DES ALPS

<https://maps.app.goo.gl/AYDa9C3jk16fe7QW6>

ARRIVAL AT FUNIVIA GROSTE' BUS STOP

<https://maps.app.goo.gl/5o77Tvmejjymu1d8>

OFFICIAL TIMETABLES will be published end of June

PARKING

FOR STAGE 5

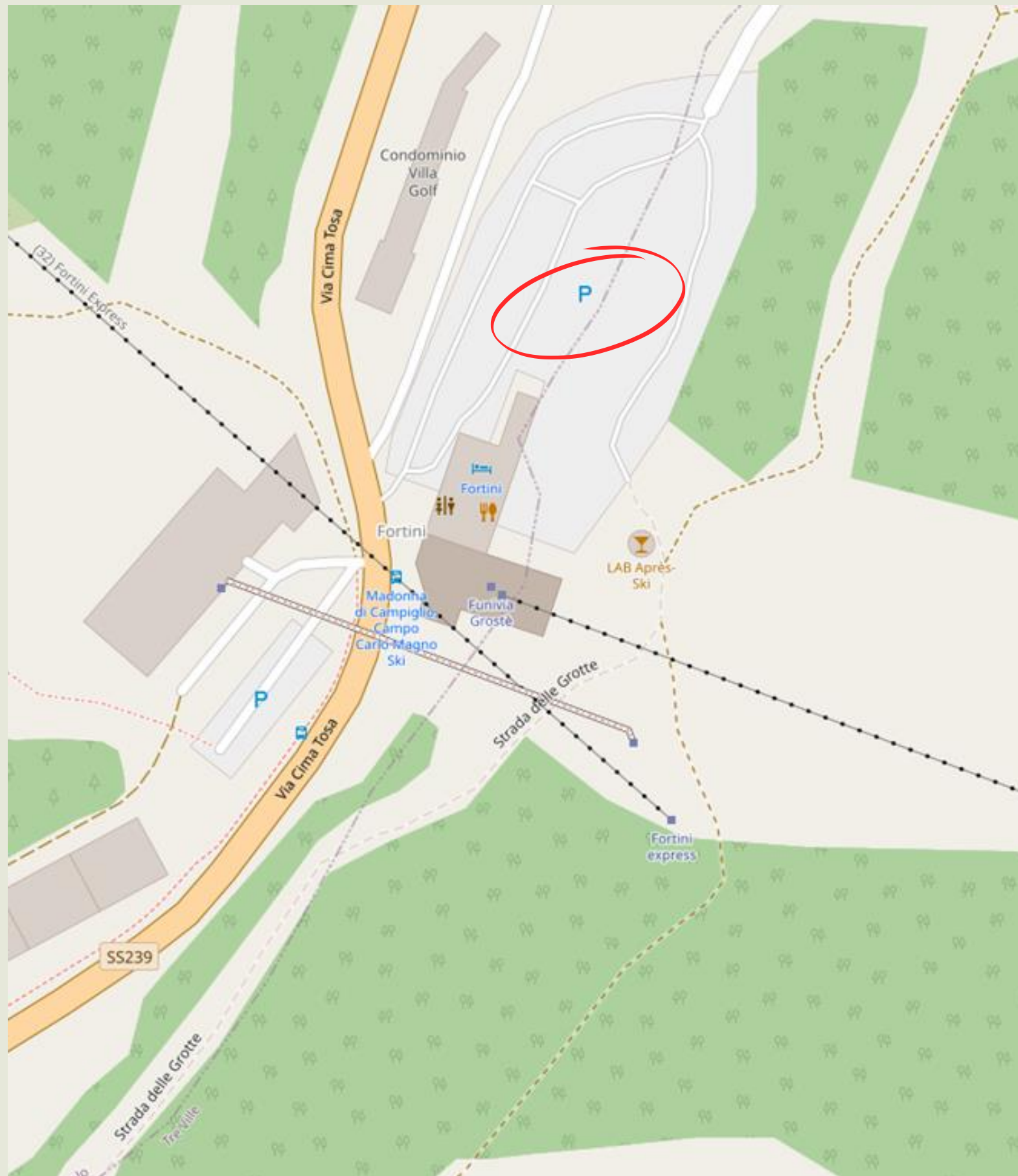
▶▶ PINZOLO

Parking near the start of the cableway “Prà Rodont”

