



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO

trento
Look up.

VALSUGANA
LAGORAI

TRENTINO

5 GIORNI D'ITALIA DAYS OF ITALY

ORIENTEERING



JUNE 26th - JULY 4th 2025

in conjunction with JWOC 2025



BULLETIN 2

May 2025

SUMMARY

WELCOME.....	2
VENUE	3
EVENT CENTRE	3
ORGANIZATION	4
CONTACT	4
PROGRAM.....	4
CLASSES	5
PRICES.....	5
PAYMENTS.....	5
LENGHTS & CLIMBS.....	6
ENTRIES	7
AREAS & OLD MAPS	7
PRIZEGIVING	7
ACCOMMODATION	7
TRANSPORTS	7
FOOD & DRINK.....	8
TRAINING.....	8
TRAIL-O.....	8
PROTECTED AREAS.....	8
TOURIST INFORMATION	9

DAY BY DAY

FRIDAY 27/06 – PROLOGUE (BASELGA DI PINÈ).....	10
SATURDAY 28/06 - STAGE 1 (VAL DI SELLA)	11
SUNDAY 29/06 - STAGE 2 (CEMBRA)	12
MONDAY 30/06 - REST DAY	13
TUESDAY 01/07 - STAGE 3 (PIAN DEL GAC).....	14
WEDNESDAY 02/07 - STAGE 4 (LAGHESTEL)	15
THURSDAY 03/07 - STAGE 5 (LAGHESTEL)	16

WELCOME



The natural playground of Trentino is waiting for you! Nature and sport are an heritage that Trentino recognizes as an enormous wealth to be shared and enhanced.

The Piné Plateau, Valsugana and Val di Cembra, in the heart of the Alps, are proud to host the 5 DAYS OF ITALY 2025, which represent an authentic concentration of the values on which we want to build the future of our small mountain communities: love for the territory, attention to young people, connection with many different cultures, and appreciation for voluntary work.

The sport of orienteering represents our communities for many reasons. Its playing field is outdoor, it respects the environment, it combines physical strength and tactical skills, it is silent and leaves no trace after its passage. Orienteering is a metaphor for life: setting a goal, establishing a strategy to reach it in the shortest possible time, giving oneself intermediate milestones, relying on, and trusting in simple tools to keep the right course.

The event will result from a collaboration between numerous sports clubs and hundreds of volunteers united by their love of sport. Thanks to all of them in advance for the time and passion they will use to organize this event.

I wish all participants excellent sporting results in our forests and in our historic villages, and above all to enjoy a unique experience in Trentino, in Valsugana, on the Piné Plateau.

- ALESSANDRO SANTUARI -
Mayor of Baselga di Piné,
President of the Organising Committee
(and orienteering athlete)

The 5 DAYS OF ITALY is also organized to allow the public to witness the spectacular moments of the JWOC and be able to compete with the champions of the future on the same terrain.

In Trentino woods, lakes and mountains are all waiting to embrace you in their timeless energy: the scent of spruce trees, the distinctive breeze of alpine lakes, the infinite horizons for you to gaze upon, all in the embrace of the Dolomites. A stroll on foot, a bicycle ride, a fly with paraglide, a night under the stars: rediscover here your bond with nature.

In this Bulletin and in future ones you can find all the information on the places you can visit when you arrive here to participate in the 5 DAYS OF ITALY, so that your week in Italy is not just a week of sport but also a holiday in nature, an opportunity to discover of this wonderful corner of Trentino.

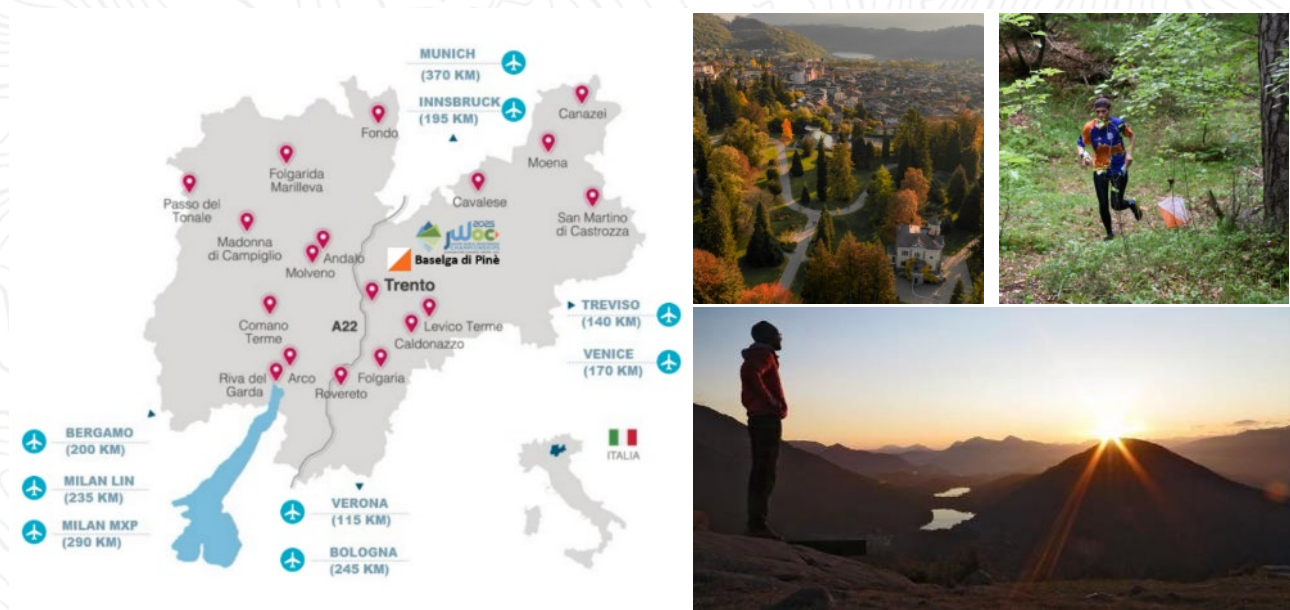


&



VENUE

Venue for the Event is Altopiano di Piné and Valsugana Valley, in the region of Trentino of northern Italy



