



FEDERAZIONE  
ITALIANA  
SPORT  
ORIENTAMENTO  
DELEGAZIONE  
SARDEGNA

# Sardinia



## October 2019



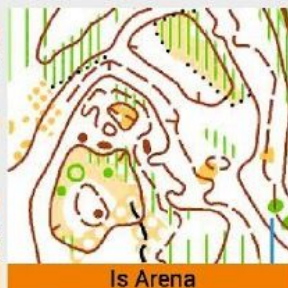
Choose the week! Week 40, week 41 and week 44



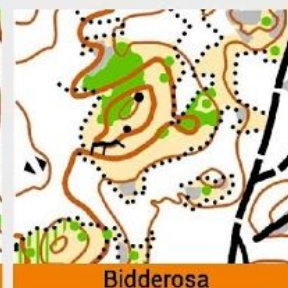
Photos of event center:  
Nice accommodation with beach and swimming pool



Cuglieri



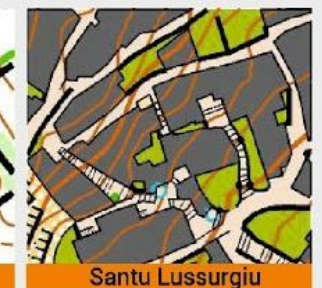
Is Arena



Bidderosa



Is Benas



Santu Lussurgiu

# Exploring the Western and Eastern coast

**Week 40, week 41 and week 44 will take place in the extraordinary region of Sardinia.**

The island of Sardinia lies west of the Italian mainland, surrounded by the Mediterranean Sea. Sardinia's population of 1,700,000 lives in an area of 24.000 km sq, divided into 8 provinces; the main are: Cagliari (island's capital city), Oristano, Nuoro, Olbia and Sassari. The waters around Sardinia are considered to be the cleanest in Italy and reach of flora and fauna.

Nuraghe is a special building, symbol of Sardinia, consisting in a truncated cone, dating back to 1800 years B.C. In Sardinia there are over 7.000 nuraghi, often displayed in several Archaeological museums.

For you, we planned 3 extraordinary 5 days, with stages in historical centres/in the beautiful forests, where you can explore the heart of Sardinia, and both east and west coast. In the middle, near us, there is the "Gennargentu National Park", the most mountainous landscape of Sardinia, which includes the Island's highest peak, Punta la Marmora 1,834 m.

Gennargentu means "door of silver".

The orienteering event centre will be located in Arborea, next to Oristano, 85 km driving from Cagliari airport, at the 4 stars resort Horse Country, with free use of a big swimming pool, private beach, tennis and soccer fields. We chose a bed & breakfast formula in order to leave more freedom of choice for lunches and dinners. Many opportunities of different dishes in restaurants and bars inside resort Horse Country!

Week 40: from Saturday 28/09 to Saturday 05/10

Week 41: from Saturday 05/10 to Saturday 12/10

Week 44: from Saturday 26/10 to Saturday 02/11

## Accommodation

Price per week per person at **4 stars hotel Horse Country** [www.horsecountry.it](http://www.horsecountry.it)

490 euro/ 7 nights in hotel with Bed & Breakfast formula, sharing a double room.

Extra for single room: 210 euro/week (double room used as single)

0-5 years old: free (in the rooms with 2 parents)

6-11 years old: -40% off the package, in the same room with 2 parents.

12- 17 y.o.: 30% discount (in the rooms with 2 parents)

12-17 y.o.: 30% discount if they stay in 4-beds room

Discount adult 3<sup>rd</sup> bed: -10%

Discount adult 4<sup>th</sup> bed: -20%

Link for accommodation: <https://www.orienteering.it/en/alloggio/?evid=1581>

## BUS 5 days

Bus tickets from event centre/hotels to races: 65 euro/week/person.

Under 17 y.o.: 30 euro

## Transfers Airport-Event Center

In cooperation with a local agency, we can offer, on your request, pick up service from Cagliari airport to event center as follows:

Taxi (from 1 to 8 pax): 160 euro, one way

Bus (with at least 20 pax): 15 euro/pax, one way.

On request we can organise transfer from airports in Olbia and Alghero.

**It is excluded from the package:**

- flight tickets

**Entry fee for the races:**

**You can enter the races only if you book accommodation through us!**

**For special request of accommodation contact us**

Within 10<sup>st</sup> January 2019: 90 €

Within 10<sup>st</sup> April 2019: 110€

Within 10<sup>th</sup> August 2019: 130€

Within 10<sup>th</sup> September 2019: 150€

From 11<sup>th</sup> September 2019 180€

Under 21 years old: -50%

Under 13 years old: 30€

Tourist fee (non runners) 30€

Direct course\*: 25€/race for +21 years old

15€/race for 13-20 years old

7€/race for those under 13 years old

\*Direct course: entry on the day and not included in total 5-days result

Link for registration to races: <https://www.orienteering.it/en/iscrizioni/?evid=1581>

In case of 2 weeks participation, the second week entry fee will be discounted -50%

**Stay with us ...  
and Follow the Sun**

The 5-days entry fee includes: 1 street music-party per week, 1 wine/food tasting per week, 1 official gadget, 5 orienteering races.