46.163607, 10.765112

<https://maps.app.goo.gl/JxJYH8h1S0sGGkTf9>

**PARKING IS FREE ONLY FOR THE TIME OF THE RACES
(PARKING PASS TO COLLECT AT EVENT CENTER)**





PUBLIC TRANSPORT



FOR STAGES 5

**BUS STOP DEPARTURE From Madonna di Campiglio
FROM HOTEL DES ALPS**

<https://maps.app.goo.gl/AYDa9c3jk16fe7QW6>

ARRIVAL AT VIA ROMA BUS STOP

<https://maps.app.goo.gl/tu3yjyzUGKrM7S1G9>

OFFICIAL TIMETABLES will be published end of June

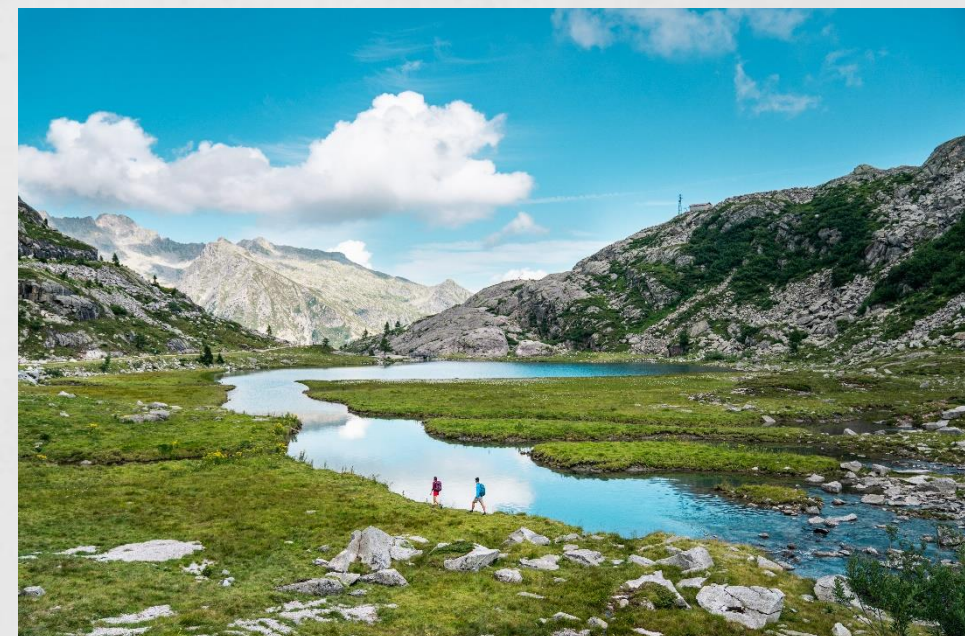
OUTDOOR



MODEL MAPS

**3 MODELS MAP will be available for training
LOCATIONS being finalized**

**PRICE MODEL MAP € 5,00
If you'll buy 3 MODEL MAP € 10,00**



Sunday 6th July 2025

SPRINT PROLOGUE - MADONNA DI CAMPIGLIO

▶▶ GENERAL INFORMATION

PUNCH AND GO - Sprint Distance

The Race is not included in entry fee.

Price is 7,00 € to be paid directly to the race office at Event Center when you'll collect your bib number or at the Race office on Arena

▶▶ BRING WITH YOU YOUR BIB NUMBER TO ENTER PUNCH AND GO RACE

- Arena is at Parco Conca Verde in Madonna di Campiglio in front of Event Center
- <https://maps.app.goo.gl/dXAGogPteG74NvoW7>
- Parkings: no official parking is provided.
- Runners can use the public parking spaces in Madonna di Campiglio.
- Note that in some areas parking are not free.
- The stage is a sprint distance race
- Terrain: mix of urban areas, forest and open grass areas.
- Metal-studs orienteering shoes are not allowed
- First Start: 17.00 p.m until 18.00 p.m
- Course setter: Ekaterina Vlasova
- Scale 1:4.000, eq. 2.5 mt.
- The maps are printed on blue-back paper, water-resistant

▶▶ ENTRIES

Entries for the prologue race are done at the event centre when collecting the number bibs.

Number bibs can be collected until 17:00



SPORT



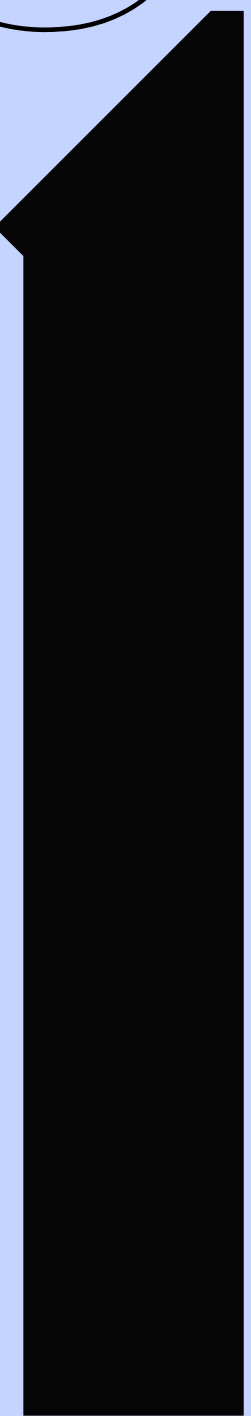
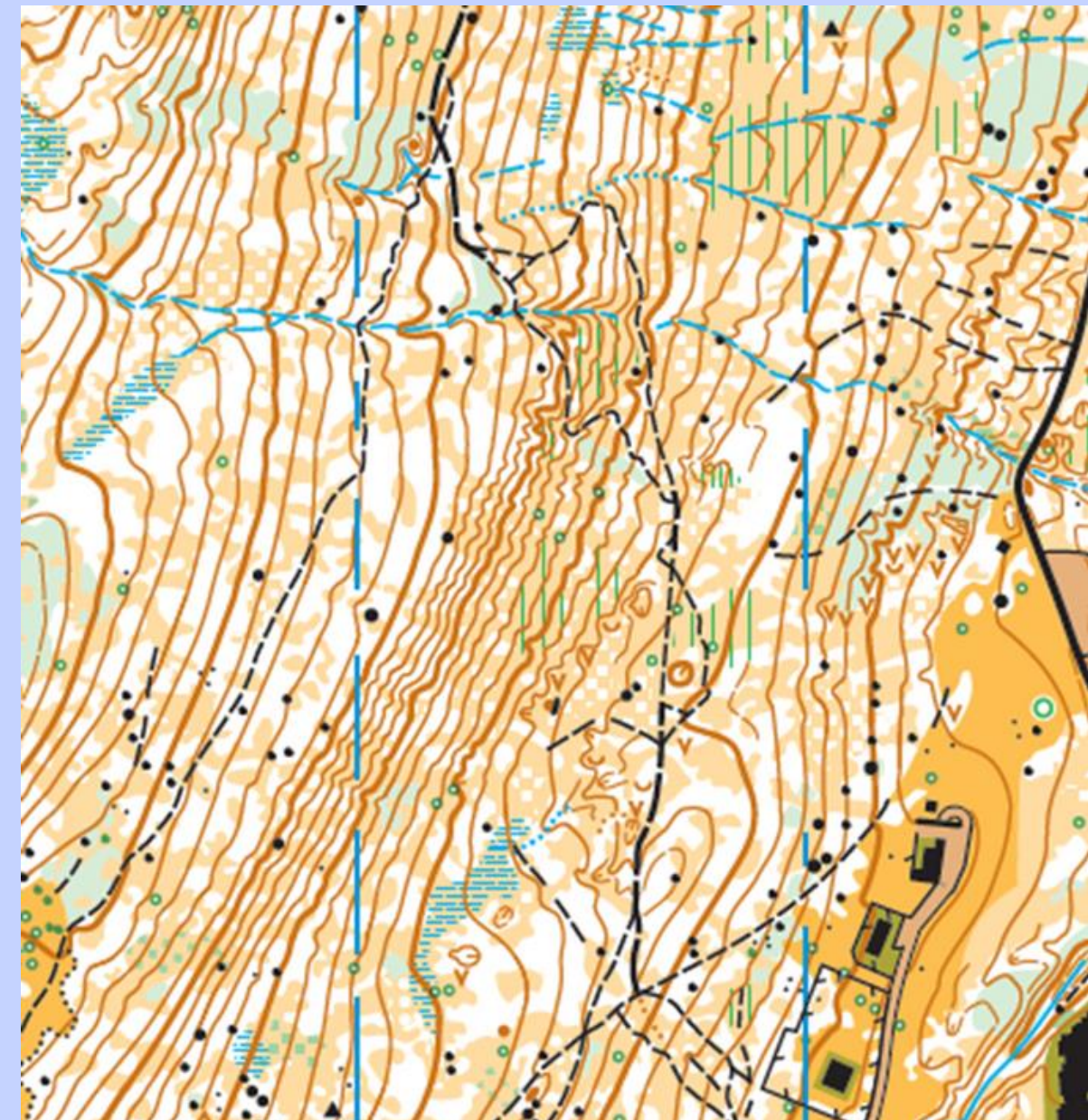
STAGE 1 MIDDLE DISTANCE