TRENTINO

In the setting of the Dolomites, a UNESCO World Heritage Site, **TRENTINO** is a region rich in history and evocative landscapes. Trentino is the northernmost Italian region and is almost entirely mountainous, located on the southern side of the Alps. Trentino can offer moments full of adventure and fun, but also of rest and relaxation. Evocative natural panoramas await you, occupied by the flourishing vegetation of picturesque valleys.

trento
ALTOPIANO DI PINÉ

The event centre is located in **BASELGA DI PINÉ**, a municipality of 5.000 inhabitants located on a plateau at 1000 meter a.s.l., and surrounded by lakes and mountains covered by conifers; the area is renowned for its tourism features and cultivation of berries.

VALSUGANA
♥ LAGORAI

Most of the races are located in one of the largest valley of Trentino, **VALSUGANA**, which lies in the eastern part of the region. Valsugana is recognized at international level for the recreative offer guaranteed by lakes, cycling paths, mountain tracks and ski areas, and is the perfect playground for an active holiday.

EVENT CENTRE

The Event Centre will be located in Baselga di Piné at the “Piné 1000” Congress Centre, Via del Fosch 1, in the same place as the JWOC Event Centre



Location: CENTRO CONGRESSI PINÉ 1000

Address: Via del Fosch, 1 - Baselga di Piné (TN) - ITALY

GPS Coordinates: [46.133932 N, 11.249241E](#)

ORGANIZATION

The 5 DAYS OF ITALY and the JWOC 2025 are organized with volunteers from over ten Trentino sports associations whose purpose is to operate under a no-profit approach and to promote the orienteering movement in the coming years in Trentino and in Italy



Association:	JWOC 2025 A.S.D.
President OC:	Alessandro Santuari
Event director:	Giuseppe Simoni

CONTACT

Organizing Association	JWOC 2025 A.S.D.
Legal Address	Via C. Battisti, 50 – 38042 Baselga di Pinè (TN) - ITALY
Website	www.jwoc2025.it/5days
Instagram	jwoc2025
Facebook	JWOC 2025
Email	5days@jwoc2025.it

PROGRAM

DAY	STAGE	DISTANCE	LOCATION	FROM EVENT CENTRE
Thursday, June 26th	Arrival	Arrival	Arrival	Arrival
Friday, June 27th	PROLOGUE	SPRINT	BASELGA DI PINÉ	400 m – 1'
Saturday, June 28th	1st STAGE	SHORTENED LONG	BORGIO VALSUGANA	45 km – 50'
Sunday, June 29th	2nd STAGE	SPRINT	CEMBRA LISIGNAGO	20 km – 25'
Monday, June 30th	Rest day	Rest day	Rest day	Rest day
Tuesday, July 1st	3rd STAGE	SHORTENED LONG	FORNACE	10 km – 12'
Wednesday, July 2nd	4th STAGE	MIDDLE	BASELGA DI PINÉ	3 km – 5'
Thursday, July 3rd	5th STAGE	SHORTENED LONG	BASELGA DI PINÉ	3 km – 5'
Friday, July 4th	Departure	Departure	Departure	Departure

You can view the competition areas, arenas and parking areas at this [GOOGLE MAPS LINK](#).

All races are organized to allow participants to watch the arrivals and attend award ceremonies of JWOC 2025, which, except for the first stage, take place on the same maps and competition arenas.

	THURSDAY 26/06	FRIDAY 27/06	SATURDAY 28/06	SUNDAY 29/06	MONDAY 30/06	TUESDAY 01/07	WEDNESDAY 02/07	THURSDAY 03/07	FRIDAY 04/07
	Arrival	PROLOGUE SPRINT (Baselga P.)	1 ST STAGE SH. LONG (Borgio V.)	2 ND STAGE SPRINT (Cembra)	Rest	3 RD STAGE LONG (Fornace)	4 TH STAGE MIDDLE (Baselga P.)	5 TH STAGE SH. LONG (Baselga P.)	Departure
	Opening Ceremony					Closing Ceremony			
	Arrival	MODEL EVENT (Baselga P.)	SPRINT RELAY (Levico T.)	SPRINT DISTANCE (Cembra)	LONG DISTANCE (Fornace)	Rest	MIDDLE DISTANCE (Baselga P.)	FOREST RELAY (Baselga P.)	Departure

CLASSES

M10 M40	M12 M45	M14 M50	M16 M55	M18 M60	M20 M65	M21E M70	M21A M75	M21B M80	M35 -
W10 W40	W12 W45	W14 W50	W16 W55	W18 W60	W20 W65	W21E W70	W21A W75	W21B W80	W35 -
BEGINNERS	DIRECT EASY SHORT	DIRECT EASY LONG	DIRECT DIFFICULT SHORT	DIRECT DIFFICULT LONG					

