



Italia Ente di
Promozione Sportiva
Coni



Five + Five

Sardinia

2013

30th Sept – 3rd Oct 2013

7th Oct – 10th Oct 2013



EXCITING ORIENTEERING IN SARDINIA follow the sun...with a lot of fun

Bulletin 1

After the success in Sicily with Five + Five Days (October 2012) we will discover Sardinia in 2013! We have found a fantastic place at the small and picturesque city of Stintino, approximately 45 minutes driving north of Alghero airport. The wonderful beach La Pelosa (on the world's top 10 list of best beaches) is also less than 2 km from our event center at Cala Rosa Club Hotel (****).

Cala Rosa Club Hotel - event center



Cala Rosa Club Hotel – park&rooms



There will be plenty of time to enjoy the sea and nature and we plan to organize the orienteering events so that people can arrive on Saturday, Sunday or Monday morning as the first stage both weeks will be within walking distance of the event center with first start at 16:00 on Monday 30th September (week 2 on 7th October).

On Tuesday 1st October (week 2 on 8th October) we are planning to arrange 2 stages; one in the morning in the old city of Busa and one in the afternoon in a spectacular nature-area. There will be bus transportation this day (or rental cars) and a chance to test another beautiful beach between the stages. On the way back to the hotel we plan a dinner-stop on a very nice restaurant in Alghero.

Wednesday 2nd October (week 2 on 9th October) will be a rest day with an optional island tour to the famous island and national park Asinara (used as a prison island for many years).

Thursday 3rd October (week 2 on 10th October) we will have the last two stages 45–60 minutes away from Stintino. The first of these races will be in a very nice pine forest that also includes great beaches. Also here we will have time to eat lunch, swim and rest between the stages. The final race will be held in a very interesting and charming old city named Castelsardo.

For the Friday and Saturday/Sunday we plan different options for those who are not flying home earlier; bus tour to amazing Capo Caccia and/or the city of Sassari, and trekking from the event center to one of the best spots, Capo del Falcone, to view the fantastic scenery! There are also very good opportunities for climbing, fishing, diving etc.

The Club Hotel of Cala Rosa (<http://www.hotelcalarosa.it>) is like an oasis with a nice green garden where the hotel area consists of many smaller buildings and the view from the garden is splendid! The hotel has also a nice pool and the restaurant is famous for the food. As the area is quiet big it will be enough space for all guests to find a favourite spot and the kids will love the place! We also have some nice apartments close to the hotel and some of them are already booked by some junior groups.

For all our guests we have a free shuttle bus-service from the hotel to our private beach, to the world famous beach La Pelosa and to the nearest shops. It is anyway not more than maximum 1 km to the beach, so probably many of you will take a walk. Our private beach has free sun chairs/umbrellas and a swimming pool as well as a restaurant and a yacht club where you can book a diving tour.

For those who are planning to take part in both 5-days competitions it will for sure be different races/part of areas for the two weeks so that everybody will get new experiences! The atmosphere around the events will as usual be something we put in focus and we can promise you something extra also at the Sardinia Five + Five 2013. There will be music, dancing, testing of local products and wine and a special memory gift for all people that are coming to Sardinia

**Entries and package-prices Sardinia Five + Five
2013**

6-7 nights

Package Halfboard 4-star Cala Rosa Club Hotel

With own rental car **495 euro**

With bustransfers **575 euro**

3rd and 4th person (over 16y.o.) in
room

reduction 100 euro

0-2 y.=
free

3-16y.= reduction 200 euro if they stay with parents

Single room; 150 euro extra for the package-week.

Apartments;

We have a few apartments close to the hotel resort

1 week 4-9 beds

With own rental car **195 euro**

With bustransfers **275 euro**

3 persons/appartment add 75 euro/person

2 persons/appartment add 100 euro/person

**Bus transfers from/to Alghero
airport and to the races ;**

Included in the packages with bus transfers we will organize transfer from/to Alghero airport

in connection with flight arrivals/departures for groups.

If some person/s arrive/depart when no others do

they might have to wait or we can find solutions for a small extra fee.

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Private Beach;

We have a private beach included free sun chairs/umbrellas. The beach has also a restaurant/bar, swimming pool, yacht club...

We have free shuttle-transports to the beach (or walking 1 km) and to shops, and the famous La Pelosa-beach!

OBS!

Entries are just open for those choosing one of our accommodation-packages!

Entry fee;	until 31.Dec 2012	99 euro	under 21=50%	under 13 y.o.= 25 €
5-days	1.Jan-28.Feb 2013	110 euro	under 21=50%	under 13 y.o.= 25 €
	1.March-15.June 2013	130 euro	under 21=50%	under 13 y.o.= 25 €
	16.June-15.Sep 2013	150 euro	under 21=50%	under 13 y.o.= 25 €

Last entry date 15.September

Tourist fee 40 euro

If any person enter 2 weeks they pay 50% fee for second week of 5-days-O.