Monday 7th July

▶▶ PRADALAGO FORTINI CAMPO CARLO MAGNO

General Information

- **Terrain:** Pine-tree forest with firm ground, offering good runnabili. The courses vary from areas dense with details to more generalized terrain. Slopes are generally gentle, with a few steeper sections.
- **Mapper:** Victor Kirianov
- **Course Setter:** Ekaterina Vlasova
- The maps are printed on blue-back paper, water-resistant
- Secretary Office is at Fortini Arena
- **Start:** 1500m with 100m climb
- **Finish:** Cabinovia Grostè - Località Fortini



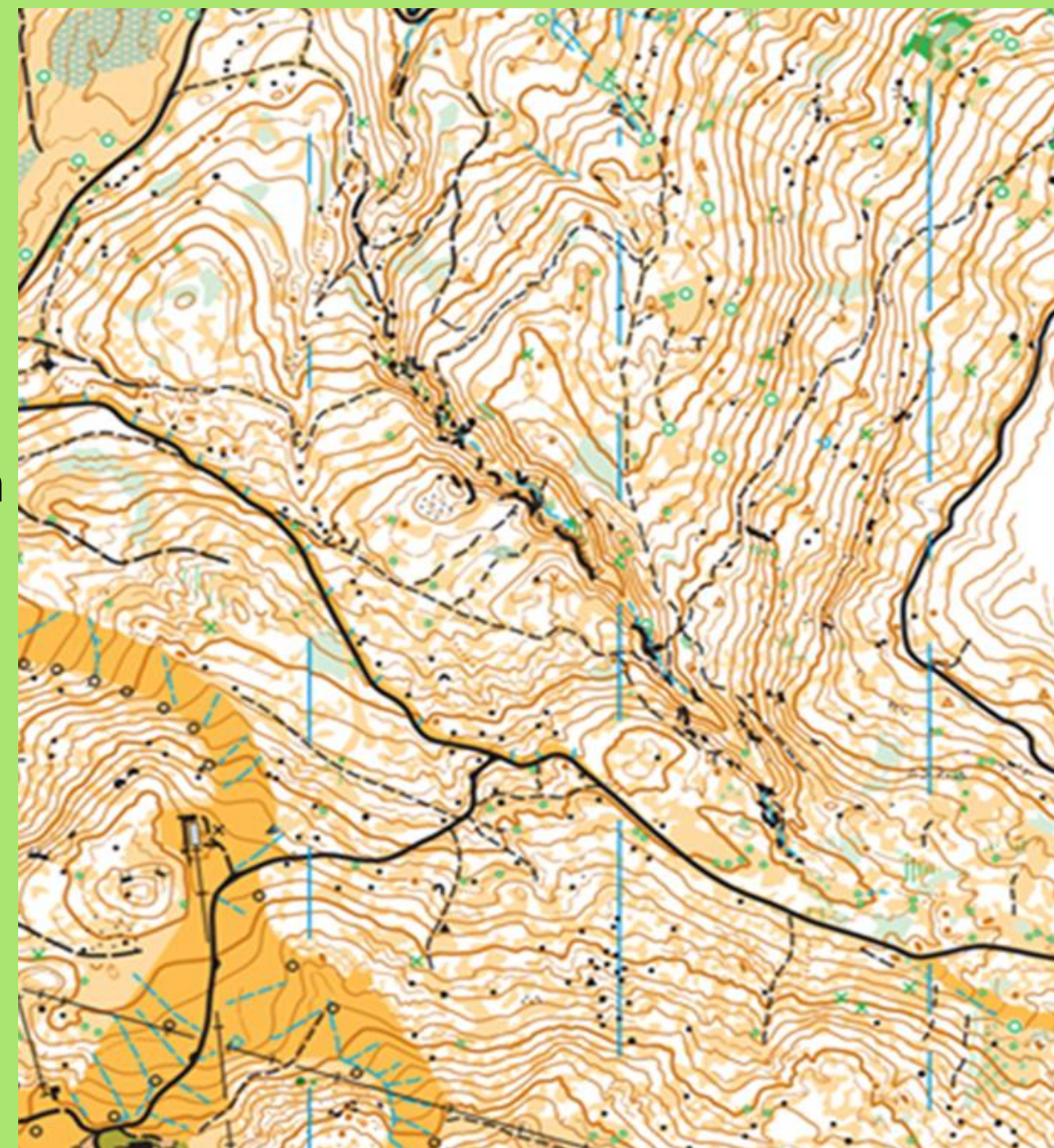
STAGE 2 MIDDLE DISTANCE

Tuesday 8th July

►► FORTINI PASSO CARLO MAGNO

General Information

- **Terrain:** Alpine pine-tree forest featuring alternating areas of good runnability and sections with ground vegetation, such as blueberries and grass. The slope is consistent, with relatively steep sections included for the longer courses
- **Mapper:** M. Bezzi, S. Raus, M. Ongania
- **Course Setter:** Tommaso Scalet
- The maps are printed on blue-back paper, water-resistant
- **Start:** 2000 m with 150m climb
- **Finish:** Cabinovia Grostè - Località Fortini



