

MOC orienteering TOUR 2020, 13th-22nd March GREECE, NORTH MACEDONIA, ALBANIA, ITALY

Run through history in ancient Greece - Athens's Acropolis! Take the chance to visit the Monastery of Meteora, UNESCO World Heritage site and the 2 countries of North Macedonia and Albania.

Grand finale in Bella Italia with extraordinary orienteering in the city of Matera (UNESCO site and European City of Culture 2019)



Preliminary program:

- FRI 13.03.2020** – Arrivals to Athens, Greece. Transfers, accommodation in hotel. Overnight in Athens.
- SAT 14.03.2020** – Sprint race in the famous bohemian quarter Plaka, down by Acropolis.
Sightseeing.
Overnight in Athens.
- SUN 15.03.2020** – Departure to Meteora, UNESCO World Heritage site, a rock formation hosting complexes of Eastern Orthodox Monasteries.
Light lunch in hotel.
Sprint race in Kalambaka (Meteora).
Free time for dinner.
- MON 16.03.2020** – Guided tour, visit to 3 main monasteries of Meteora and discover the natural beauty and the cultural heritage of this area.
Departure to North Macedonia, Ohridsko lake.
Accommodation in Struga and dinner in hotel.
- TUE 17.03.2020** – Middle distance forest race near Ohrid.
Sightseeing in Ohrid old town with lunch break.
Dinner in hotel with a music party and entertainment.
Overnight in Struga.

- WED 18.03.2020 – Departure to Albania, Tirana.
Sightseeing in Tirana.
Accommodation in the hotel.
Middle distance park forest race in Tirana.
- THU 19.03.2020 – Free time in Tirana, in the afternoon transfer to Dures.
Free time from dinner in Dures.
Night ferry from Dures to Italy/Policoro.
Overnight on the ferry.
- FRI 20.03.2020 – Morning: Coffee/icecream break in Bari Old City with photo-Orienteering.
Check-in in the hotel in Matera/Policoro.
Evening: 1st stage MOC Championships **Policoro** Forest – forest (Middle distance).
Dinner in hotel.
- SAT 21.03.2020 – Morning: 2nd stage MOC Championships in **Tursi** – supersprint.
Afternoon: 3rd stage MOC Championships in **Francavilla in Sinni** – supersprint.
Music party and banquet dinner in hotel.
- SUN 22.03.2020 – 4th stage (WRE) MOC Championships in **Matera** – sprint
In the afternoon, departure to Rome.
Overnight in Rome near Fiumicino airport.
- MON 23.03.2020 - Departures



Meteora

LIMITED NUMBER OF ENTRIES! MAXIMUM 130 PLACES AVAILABLE!

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

Special price for first 30 registrations is 999€!

Registrations at <https://www.orienteering.it/en/alloggio/?evid=2527>

If you are among the first 30 people registered, you will receive an e-mail from our crew with the payment details.

MOC TOUR package

Price: 1150€ per person in double or twin room

Deposit: 400€

Price includes:

10 nights in the hotel with breakfast.

Light lunch of Sunday 15th March.

3 dinners: Monday 16th and Tuesday 17th in Struga, Friday 20th March in Policoro.

1 banquet dinner Saturday 21st March in Policoro.

2 music parties: Tuesday 17th in Struga and Saturday 21st in Policoro.

2 wines tasting, 1 cheese tasting.

Guided tour in Meteora on Monday 16th March.

Bus transport from Athens and during all tour until Roma airport.

Ferry ticket included, sharing a 4pax cabin.

Tourist taxes.

Excluded: flights and extras.

Extras:

Extra for the single room: +290€ for 9 nights. Extra single cabin on ferry: +100€

Competition package fee: 180€, which includes 8 races: 3 in forest, 3 in cities, 2 in archeological park or similar + 1 photo-Orienteering in Bari Old City

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

Registration to the races: <https://www.orienteering.it/en/iscrizioni/?evid=2527>

In cooperation with Zmaj Adventure, Ulu's Reisewelt, Circolo Velico Lucano, FISO Basilicata

Categories:

Kids course, M/W12, M/W14, M/W16, M/W Junior 20, M/W21, M/W40, M/W45, M/W50, M/W55, M/W60, M/W65, M/W70, M/W75, M/W80,

Open 1 (like M50/W40),

Open 2 (like M65/W60),

Open 3 (like M12/W12)

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

For any further information or request:

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