



Bulletin 1, 28/09/2018

## MOC TOUR

# Mediterranean Open Championship Orienteering Malta-Italy, 15th-24th March 2019

### Don't miss the first orienteering event in Malta!

Malta, officially known as the Republic of Malta, is a Southern European small island country consisting of an archipelago in the Mediterranean Sea. It lies 80 km south of Italy, 284 km east of Tunisia, and 333 km north of Libya. Malta has been inhabited since approximately 5900 BC. Its location in the centre of the Mediterranean has historically given it great strategic importance as a naval base. Today Malta is a popular tourist destination with its warm climate, numerous recreational areas, and architectural and historical monuments, including three UNESCO World Heritage Sites.

### Preliminary Program and prices of MOC tour 2019

#### **Friday 15th March**

Malta's capital is Valletta, which is the smallest national capital in the European Union, and the southernmost capital of Europe.

In its historical centre we will have the Stage 1 of MOC Championship 2019.

#### **Saturday 16th March**

The Stage 2 of MOC Championship 2019 will be held in a unique forest in the area surrounding Valletta city.

#### **Sunday 17th March**

The Three Cities is a collective description of the three fortified cities of Birgu, Senglea and Cospicua in Malta. The oldest of the Three Cities is Birgu, which has existed since the Middle Ages. The other two cities, Senglea and Cospicua, were both founded by the Order of Saint John in the 16th and 17th centuries. The Three Cities are enclosed by the Cottonera Lines, along with several other fortifications. The cities were besieged during the Great Siege of Malta of 1565, and after the siege was lifted Birgu was given the title of Città Vittoriosa (=victorious city) and Senglea the title of Città Invicta (=invincible, not beaten city).

In Birgu/Città Vittoriosa we will have the final Stage of MOC Championship 2019!

### **Monday 18th March**

Ferry to Sicily/Pozzallo

Transfer to Ragusa city for shot-orienteeing and free time for lunch.

Ragusa, UNESCO site, the southernmost city of Sicily and Italy, lies at the same latitude of Africa.

The origins of Ragusa can be traced back to the 2nd millennium BC.

The city has two distinct areas, the lower and older town of Ragusa Ibla, and the higher Ragusa Superiore (Upper Town). The two halves are separated by the Valle dei Ponti, a deep ravine crossed by four bridges,

In the afternoon, transfer to Noto town for free time.

Totally destroyed by the 1693 Sicilian earthquake, and totally rebuilt, the new Noto is a masterpiece of Sicilian Baroque and now UNESCO's site.

To follow, wine tasting of Sicilian wines, and then transfer to Acireale, for dinner in the hotel.

### **Tuesday 19th March**

In the morning, excursion to Etna Vulcan, with competition in the forest.

In the afternoon, return to hotel and free time to spend on the beach or for visiting Acireale town centre, or if a group is interested, excursion to Taormina.

Acireale, a coastal city, is home to numerous Neo-gothic and Sicilian Baroque churches.

Taormina, is a worldwide famous town, touristic and classy, which lies on a hill above the sea.

### **Wednesday 20th March**

Departure to Calabria, the southernmost inland region of Italy.

Free time for lunch in San Giovanni in Fiore town.

In the afternoon, orienteeing competition.

Dinner in hotel in Rende town.

### **Thursday 21st March**

Departure to Paestum

Free afternoon in Paestum, nice beaches near the hotels!

### **Friday 22nd March**

In the afternoon, competition in Ascea historical centre. Ascea is a village probably founded around 1000 DC, which lies inside the National Park of Cilento e Valle di Diano.

Dinner in hotel in Paestum.

### **Saturday 23rd March**

In the morning, competition in Paestum Archeological Park.

Paestum was a major ancient Greek city on the coast of the Tyrrhenian Sea in Magna

Grecia (southern Italy).

The ruins of Paestum are famous for their three ancient Greek temples in the Doric order, dating from about 600 to 450 BC, which are in a very good state of preservation. The city walls and amphitheatre are largely intact, and the bottom of the walls of many other structures remain, as well as paved roads.

Visit to "Il Tempio" cheese factory, and possibility of lunch with cheese menu.

Dinner in hotel, banquet with music show.

### **Sunday 24th March**

Competition in Benevento city.

Benevento, founded before 280 BC, was then conquered by Romans.

The importance of Benevento in classical times is vouched for by the many remains of antiquity which it possesses, of which the most famous is the triumphal arch erected in honour of Trajan by the senate and people of Rome in 114, with important reliefs relating to its history. Enclosed in the walls, this construction marked the entrance in Benevento of the Via Traiana, the road built by the Spanish emperor to shorten the path from Rome to Brindisi.

After the competition, transfer to Rome for departure flights on 24th or 25th March.

**LIMITED NUMBER OF ENTRIES! MAXIMUM 150 PLACES AVAILABLE!**

**ENTRIES TO MOC TOUR ARE OPEN ONLY TO THOSE JOINING MOC TOUR WITH THE ACCOMMODATION THROUGH PWT!**

Price: 1295€ per person in double or twin room

Deposit: 400€

Price includes:

11 nights in hotel

5 dinners (2 in Sicily, 1 in Calabria, 2 in Paestum)

1 banquet (Saturday 23rd March)

3 music parties

1 wine tasting

All transfers from airport of La Valletta (start of the MOC tour) until the end of MOC Tour (Roma Fiumicino)

Tourist taxes

Excluded: flights.

Extras:

Extra for the single room: 330€ for 11 nights

Competition package fee: 190€, which includes 8 races + 1 photo Orienteering

(=3 MOC Championship races, 1 photo Orienteering in Sicily, 1 race in Sicily, 1 race in Calabria, 3 MOC Weekend races in Paestum area)

Tourist package fee: 40€ for tourists (non runners)

#### Hotels

Malta (4 nights): <http://www.maltaeuroclubhotel.com/>

Sicily (2 nights): <http://www.hotelorizzonte.it/>

Calabria (1 night): [www.hoteleuropa-cs.it](http://www.hoteleuropa-cs.it)

Campania/Paestum (3 nights): <http://www.mechotel.com/>

Roma (1 night): Mercure Rome Leonardo da Vinci Airport in Fiumicino

Official travel agency MOC TOUR 2019: PWT Travel AS Norway

#### Categories:

M/W 12, M/W 14, M/W 16, M/W Junior 20, M/W 21, M/W 45, M/W 50, M/W 60, M/W 65, M/W 70, M/W 75, M/W 80, Kids, Beginners, Open 1 (like M50/W40), Open 2 (like M65/W60), Open 3 (like Beginners/M12/W12)

We will merge categories if there are few or very few entries in some categories.

Medical certificate needed! Find template here:

<https://www.orienteering.it/wp-content/uploads/2018/09/certificate1.pdf>

For any question contact [info@orienteering.it](mailto:info@orienteering.it)

Link for entries:

For non-Scandinavian people: <https://www.orienteering.it/iscrizioni/?evid=1161>

For Scandinavian people: <http://pwt.no>

Payment to: Park World Tour Italia asd, Address: Via Cori, 3 – 36045 Alonte (VI)

Bank: Banco di Brescia Branch: Padova

IBAN IT64Q 03111 12100 0000000 23818

Swift SWIFT: BLOPIT22

PADOVA branch

Reason of payment: \*your surname\* entry MOC 2019

Please send a copy of the payment at [info@orienteering.it](mailto:info@orienteering.it)

For any further information or questions:

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