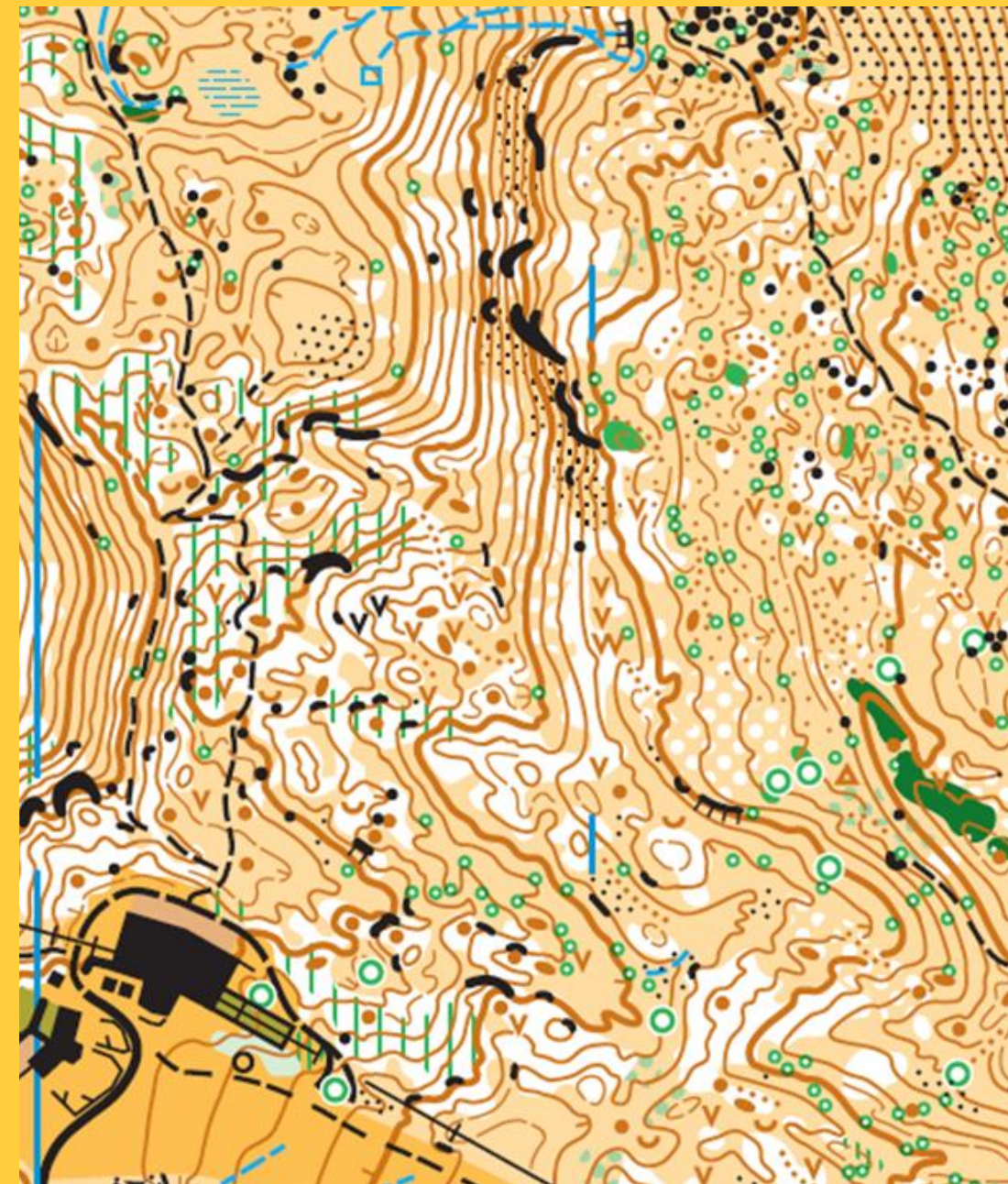
STAGE 3 LONG DISTANCE

Wednesday 9th July

▶▶ GROSTÈ RIFUGIO BOCH

General Information

- **Terrain:** High-altitude alpine terrain with predominantly open areas and a few scattered trees. The terrain offers good visibility and runnability, though the ground is uneven in many places. Ankle taping is recommended
- **Mapper:** M. Bezzi, M. Ongania, Stefano Raus
- **Course Setter:** Tommaso Scalet
- The maps are printed on blue-back paper, water-resistant
- Secretary Office is at Rifugio Boch (arrival of cableway)
- **Start:** 400m with 50m climb
- **Finish:** Rifugio Boch