PRICES

TO ALL THE 5 RACES	Until 30/09/2024	Until 15/01/2025	Until 31/03/2025	Until 31/05/2025
UP TO MW12 & BEGINNERS	35 €	35 €	35 €	35 €
UP TO MW20 & DIRECT	60 €	70 €	85 €	100 €
ADULTS	90 €	110 €	130 €	150 €
TO A SINGLE RACE	Until 30/09/2024	Until 15/01/2025	Until 31/03/2025	Until 31/05/2025
UP TO MW12 & BEGINNERS	10 €	10 €	10 €	10 €
UP TO MW20 & DIRECT	15 €	18 €	22 €	25 €
ADULTS	20 €	25 €	30 €	35 €
TO PROLOGUE	Until 30/09/2024	Until 15/01/2025	Until 31/03/2025	Until 31/05/2025
UP TO MW20	5 €	5 €	5 €	5 €
ADULTS	10 €	10 €	10 €	10 €

- Entries on the Beginners and Direct classes are allowed on site, with free punching start
- Renting SI-Card: € 2,00 / stage

PAYMENTS

Payment must be made by **BANK TRANSFER** to the following bank details:

Beneficiary:	JWOC 2025 A.S.D.
Address:	Via Cesare Battisti, 50 – 38042 Baselga di Pinè (TN) – Italy
Bank:	CASSA RURALE ALTA VALSUGANA
IBAN:	IT64P0817834330000023171072
BIC/SWIFT:	CCRTIT2T47A
Reason for the transfer:	Entry 5days – [Reference Code]

It is also possible to pay with **CREDIT CARD** (with an increase of 2,3% for transaction fees) or **PAYPAL** (with an increase of 3,5% for transaction fees). For those who wish to pay by Credit Card or Paypal please contact the Secretariat via email at 5days@jwoc2025.it

LENGHTS & CLIMBS

	STAGE 1			STAGE 2			STAGE 3			STAGE 4			STAGE 5		
CLASS	LENGHT (km)	CLIMB (m)	CONTROLS (no)	LENGHT (km)	CLIMB (m)	CONTROLS (no)	LENGHT (km)	CLIMB (m)	CONTROLS (no)	LENGHT (km)	CLIMB (m)	CONTROLS (no)	LENGHT (km)	CLIMB (m)	CONTROLS (no)
M10	2,4	120	10	1,2	30	15	1,9	55	8	2,3	60	11	2,0	40	8
M12	2,7	130	9	1,3	35	16	2,3	35	9	2,5	70	13	2,6	50	8
M14	3,4	160	12	2,2	75	17	3,0	55	10	2,9	105	14	3,1	70	9
M16	4,7	280	15	2,8	85	18	5,1	200	15	3,2	140	15	4,2	135	14
M18	7,6	430	18	3,1	85	19	6,4	230	23	4,9	220	20	5,1	190	16
M20	7,6	430	18	3,1	85	19	6,4	230	23	4,9	220	20	5,1	190	16
ME	9,0	520	21	3,3	115	22	9,1	360	27	5,7	260	21	6,6	300	19
MA	6,4	355	15	2,6	70	18	5,9	190	20	4,9	210	22	5,4	265	14
MB	4,7	280	15	2,8	85	18	5,1	200	15	3,2	140	15	4,2	135	14
M35	7,4	400	17	2,6	105	19	7,2	300	23	5,2	230	21	6,0	270	20
M40	6,4	355	15	2,6	70	18	5,9	190	20	4,9	210	22	5,4	265	14
M45	5,8	305	16	2,5	70	19	5,5	180	20	4,8	190	21	5,1	210	16
M50	4,8	290	13	2,2	80	16	5,3	195	17	4,3	180	19	5,1	230	17
M55	4,0	230	11	2	80	16	4,7	170	14	4,1	180	15	4,9	195	16
M60	3,6	165	15	1,8	70	13	4,4	160	18	4,0	175	18	4,7	185	16
M65	3,3	155	14	1,9	65	13	4,0	100	14	3,8	165	17	4,1	165	12
M70	3,1	145	11	1,6	60	15	3,8	70	14	3,2	150	17	3,8	150	11
M75	2,9	120	12	1,6	45	12	3,0	50	12	3,0	130	15	3,4	140	11
M80	2,2	70	11	1,4	35	11	2,4	50	11	2,9	110	12	2,8	130	9
W10	2,4	120	10	1,2	30	15	1,9	55	8,0	2,3	60	11	2,0	40	8
W12	2,7	130	9	1,3	35	16	2,3	35	9,0	2,5	70	13	2,6	50	8
W14	3,0	145	11	1,9	60	16	2,8	50	11	2,7	90	12	3,0	70	8
W16	4,1	205	15	2,3	80	18	4,1	125	13	3,0	130	14	3,5	120	10
W18	6,2	340	14	2,4	80	15	5,2	210	16	4,7	200	21	4,0	145	12
W20	6,2	340	14	2,4	80	15	5,2	210	16	4,7	200	21	4,0	145	12
WE	7,4	400	17	2,6	105	19	7,2	300	23	5,2	230	21	6,0	270	20
WA	5,8	305	16	2,5	70	19	5,5	180	20	4,8	190	21	5,1	210	16
WB	4,1	205	15	2,3	80	18	4,1	125	13	3,0	130	14	3,5	120	10
W35	4,8	290	13	2,2	80	16	5,3	195	17	4,3	180	19	5,1	230	17
W40	4,0	230	11	2,0	80	16	4,7	170	14	4,1	180	15	4,9	195	16
W45	3,6	165	15	1,8	70	13	4,4	160	18	4,0	175	18	4,7	185	16
W50	3,3	155	14	1,9	65	13	4,0	100	14	3,8	165	17	4,1	165	12
W55	3,1	145	11	1,6	60	15	3,8	70	14	3,2	150	17	3,8	150	11
W60	2,9	120	12	1,6	45	12	3,0	50	12	3,0	130	15	3,4	140	11
W65	2,2	70	11	1,4	35	11	2,4	50	11	2,9	110	12	2,8	130	9
W70	2,2	70	11	1,4	35	11	2,4	50	11	2,9	110	12	2,8	130	9
W75	1,8	50	9	1,3	40	12	2,2	40	8	2,5	95	13	2,6	125	8
W80	1,8	50	9	1,3	40	12	2,2	40	8	2,5	95	13	2,6	125	8
DES	3,0	145	11	1,9	60	16	2,8	50	11	2,7	90	12	3,0	70	8
DEL	4,1	205	15	2,3	80	18	4,1	125	13	3,0	130	14	3,5	120	10
DDS	4,7	280	15	2,8	85	18	5,1	200	15	3,2	140	15	4,2	135	14
DDL	7,6	430	18	3,1	85	19	6,4	230	23	4,9	220	20	5,1	190	16
BEG	2,4	120	10	1,2	30	15	1,9	55	8	2,3	60	11	2,0	40	8

