

5+5 Gargano - Puglia 2024

Vieste, Foresta Umbra, Vico del Gargano & Peschici



Bulletin 2

Enjoy one of the best orienteering areas in Italy for orienteering: Gargano:
Week 40, week 41 will take place in the extraordinary region Puglia.

The races will offer a mix of forest and urban stages to discover all the beauties that the area has to offer.

The event is a perfect mix of orienteering and holiday with the possibility to explore and have a taste of local food, wine and culture

PROGRAM WEEK 40

30.09 **Stage 1** - Night Sprint orienteering in Vieste (first start 18:00)

01.10 **Stage 2** - Long distance in Foresta Umbra (first start 11:00)

02.10 **Stage 3** - Middle distance in Foresta Umbra (first start 11:00)

03.10 **Stage 4** - Sprint distance in Vico del Gargano (first start 11:00)

04.10 **Stage 5** - Sprint distance orienteering in Peschici (first start 11:00)

overall prize giving and party after the race in Peschici



PROGRAM WEEK 41

07.10 **Stage 1** - Night Sprint orienteering in Vieste (first start 18:00)

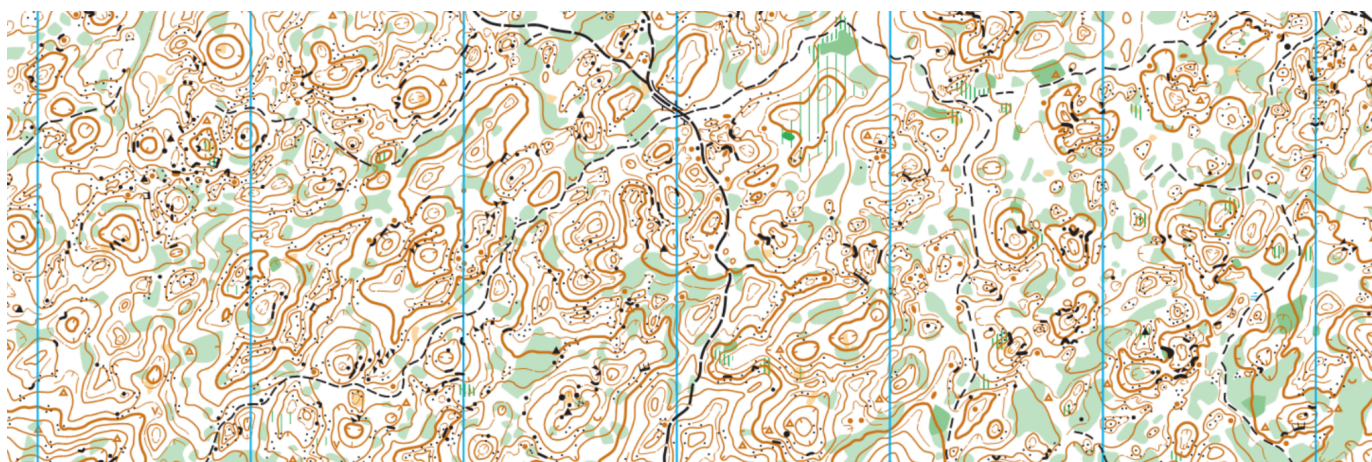
08.10 **Stage 2** - Long distance in Foresta Umbra (first start 11:00)

09.10 **Stage 3** - Middle distance in Foresta Umbra (first start 11:00)

10.10 **Stage 4** - Sprint distance in Vico del Gargano (first start 11:00)

11.10 **Stage 5** - Sprint distance in Peschici (first start 11:00)

overall prize giving and party after the race in Peschici



Course lengths WEEK 40

Class	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5
M21	2.9km / 80m	6.5km / 240m	4.6km / 170m	2.2km / 70m	2.1km / 55m
W21/ M40/ Open Long	2.9km / 80m	6.5km / 240m	4.4km / 130m	2.2km / 70m	2.1km / 55m
M50/W40	2.1km/ 70m	5.3km / 215m	4.0km / 100m	1.9km / 65m	1.7km / 50m
MW16/ W50/ MW60 / Open Middle	1.9km / 60m	4.0km / 175m	3.4km / 95m	1.1km / 60m	1.5km /40m
MW80/MW70	1.5km / 45m	2.9km / 85m	2.0km / 55m	1.0km /45m	1.0km / 30m
MW10/MW12/Open Short /Schools	1.0km /35m	1.2km / 20m	1.3km / 15m	0.9km /15m	0.7km /15m

*M 20 and W20 have been merged with M21 and W21 due to the low participation on the class.