REST DAY

Thursday 10th July



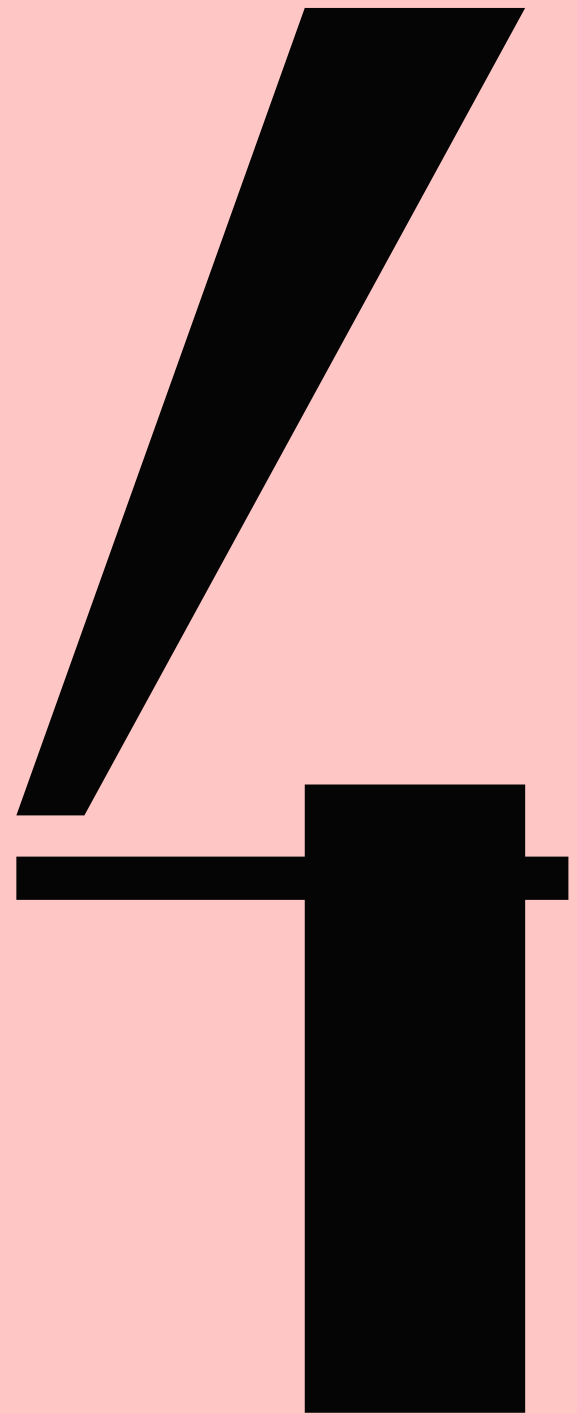
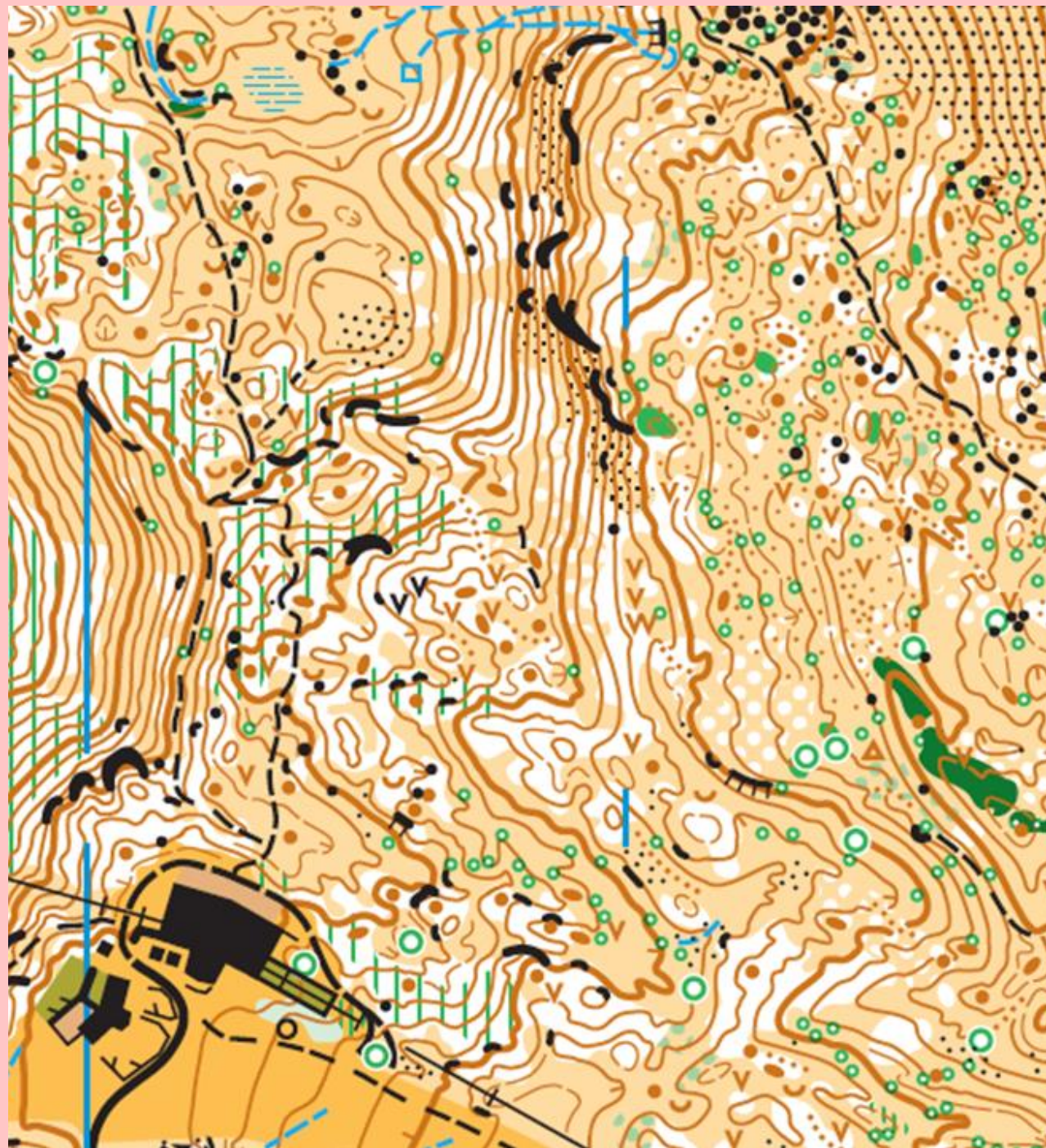
STAGE 4 LONG DISTANCE

Friday 11th July

▶▶ GROSTÈ RIFUGIO BOCH

General Information

- **Terrain:** High-altitude alpine terrain with predominantly open areas and a few scattered trees. The terrain offers good visibility and runnability, though the ground is uneven in many places. Ankle taping is recommended
- **Mapper:** M. Bezzi, M. Ongania, S. Raus
- **Course Setter:** Tommaso Scalet
- The maps are printed on blue-back paper, water-resistant
- Secretary Office is at Rifugio Boch (arrival of cableway)
- **Start:** 900 m with 150m climb
- **Finish:** Rifugio Boch