PROLOGUE

BEGINNERS
1,8 km + 40 m

EASY
2,3 km + 50 m

MEDIUM
3,5 km + 130 m

DIFFICULT
4,7 km + 150 m

ENTRIES

The entries of **5 DAYS OF ITALY** are collected using OrienteeringOnline.net:

<https://www.orienteingonline.net/CompetitionBasicInfo.aspx?CompetitionID=13441>

To entries for the **PROLOGUE** it is necessary to register separately from the 5 stages of the 5 DAYS, on the OrienteeringOnline.net website and with the same payment system:

<https://www.orienteingonline.net/CompetitionBasicInfo.aspx?CompetitionID=13468>

In case of issues with the entry system, please email your entries to: 5days@jwoc2025.it

AREAS & OLD MAPS

5 DAYS OF ITALY will take place in one enchanting area of eastern Trentino: Valsugana, Val di Cembra and Pinè Plateau. You can view the competition areas, arenas and parking areas at this [GOOGLE MAPS LINK](#).

For the latest version of all area orienteering maps see this [FOLDER](#).

PRIZEGIVING



For each single stage of 5 DAYS OF ITALY the first place in each category will be awarded. For the overall results of 5 DAYS OF ITALY, the first, second and third place in each category will be awarded

For JWOC flower ceremonies will be held in Arena and the official ceremonies in the town centre of Baselga at the Medal Plaza (except for the Relay on the last day, which takes place in the arena). For 5 DAYS OF ITALY prize-giving ceremonies will be held always in the Arena both for the single stages and for the final classification.

ACCOMMODATION



Various accommodation solutions are available in Pinè Plateau and in Valsugana, both in the areas of the race center and near the lakes of Levico and Caldonazzo.

Accommodation will be provided through the local tourist board; for more information visit the [sites of the local tourist board](#) or contact booking@jwoc2025.it and booking@trento.info

TRANSPORTS



Participants are encouraged to use their own or rent transport throughout the whole 5 DAYS OF ITALY, because there are many beautiful things to see within a few kilometers that can only be reached by car. We think that a car is essential for a week of sport and holiday in Trentino.

If you have difficulty coming with your own car or renting one, write to mobility@jwoc2025.it by May 31st and we will help you reach the competition arenas from your hotel, or with public transport or with our transport service.

FOOD & DRINK



In all the competition arenas, it will be possible to eat and drink at special prices, with typical dishes of Italian and Trentino cuisine.

We are committed to high sustainability standards throughout the event, including food and catering. Competitors are kindly requested to bring their own drinking bottles, cups, mugs, etc., avoid using single-use plastic items, and follow the instructions from the Sustainability Team regarding both lunches and waste management.

TRAINING



Designed for the athletes of the national teams participating in the JWOC2025, orienteering training courses are available for everyone throughout Trentino.

All information and details on training are available in the specific section of the website: [TRAINING](#). A general map with all the available trainings can be consulted at the link: [TRAININGS MAP](#)

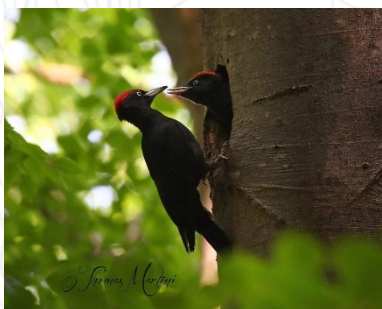
For any information and to organize your training camp contact training@jwoc2025.it

TRAIL-O



During the days of the event you can try Trail-O in Baselga di Piné; more details on location and costs in the next bulletin.

PROTECTED AREAS



You will run near protected areas of great ecological importance, home to exceptionally important flora and fauna recognized by the European Union. This will be a great chance for you to enjoy running in the characteristic alpine landscape.

Help us to safeguard this natural treasure by respecting the environment. Follow the indications from the organisers and Local Authorities: do not enter forbidden areas, avoid any nuisance or disturbance, do not leave garbage in nature.