STAGE 1 - Night sprint in Vieste (week 40)

Arena and Finish: in front of Cinema Adriatico. [Google maps link HERE](#)

First start at: 18:00

Start is located 300m from the finish

Terrain: 95% urban paved terrain with some narrow stairs. 5% park. Running shoes are advised

Map scale: 1:3000/ 2,5m for all classes

STAGE 2 - Long distance in Foresta Umbra (week 40)

Arena and Finish: at cutino d'umbra. [Google maps link HERE](#)

First start at: 11:00

Start is located 1km from the finish

Terrain: karst forest terrain, orienteering shoes with good grip are advised

Map scale: 1:7500/ 5m for all classes

STAGE 3 - WRE Middle distance in Foresta Umbra (week 40)

Arena and Finish: at cutino d'umbra. [Google maps link HERE](#)

First start at: 11:00

Start is located 800m from the finish

Terrain: karst forest terrain, orienteering shoes with good grip are advised

Map scale: 1:10000 for MW21, M40m Open Long and 1:7500/ 5m for all other classes

STAGE 4 - Sprint in Vico del Gargano(week 40)

Arena and Finish: in front of Comune di Vico. [Google maps link HERE](#)

First start at: 11:00

Start is located 300m from the finish

Terrain: all the race is on urban paved terrain with some narrow stairs

Map scale: 1:3000/ 2,5m for all classes

STAGE 5 - Sprint in Peschici (week 40)

Arena and Finish: Finish: in front of Comune di Peschici. [Google maps link HERE](#)

First start at: 11:00

Start is located 200m from the finish

Terrain: all the race is on urban paved terrain with some narrow stairs

Map scale: 1:3000/ 2,5m for all classes

Price giving ceremony: after the race at the arena



Course lengths WEEK 41

Class	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5
MW21/ M40/ Open Long	2.0km /75m	6.3km / 230m	4.1km / 120m	2.1km / 70m	2.1km / 55m
M50/W40	1.6km / 55m	5.7km / 205m	3.8km / 100m	1.9km / 65m	1.8km / 50m
MW16/ W50/ MW60 / Open Middle	1.4km /50m	4.4km / 160m	3.1km / 100m	1.1km / 60m	1.7km / 45
MW80/MW70	1.0km /40m	2.3km / 95m	2.2km / 70m	1.0 / 45m	1.3km / 30m
MW10/MW12/Open Short /Schools	0.9km /15m	1.1km / 20m	1.2km /20m	0.9 / 15m	0.7km / 15m

*M 20 and W20 have been merged with M21 and W21 due to the low participation on the class.

STAGE 1 - Night sprint in Vieste (week 41)

Arena and Finish: in front of Cinema Adriatico. [Google maps link HERE](#)

First start at: 18:00

Start is located 300m from the finish

Terrain: 95% urban paved terrain with some narrow stairs. 5% park. Running shoes are advised

Map scale: 1:3000/ 2,5m for all classes

STAGE 2 - Long distance in Foresta Umbra (week 41)

Arena and Finish: at cutino d'umbra. [Google maps link HERE](#)

First start at: 11:00

Start is located 1km from the finish

Terrain: karst forest terrain, orienteering shoes with good grip are advised

Map scale: 1:7500/ 5m for all classes

STAGE 3 - Middle distance in Foresta Umbra (week 41)

Arena and Finish: at cutino d'umbra. [Google maps link HERE](#)

First start at: 11:00

Start is located 300m from the finish

Terrain: Open forest with some slopes. orienteering shoes are advised

Map scale: 1:7500/ 5m for all classes

STAGE 4 - Sprint in Vico del Gargano(week 41)

Arena and Finish: in front of Comune di Vico. [Google maps link HERE](#)

First start at: 11:00

Start is located 300m from the finish

Terrain: all the race is on urban paved terrain with some narrow stairs

Map scale: 1:3000/ 2,5m for all classes

STAGE 5 - Sprint in Peschici (week 41)

Arena and Finish: Finish: in front of Comune di Peschici. [Google maps link HERE](#)

First start at: 11:00

Start is located 200m from the finish

Terrain: all the race is on urban paved terrain with some narrow stairs

Map scale: 1:3000/ 2,5m for all classes

Price giving ceremony: after the race at the arena

Join us for a full immersion on the tastes and flavours of Gargano with olive oil and wine taste tours.

Olive Oil Tasting with tour of the production facilities

Tuesday 1 October

at the "le Fronde" farmhouse, 5:00 pm

<https://lefrondevieste.it/>

Tuesday 8 October

at the "Olio della Valle" company, 5:00 pm

<https://oliodellavalle.it/>

Wine tasting tour

Thursday 3 October

at the Mandrione estate, 5:00 pm

<https://www.tenutemandrione.it/>

Thursday 10 October

at the "tenuta Padre Pio" , 5:00 pm

<https://www.tenutapadrepio.com/>

Entries for the olive oil and wine taste will be done at the secretary office at the race arena



Contact details

Secretary pwt@orienteering.it & info@orienteering.it

Organising team: Park World Tour Italia

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