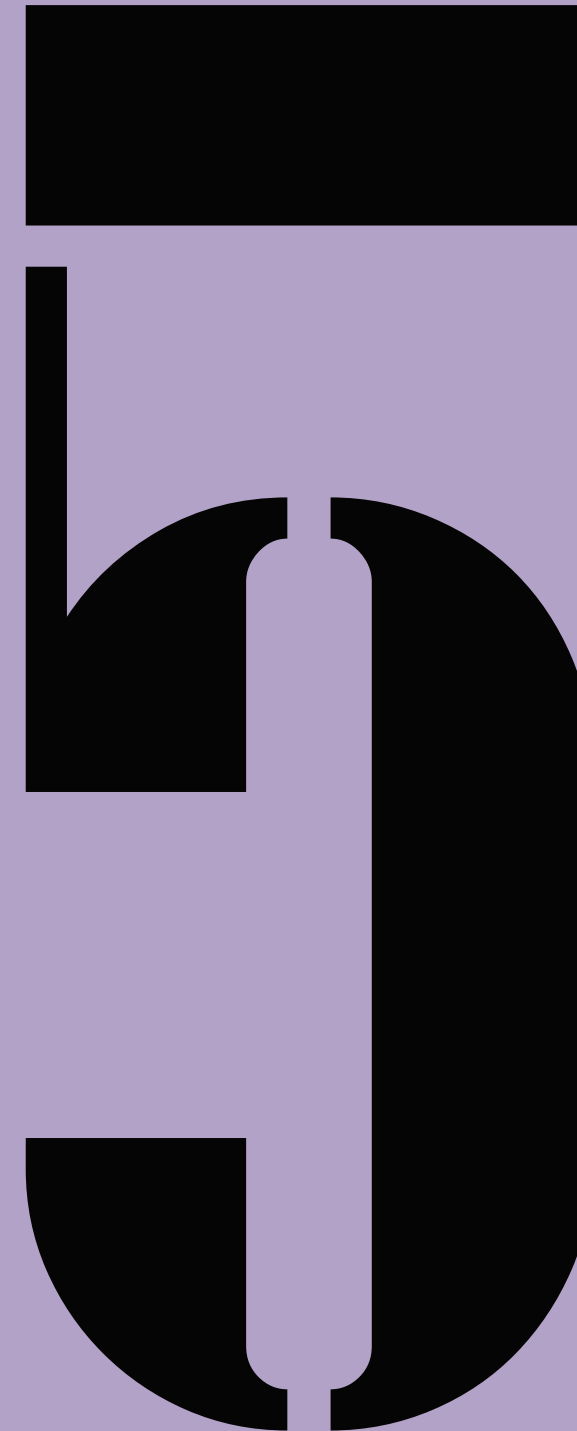
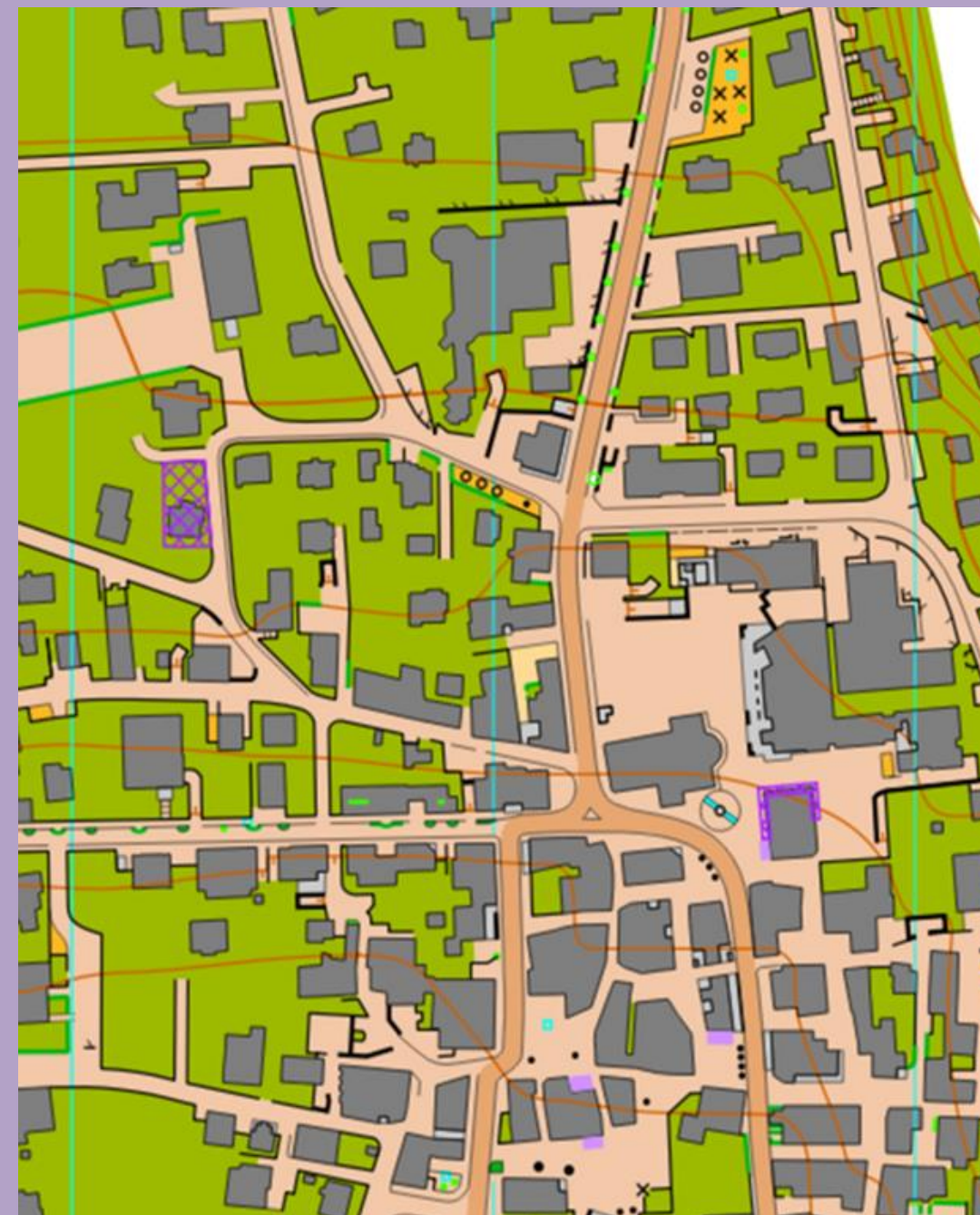
STAGE 5 SPRINT DISTANCE