TOURIST INFORMATION

By staying in one of the accommodation facilities in Trentino you will receive the TRENTINO GUEST CARD with which you can keep recommendations at your fingertips, book tickets and services, and enjoy free or discounted access to the major museums, castles and natural parks. Above all, you can take advantage of public transport easily and at no cost, thus avoiding traffic and parking issues; claim discounts at participating facilities; and access exclusive services such as guided tours and tastings.

For more information on TRENTINO GUEST CARD visit:

www.visittrentino.info/en/experience/trentino-guest-card



With the TRENTINO GUEST CARD you can travel for free on local public transportation. Shared or dedicated transportation to race locations will be planned upon specific request.

DAY BY DAY

Below you will find some tips on places to visit and things to see when you arrive here to participate in the 5 DAYS OF ITALY, so that your week in Italy is not just a week of sport but also a holiday to discover nature, traditions, culture, gastronomy of this wonderful corner of Italy.

FRIDAY 27/06 – PROLOGUE (BASELGA DI PINÈ)











The terrain is urban at around 1000 m a.s.l.; the map covers several villages with historic centres characterized by narrow streets and some underpasses, interspersed with meadows, parks and open spaces

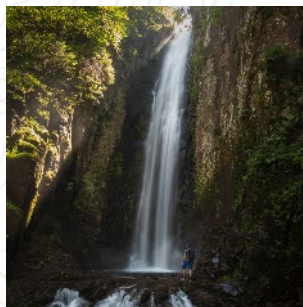
ARENA:	46.13418, 11.25006
PARKING:	46.13352, 11.25636 (and nearby)
FORMAT:	SPRINT
MAP:	1:4.000 / 2,5 m
MAPPER:	Viktor Kirianov
COURSE SETTER:	Leonardo Grisenti
TIMETABLE:	from 14:00 to 16:00 (free)
from ARENA to START:	Few minutes (info in Bulletin 3)



 The timetable allows you to watch the Opening Ceremony of JWOC 2025, scheduled at 17:30 in Baselga di Pinè

BEFORE OR AFTER THE RACE: NOT ONLY ORIENTEERING!

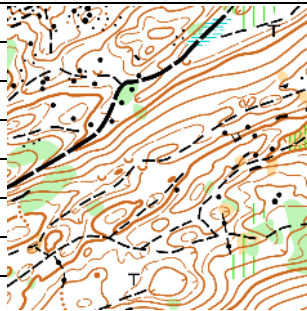
-  Attend the Opening Ceremony of JWOC 2025
-  Take a tour around [Lake Serraià](#) and stop for a homemade ice cream
-  Swim in the clear waters of [Lago delle Piazze](#)
-  Stop to eat at a pizzeria or restaurant in the area
-  Taste the goodness of small fruits, grown on the plateau
-  Visit the [Holy Mary Sanctuary](#) and the peaceful Conca della Comparsa
-  Drink one of the excellent local craft beers
-  Listen live music during the night concerts at Gang Band Festival
-  Climb to the top of [Costalta](#), the mountain that overlooks the Pinè plateau
-  Visit the [“Lupo” Waterfall](#) or climb up to the [“Cros del Cuc”](#) for breathtaking views



SATURDAY 28/06 - STAGE 1 (VAL DI SELLA)

The terrain is typically alpine at 1000 m a.s.l., featuring fir and beech forests alternating with large meadows. It is rather fast, partly flat and slightly sloping, offering various route choices that require careful navigation.

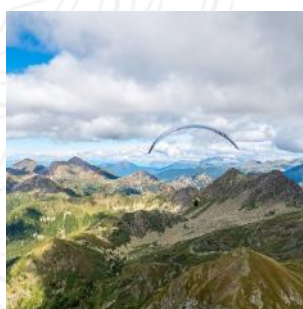
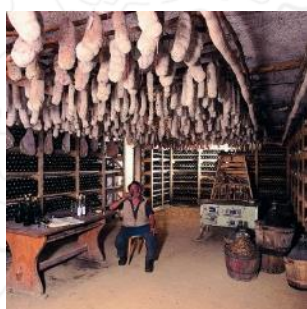
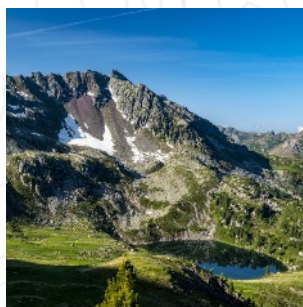
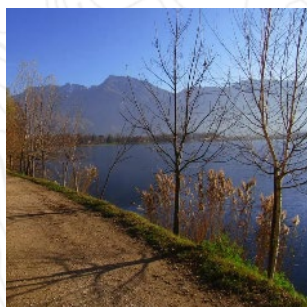
ARENA:	46.009463, 11.424262
PARKING:	46.00887, 11.42232 (and nearby)
FORMAT:	SHORTENED LONG
MAP:	1:10.000 - 1:7.500 / 5,0 m
MAPPER:	Kirianov, Kapralov, Prokopciuk
COURSE SETTER:	Andrea Cipriani
TIMETABLE:	first start at 10:00
from ARENA to START:	length 1.100 m - climb 100 m



 The timetable allows you to watch the Sprint Relay of JWOC 2025 scheduled at 15:30 in Levico Terme (25' of distance)

BEFORE OR AFTER THE RACE: NOT ONLY ORIENTEERING!