The official gadget of the event will be given only to those entering before 15th Sept.

**Categories/Classes:**

Kids course, MW10, MW12, MW14, MW16, MW18, MW20, MW21, MW35, MW40, MW45, MW50, MW55, MW60, MW65, MW70, MW75, MW80, **Open short** (good for beginners, men and women in the same category), **Open Middle** (as W50/M60, men and women in the same category), **Open long** (as MW40, men and women in the same category).

Daily direct courses: short, middle, long. Entries at race site.

If very few entries, organizers will merge the classes.

**Rental Sport-ident card:** 20 euro /week or 5 euro / day for +21y.o. + deposit of 30 euro.  
10 euro /week or 3 euro / day for up to 20y.o. + deposit of 40 euro.

Changes of Si-card or category/class during event: 5 euro.

Prizes to winners of each stage and for the best 3 in each category overall.

For any info request, contact us at: [info@orienteering.it](mailto:info@orienteering.it)



**WEEK 40**

**Sat 28 Sept:** Arrival  
**Sun 29 Sept:** FUN-O race in Horse country resort (in the afternoon).  
 Opening ceremony /official welcome  
**Mon 30 Sept:** IS ARENAS: forest, stage 1, first start 15.30  
**Tue 1 Oct:** Santu Lussurgiu historical center –stage 2. First start 16.30  
**Wed 2 Oct:** Bidderosa/Galtelli stages 3 ^ e 4 ^ , one stage in forest and one stage in historical centre  
**Thu 3 Oct:** Rest day: trip options, historical and cultural plus wine/food tasting  
**Fri 4 Oct:** Oristano historical center – stage 5 and special ending with wine/food tasting and local dancer. Overall Prize giving ceremony 12.00  
**Sat 5 Oct:** Departures

**WEEK 41**

**Sun 6 Oct:** FUN-O race in HORSE COUNTRY RESORT (in the afternoon).  
 Opening ceremony /official welcome  
**Mon 7 Oct:** Marina di Arborea forest –stage 1. First start 15.30  
**Tue 8 Oct:** Bosa historical center – stage 2, first start 16.30  
**Wed 9 Oct:** Bidderosa/Orosei stages 3 ^ e 4 ^ , one stage in forest and one stage in historical centre  
**Thu 10 Oct:** Rest day: trip options, historical and cultural plus wine/food tasting  
**Fri 11 Oct:** Santu Lussurgiu – historical center – stage 5 and special ending with wine/food tasting and local dancer. Overall Prize giving ceremony 12.00  
**Sat 12 Oct:** Departures

**WEEK 44**

**Sun 27 Oct:** FUN-O race in Marina di Arborea (in the afternoon). Opening ceremony /official welcome  
**Mon 28 Oct:** Horse country resort forest –stage 1. First start 15.30  
**Tue 29 Oct:** Bosa historical center – stage 2, first start 16.30  
**Wed 30 Oct:** Is Benas / Cuglieri stages 3 ^ e 4 ^ , one stage in forest and one stage in historical centre  
**Thu 31 Oct:** Rest day: trip options, historical and cultural plus wine/food tasting  
**Fri 1 Nov:** Oristano historical center – stage 5 and special ending with wine/food tasting and local dancer. Overall Prize giving ceremony 12.00  
**Sat 2 Nov:** Departures

Event centre: Horse country in Arborea-Oristano ([www.horsecountry.it](http://www.horsecountry.it))

**\*Attention! Entries are only open to those choosing one of our accommodation packages!**

More info on accommodation packages on [www.orienteing.it](http://www.orienteing.it) or through our travel agencies partners below.

For special request, contact us at [info@orienteing.it](mailto:info@orienteing.it)

Official website: [www.orienteing.it](http://www.orienteing.it)  
[info@orienteing.it](mailto:info@orienteing.it)



ULU'S REISEWELT  
[ulu@sunrise.ch](mailto:ulu@sunrise.ch)



# Sardinia



## October 2019

### SIDE ACTIVITIES

For orienteers and non-orienteers  
Cheese and wine tasting tours  
Yoga, Hiking and touristic tours

### Entry deadlines\*

10th Jan 2019 - 90€  
 10th Apr 2019 - 110€  
 10th Aug 2019 - 130€  
 10th Sep 2019 - 150€  
 From 11th Sep - 180€

### Work volunteers!

We are looking for work volunteers during the weeks 40, 41 and 44 in Sardinia!  
You can help according to your skills, and still run your race starting as last!



4.000 years of history  
archeological site of Nuraghe Losa