Saturday 12th July

▶▶ PINZOLO

General Information

- **Terrain:** Urban paved roads with short segments through open grassy areas and parks. The course passes through the historic center, which is denser with buildings, as well as areas of new residential construction. Metal-studded shoes are not allowed
- **Mapper:** Stefano Raus e Marco Bezzi
- **Course Setter:** Tommaso Scalet
- The maps are printed on blue-back paper, water-resistant
- Secretary Piazza S.Giacomo – Pinzolo
<https://maps.app.goo.gl/fZ9A6gs4ng5CZrBw7>
- **Start:** 500 m with 10m climb
- **Finish:** Piazza S.Giacomo - Pinzolo



COURSE LENGTHS AND MAP SCALE

Class	Stage 1-Middle		Stage 2-Middle		Stage 3-Long		Stage 4-Middle		Stage 5-Sprint		Map Scale	
	Length	climb	Length	Climb	Length	Climb	Length	Climb	Length	Climb	Forest races	Urban race
MW10	1100	20	1200	20	1000	60	1000	20	900	20	1:7'500	1:4000
MW12	1500	40	1300	45	1200	65	1200	50	1200	25	1:7'500	1:4000
M14	2100	165	2300	110	2500	140	1600	110	1800	30	1:7'500	1:4000
W14	2100	165	2300	110	2500	140	1600	110	1800	30	1:7'500	1:4000
M16	3900	190	3500	220	4100	220	3400	200	3100	35	1:7'500	1:4000
W16	3100	185	3000	190	3900	190	3000	190	2700	35	1:7'500	1:4000
M18	4500	250	3900	270	5800	275	4200	245	3500	40	1:10'000 (1:7'500 Stage4)	1:4000
W18	3700	210	2700	250	4700	270	2600	200	2900	40	1:7'500	1:4000
M20	4800	280	4500	300	6300	300	4600	260	3900	40	1:10'000 (1:7'500 Stage4)	1:4000
W20	4400	255	3800	250	5600	290	4100	245	3300	40	1:10'000 (1:7'500 Stage4)	1:4000
M21 SHORT	3900	190	3500	220	4100	220	3400	200	3100	35	1:7'500	1:4000
W21 SHORT	3100	185	3000	190	3900	190	3000	190	2700	35	1:7'500	1:4000
M21 LONG	4800	280	4500	300	6300	300	4600	260	3900	40	1:10'000 (1:7'500 Stage4)	1:4000
W21 LONG	4400	255	3800	250	5600	290	4100	245	3300	40	1:10'000 (1:7'500 Stage4)	1:4000
MELITE	5000	295	4700	320	7300	430	4900	295	4100	50	1:10'000 (1:7'500 Stage4)	1:4000
WELITE	4800	270	4300	300	6500	390	4500	265	3500	45	1:10'000 (1:7'500 Stage4)	1:4000
M35	4800	270	4300	300	6500	390	4500	265	3500	45	1:10'000 (1:7'500 Stage4)	1:4000
W35	4000	230	3500	270	5800	300	4200	240	3000	40	1:7'500	1:4000
M40	4500	250	3900	270	5800	275	4200	245	3500	40	1:10'000 (1:7'500 Stage4)	1:4000
W40	3800	230	2800	250	5100	270	2900	205	3000	35	1:7'500	1:4000
M45	4000	230	3500	270	5800	300	4200	240	3000	40	1:7'500	1:4000
W45	3800	230	2800	250	5100	270	2900	205	3000	35	1:7'500	1:4000
M50	4500	245	3000	255	4500	240	3000	220	3000	50	1:7'500	1:4000
W50	3700	210	2700	250	4700	270	2600	200	2900	40	1:7'500	1:4000
M55	4400	250	2700	210	4400	220	2800	215	2800	45	1:7'500	1:4000
W55	3200	185	2500	180	4400	220	2500	160	2700	40	1:7'500	1:4000
M60	3900	210	2300	185	4100	185	2700	200	2500	40	1:7'500	1:4000
W60	2600	145	2200	140	2700	120	2000	110	2300	30	1:7'500	1:4000
M65	3500	175	2200	150	2700	110	2300	165	2200	35	1:7'500	1:4000
W65	2600	145	2200	140	2700	120	2000	110	2300	30	1:7'500	1:4000
M70	3500	175	2200	150	2700	110	2300	165	2200	35	1:7'500	1:4000
W70	2800	140	1900	85	2500	95	2200	130	1800	30	1:7'500	1:4000
M75	2800	140	1900	85	2500	95	2200	130	1800	30	1:7'500	1:4000
W75	2000	55	1500	80	2200	95	1500	85	1600	30	1:7'500	1:4000
M80	2800	140	1900	85	2500	95	2200	130	1800	30	1:7'500	1:4000
W80	2000	55	1500	80	2200	95	1500	85	1600	30	1:7'500	1:4000
DIFFICULT MEDIUM	4400	250	3600	250	5500	255	4200	245	3500	40	1:7'500	1:4000
DIFFICULT SHORT	4100	220	2700	210	4700	240	2800	215	2800	45	1:7'500	1:4000
EASY BEGINNERS	1500	40	1300	45	1200	65	1200	50	1200	25	1:7'500	1:4000
MEDIUM MEDIUM	3600	175	2500	130	2700	110	2300	165	2500	30	1:7'500	1:4000
MEDIUM SHORT	2500	155	2200	140	2300	120	2100	120	2300	30	1:7'500	1:4000

Courses are preliminar to give an idea of the length and climb at each stage. Adjustment to the length and climb might be possible and they will be reported in the final length table.