Entry fee/tourist fee includes a social program in connection with the events,

f.ex some local wine and food-tasting, music-dance, a special memory gift

Prize after each stage to the winners and for the total 5-days to the 3 best in each category

- Categories:
- Kids Course
 - M and W12
 - M and W14
 - M and W16
 - M and W20
 - M and W21
 - M and W40
 - M and W50

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M and W60

M and W65

M and W70

M and W75

M and W80

Open Short (good for beginners, men and women in same category)

Open Middle (M and W in same category, like W50/M60)

If very few entries in some categories we can put categories together

Flightinfo Sardinia Five+Five in 2013

Week 1

Arrival dates 28-30.Sep. (some examples of flights)

28.Sep Saturday STO Skavsta-Alghero(AHO) 07.15-10.25 Ryanair

28.Sep Saturday Göteborg City-AHO 19.10-22.10 Ryanair

29.Sep Sunday London Stansted- AHO 06.15-09.45 Ryanair

29.Sep Sunday Oslo Torp- AHO 17.35-20.35 Ryanair

30.Sep Monday London Stansted-AHO 06.15-09.45 Ryanair

Departure dates 04-06.Oct (some examples)

04.Oct Friday AHO-London Stansted 10.10-11.45

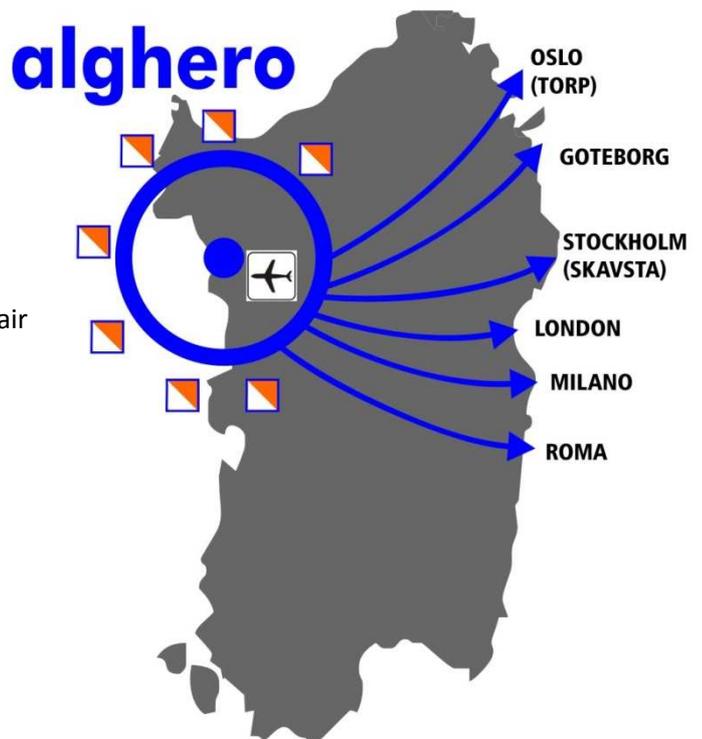
05.Oct Saturday AHO-STO Skavsta 10.50-14.00

05.Oct Saturday AHO-Göteborg City 15.45-18.45

06.Oct Sunday AHO-London Stansted 10.10-11.45

06.Oct Sunday AHO-Oslo Torp 14.10-17.10

Also several flights from Rome(FC O) and Milano-AHO daily with Air One/Alitalia.



Week 2

Arrival dates 05-07.Oct. (some examples of flights)



05.Oct Saturday STO Skavsta-AHO 07.15-10.25 Ryanair
05.Oct Saturday Göteborg City-AHO 19.10-22.10 Ryanair
06.Oct Sunday London Stansted- AHO 06.15-09.45 Ryanair
06.Oct Sunday Oslo Torp- AHO 17.35-20.35 Ryanair
07.Oct Monday London Stansted-AHO 06.15-09.45 Ryanair

Departure dates 11-13.Oct (some examples)

11.Oct Friday AHO-London Stansted 10.10-11.45
12.Oct Saturday AHO-STO Skavsta 10.50-14.00
12.Oct Saturday AHO-Göteborg City 15.45-18.45
13.Oct Sunday AHO-London Stansted 10.10-11.45

13.Oct Sunday AHO-Oslo Torp 14.10-17.10

Also several flights from Rome(FC O) and Milano-AHO daily with Air One/Alitalia.

INFORMATION and REGISTRATION:

Package Accommodation via PWT Travel www.pwt.no info@pwt.no

Entry Races via website www.orienteering.it info@orienteering.it or via www.pwt.no
info@pwt.no

Photo: beach of la Pelosa....start to dream.....