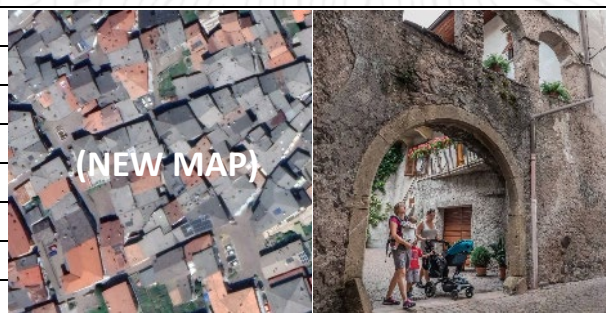
- Go to Levico Terme to watch the spectacular Sprint Relay of JWOC 2025
- Walk along the [Val di Sella](#) and visit [Arte Sella](#)
- Take a tour of the historic center of [Borgo Valsugana](#), at the foot of [Castel Telvana](#)
- Visit the [town of Levico Terme](#) or spend a few hours at the [SPA](#)
- Go around Lake Levico on the [panoramic path](#), or relax on its beaches
- Take a bath in [Lake Caldonazzo](#), rent a pedal boat or experience SUP
- Walk into the [Lagorai mountains](#) or drive up to the [Manghen Pass](#)
- Go to [Rifugio Crucolo](#) and taste [Parampampoli](#) or other typical alpine dishes
- Go to [Monte Panarotta](#) and take a [paragliding flight](#) or simply enjoy the view
- Cycle on the [Valsugana cycle path](#), with your bike or rent one




SUNDAY 29/06 - STAGE 2 (CEMBRA)











The terrain is urban in a small alpine village (670 m a.s.l.). Runners will face a mix of narrow streets, with underpasses and stairs, and residential areas.

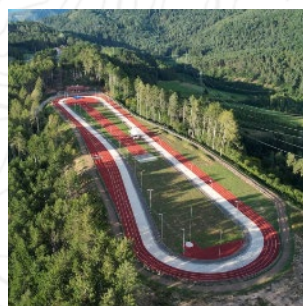
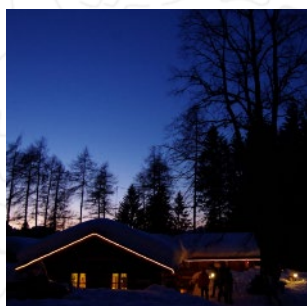
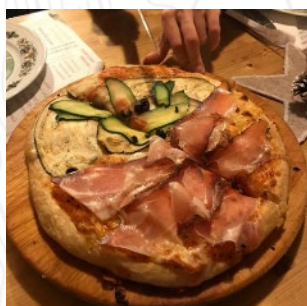
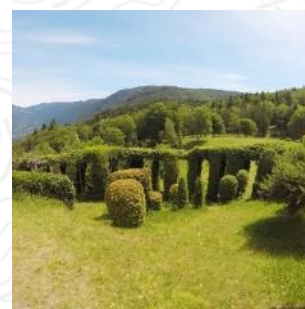
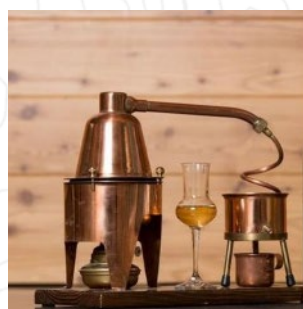
ARENA:	46.17469, 11.22022
PARKING:	46.17370, 11.22409 (and nearby)
FORMAT:	SPRINT
MAP:	1:4.000 / 2,5 m
MAPPER:	Marco Bezzi
COURSE SETTER:	Aaron Gaio
TIMETABLE:	first start at 14:00
from ARENA to START:	length 700 m - climb 20 m



 The timetable allows you to watch the Sprint race of JWOC 2025, scheduled for morning, and the flower ceremony

BEFORE OR AFTER THE RACE: NOT ONLY ORIENTEERING!

-  In the morning, cheer on the 2025 JWOC sprint race
-  Discover the [Earth Pyramids of Segonzano](#), a wonder of nature
-  Visit a [cellar](#) and taste the Muller Thurgau, the typical wine of Cembra valley
-  Go to [Lago Santo](#) and take a walk around this beautiful little alpine lake
-  Visit a [distillery](#) and taste the special Grappa Trentina
-  Visit the [Roccolo del Sauch](#) and have lunch at the characteristic alpine hut
-  Go fishing at [Ponciach](#) and try the fabulous potato pizza
-  Climb up to the [Pötzmauer refuge](#) and taste the typical Trentino cuisine
-  Relax in the [Spa of Masen di Giovo](#) or run on its [particular athletics track](#)
-  Attend the [Pergine Festival](#), 2 week of theatre, dance, music, circus and performance

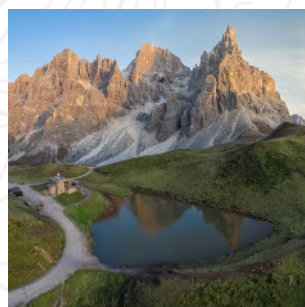
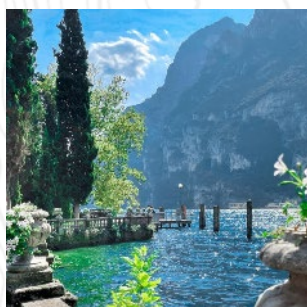
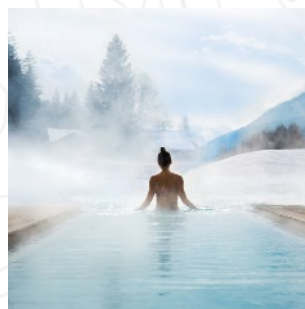
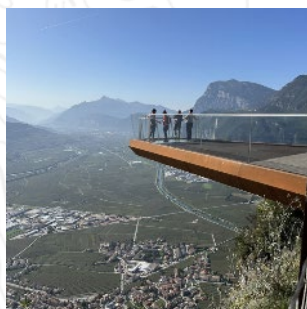
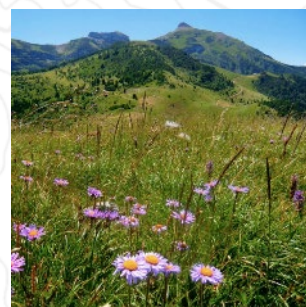