- Classes with limited number of entries might be merged together
- Direct courses will not have overall classification, but only single stage result.
- No prize giving will be done for Direct courses.

Free Start Time using punching-start



▶ On Foot



▶ By FLYSKI Shuttle



▶ By FrecciaLink



▶ By Airplane



▶ By Car



▶ By Bike



▶ By Bus



▶ By Helicopter



▶ By Taxi



▶ By Train

HOW TO GET TO

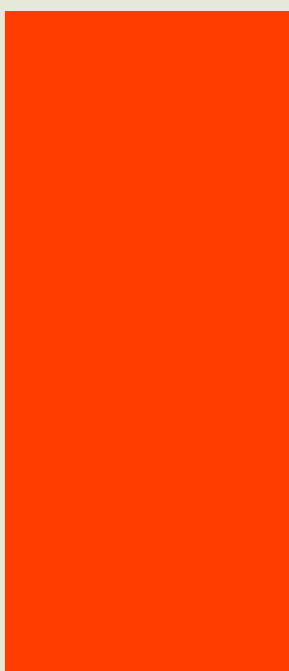
Madonna di Campiglio



There are a number of different options for getting to Madonna di Campiglio and Val Rendena, Giudicarie or Valle del Chiese.

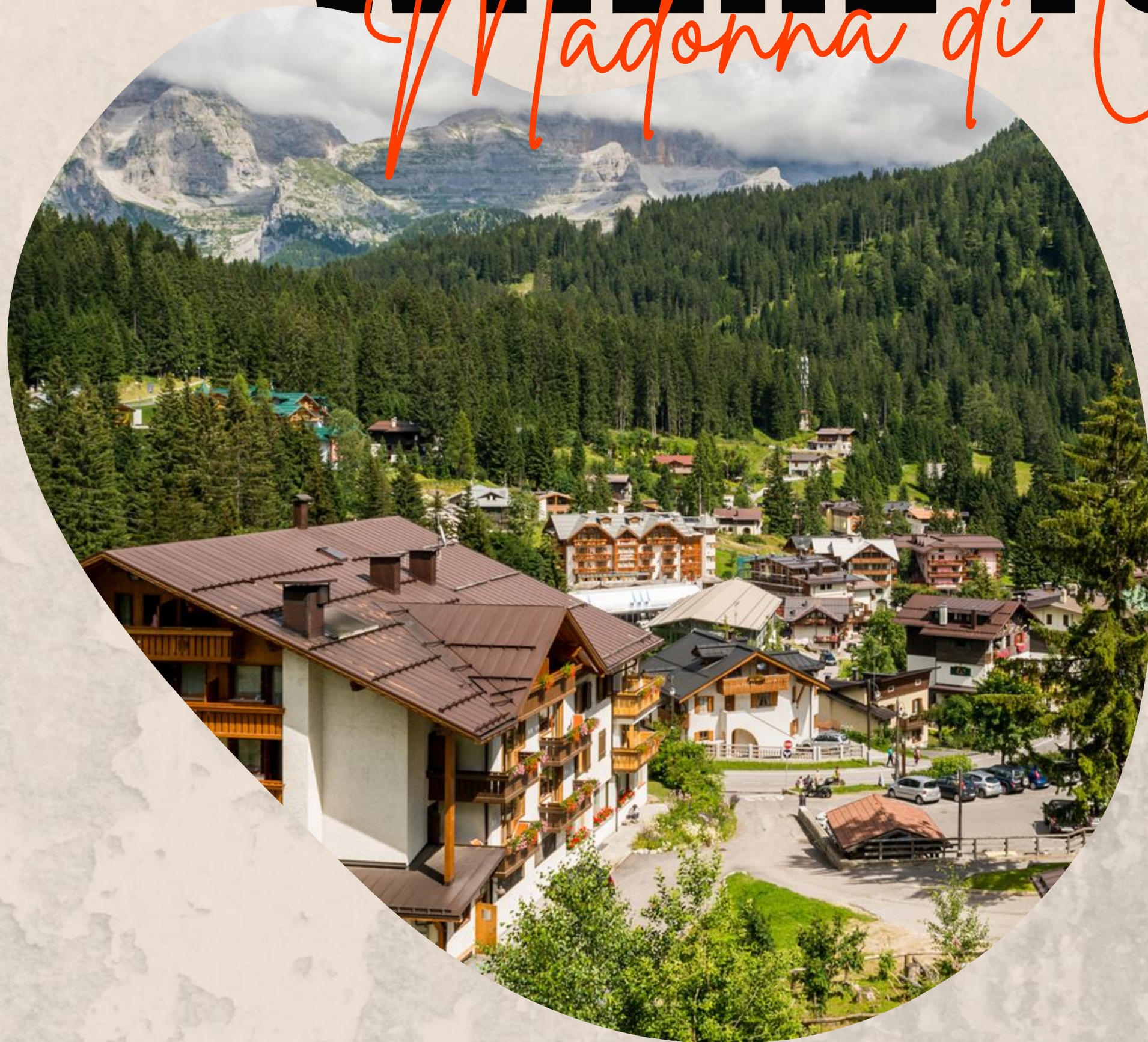
Whether by car, by train, by plane, by coach, by taxi or using transfer services and private vehicles: find out how to get to the tourist area that stretches from Madonna di Campiglio to Lake Idro.

<https://www.campigliodolomiti.it/en/plan/how-to-get-here>



WHERE TO STAY

Madonna di Campiglio



Enjoy the warm welcome of mountain hospitality.

Find the perfect place for you: close to ski lifts and slopes, at the beginning of stunning trekking and bike routes, in the centre of town or surrounded by the tranquil nature of the Adamello Brenta Nature Park.

Choose your accommodation here and VISIT APT Madonna di Campiglio

<https://www.campigliodolomiti.it/en/plan/hotels-where-to-stay>

 **MADONNA
DI CAMPIGLIO**



FEELING



WE ARE WAITING FOR YOU

5th - 12th July 2025