MONDAY 30/06 - REST DAY

It is the JWOC Long race day, but during the rest day you can take the best of the TRENTINO GUEST CARD you have received from your host. You can visit the museums and castles of Trentino, discover the taste of local wines and foods and get discounts in some shops. With the Card, public transport in the region, is also free. Some tips for today:

- Watch the JWOC 2025 Long race at Pian del Gac
- Visit the [city of Trento](#) or surrounding areas, reachable by public transport
- Visit the [MUSE](#), the Science Museum of Trento, designed by architect Renzo Piano
- Visit the [Buonconsiglio Castle](#), easily located in the City Centre of Trento
- Look at the city of Trento from above by taking the cable car to the [town of Sarnonada](#)
- Climb to [Mount Bondone](#) for a 360° view and visit the [botanical garden](#) or the [Viote observatory](#)
- Take the cable car up to [Mount Mezzocorona](#), cross the Tibetan bridge and taste the *tortel di patate*
- Visit the [Valle dei Mocheni](#), the enchanted valley
- Go to one of the many [SPAs](#) or swimming pools in the area
- Travel to [Val di Fiemme](#) and [Val di Fassa](#), in the heart of the [Dolomites](#)
- Go to [Lake Garda](#), the largest lake in Italy, with so many things to do and see
- Go [rafting or canyoning](#) in one of the province's many streams
- Visit [Primiero](#), former home of the JWOC 2009
- Go to [Alpe Cimbra](#), already home of the 2014 WOC
- If you leave early, go to Venice or Verona, Mantua, Milan in a day

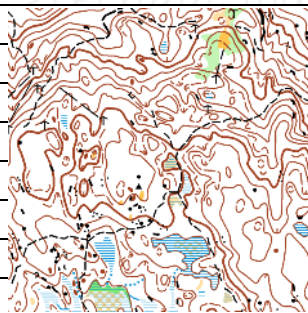
In collaboration with the local Tourism Boards, some potential guided tours have planend and details are available at the tourism info point next to the Event Center. More details could be available closer to the start of the competitions



TUESDAY 01/07 - STAGE 3 (PIAN DEL GAC)











The terrain is moderately hilly with some steeper parts, between 700 and 1000 metres a.s.l. Some areas are full of holes and depressions. Open deciduous and coniferous forests, with some areas of dense young forest.

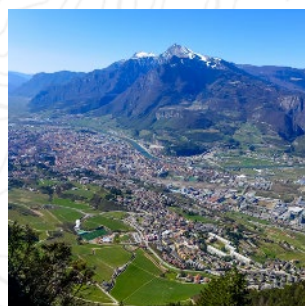
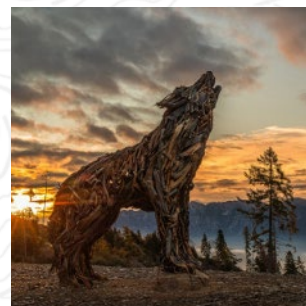
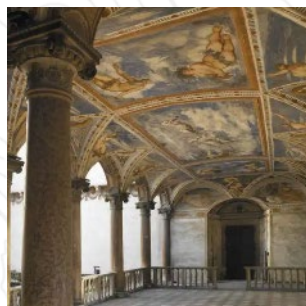
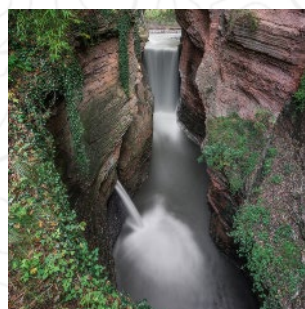
ARENA:	46.13059, 11.20398
PARKING:	46.13299, 11.20569
FORMAT:	SHORTENED LONG
MAP:	1:10.000 - 1:7.500 / 5,0 m
MAPPER:	Kirianov, Prokopciuk, Mykhaylov
COURSE SETTER:	Lorenzo Vivian
TIMETABLE:	first start at 10:00
from ARENA to START:	length 1.300 m - climb 50 m



 Today is the rest day of JWOC 2025

BEFORE OR AFTER THE RACE: NOT ONLY ORIENTEERING!

-  Walk the [gnome path](#) together with your children
-  Take a walk to natural reserve of [Lake Santa Colomba](#)
-  Move a few kilometers to visit the [Ponte Alto gorge](#)
-  Organize a visit to the [Argentario ecomuseum](#)
-  Go shopping in the [historic center of Trento](#) and visit the [Buonconsiglio Castle](#)
-  Have lunch at one of the many agritourisms in the area
-  Discover the [She-Wolf of Lagorai](#) or the [Dragon of Lavarone](#), the works of art by Marco Martalar
-  Enter the former [silver mines](#) of Monte Calisio, also known as Argentario
-  Climb [Monte Calisio](#) to enjoy a view of the city of Trento from above
-  Attend one of the orchestral, choral or band concerts in the theaters or churches of the region




WEDNESDAY 02/07 - STAGE 4 (LAGHESTEL)

The terrain is characterized by mainly coniferous forest with clean undergrowth with fast running. Hills with various details force to have a fine reading. Some green areas characterised by low runnability and visibility.

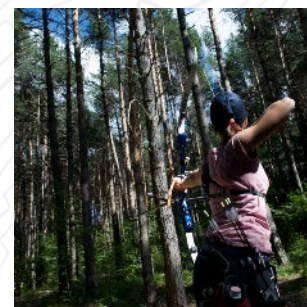
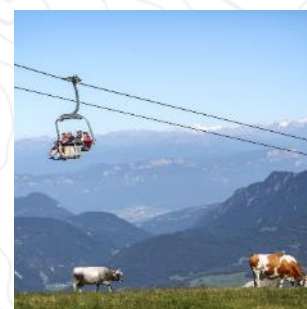
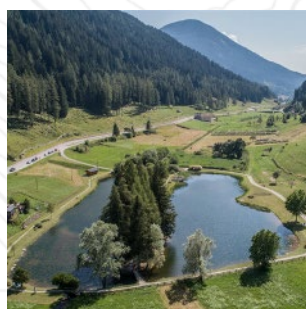
ARENA:	46.11437, 11.23563
PARKING:	46.11674, 11.23630
FORMAT:	MIDDLE
MAP:	1:10.000 - 1:7.500 / 5,0 m
COURSE SETTER:	Fabio Hueller
TIMETABLE:	first start at 10:00
from ARENA to START:	length 600 m - climb 40 m
from FINISH to ARENA:	length 500 m - climb 0 m



 The race takes place near the Middle race of JWOC 2025, of which you will surely be able to see the final moments

BEFORE OR AFTER THE RACE: NOT ONLY ORIENTEERING!

- 🌲 Watch the JWOC 2025 Middle race
- 🌲 Take a trip to [Lago delle Buse](#) and relax with the [Kneipp path](#)
- 🌲 Visit the [Trentino tourism museum](#) at the former Corona hotel
- 🌲 Drive to [Val di Fiemme](#) and go up by cable car or on foot to the top of [Alpe Cermis](#)
- 🌲 Visit the ancient [Moser mill](#) in Prada, which still grinds Pinetana flour today
- 🌲 Take a bike ride on one of the [Hike & Bike routes](#) of the Pinè Plateau
- 🌲 Taste and buy the delicious cured meats and cheeses produced on the Plateau
- 🌲 Visit the medieval [church of San Mauro](#), the small church of Vigo or the ancient parish [church of Baselga](#)
- 🌲 Stroll through the streets of the center of Baselga which come alive until late at night every Wednesday
- 🌲 Take a tour of the [Pinè Ice Stadium](#) and the [archery range](#)



THURSDAY 03/07 - STAGE 5 (LAGHESTEL)

As in the Middle Distance, the forest tends to consist of conifers. The vegetation is relatively denser, especially in deep valleys. Part of the map is characterised by a large swamp. There are several open areas.

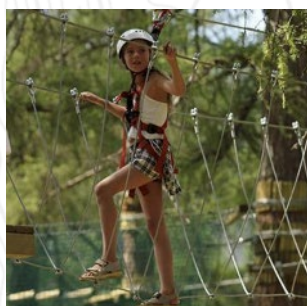
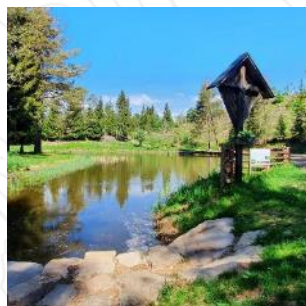
ARENA:	46.11437, 11.23563
PARKING:	46.11674, 11.23630
FORMAT:	SHORTENED LONG
MAP:	1:10.000 - 1:7.500 / 5,0 m
MAPPER:	Kirianov, Prokopciuk, Mykhaylov
COURSE SETTER:	Simone Grassi
TIMETABLE:	first start at 14:00
from ARENA to START:	length 250 m - climb 0 m



The timetable allows you to watch the Relay of JWOC 2025, scheduled for the morning, and the Closing Ceremony

BEFORE OR AFTER THE RACE: NOT ONLY ORIENTEERING!

- 🌲 Watch the Relay, the Coaches and VIP race, the closing ceremony of the JWOC 2025
- 🌲 Return to the [Laghestel](#) map and visit this biotope calmly
- 🌲 Discover other local products such as flour, pasta, bread or Pinè honey
- 🌲 Read a magazine or listen to music at the [LAC library](#), with the splendid view of Lake Serraia
- 🌲 Climb up to the [Bedolpian](#) pine forest, take a walk to the Frog Pond and have lunch at the Capannina
- 🌲 Attend one of the various shows or take part in some parties in the hamlets of the Plateau
- 🌲 Move to Trento and discover, beneath the streets and squares, the ancient [Roman city Tridentum](#)
- 🌲 Have fun in one of the various [acro-parks](#) in the surrounding area, the acrobatic parks for adults and children
- 🌲 Move to the nearby [Valle dei Mocheni](#) and go up to [Lake Erdemolo](#) or the [mine of the XII° Century](#)
- 🌲 There are many other things to do: the Pinè Plateau, Valsugana, Trentino await you!



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CUSTOM WEAR



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FORMAGGI & TRADIZIONE



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CANTINA DI MONTAGNA



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