



REGIONE AUTÒNOMA DE SARDIGNA  
REGIONE AUTONOMA DELLA SARDEGNA



SARDIGNA CHIRCAS  
SARDEGNA RICERCHE



Porto Conte  
Ricerche



Gutturu Mannu  
Parco Naturale della Sardegna



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## BULLETIN 1

**Five + Five Sardinia 2025 - Exploring the Orienteering Paradise**

**29 Sept - 11 Oct 2025**

**WEEK 40, WEEK 41**

### WELCOME

**Sardinia** lies west of mainland Italy, surrounded by the crystal-clear waters of the Mediterranean. Home to 1.7 million people across 24,000 square kilometers, the island is renowned for its unspoiled nature, rich biodiversity, and some of **the cleanest waters in Italy**.

PWT Italy returns to Sardinia for the 14th year, with **two five-day events**, taking place during Week 40 and Week 41 in one of the island's best areas for orienteering and hiking. This edition offers a perfect mix of forest and urban stages, leading you through historic centers and stunning landscapes, with the added opportunity to experience Sardinia's local food, wine, and culture.

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#### Contact

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#### Website

[www.pwtitaly.com](http://www.pwtitaly.com)



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## PROGRAMME

The event program is divided into **two distinct weeks** of competition, each with its own unique schedule, offering you the opportunity to experience two weeks of very different terrains.

**Week 40** will take place in southern Sardinia, with the Event Centre located in Pola, while **Week 41** will be held in the north, with the Event Centre in Alghero. Athletes registering for both weeks benefit from a **50% discount on the second week's entry fee.**

### WEEK 40

Stage/Date	Event	Location	Distance from EC
Monday 29 September 2025, STAGE 1	Sunset Sprint	Spiaggia Su Guventeddu	10 Km
Tuesday 30 September 2025, STAGE 2	Sprint/Middle (forest)	Quota 100 - Piscina Manna	0 Km
Wednesday 1 October 2025, STAGE 3	Middle/Long (forest)	Piscina Manna	2 Km
Thursday 2 October 2025, STAGE 4 └─ <b>SANTADI WINE CELLAR VISIT</b>	Sprint/Middle (forest)	Santadi	53 Km
Friday 3 October 2025, STAGE 5 └─ <b>FINAL PARTY</b>	Sprint	Pula	9 Km

### **SANTADI WINE CELLAR VISIT**

Join us for an exclusive visit to the Santadi Cellar, where you'll explore the production areas and the barrel room, where the finest wines mature. Enjoy a **tasting of three exceptional wines:**

- **VILLA SOLAIS** Vermentino di Sardegna DOC
- **TRE TORRI** Carignano del Sulcis DOC Rosé
- **ROCCA RUBIA** Carignano del Sulcis DOC Riserva

The tasting will be complemented by local delicacies, including pecorino cheese, seasoned sausage, and the traditional carasau bread.

**Cost per person: €40.00**





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## WEEK 41

Date/Stage	Event	Location	Distance from EC
Monday 6 October 2025, STAGE 1	Sunset Sprint	Porto Conte Ricerche	0 Km
Tuesday 7 October 2025, STAGE 2	Middle/Long (forest)	Lago di Baratz	14 Km
Wednesday 8 October 2025, STAGE 3	Middle/Long (forest)	Spiaggia di Porto Ferro	13 Km
Thursday 9 October 2025, STAGE 4 └─ <b>*WINE CELLAR VISIT</b>	Sprint	Fertilia	15 Km
Friday 10 October 2025, STAGE 5 └─ <b>FINAL PARTY</b>	Sprint	Alghero	21 Km

\*Further details will be announced shortly.

## EVENT CENTRES

The Event Center for WEEK 40 is located at **Parco Tecnologico della Sardegna, Edificio 2**  
Address: Località Piscinamanna, 09010 Pula (CA), Italy

The Event Center for WEEK 41 is located at **Porto Conte Ricerche Srl**  
Address: Strada Provinciale 55, 07041 Alghero SS, Italia



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## REGISTRATION

### Competitive classes:

MW-12, MW-16, MW-20, MW-21, MW40+, MW50+, MW60+, MW70+, MW80

### Non competitive classes (women and men in the same class):

Open Short, Open Middle, Open Long, \*Direct (short, middle, long)

\*For these classes there will not be the 5 days final ranking

## ENTRY FEES

Age range: **21 years and over (MW-21, MW40+, MW50+, MW60+, MW70+, MW80)**

Deadline	Entry fee one week	*Entry fee two weeks
<b>First 100 entries for each 5-days</b>	<b>50- €</b>	<b><del>100-€</del> 75€</b>
Until June 30th, 2025	75- €	<del>150-€</del> 112.5€
Until August 10th, 2025	90- €	<del>180-€</del> 135€
Till September 10th, 2025	130- €	<del>260-€</del> 195€

\*For two-week registrations, the second week is discounted by 50%

Age range: **under 21 years (MW-12, MW-16, MW-20)**

Deadline (till september 10th, 2025)	Entry fee one week	Entry fee two weeks
<b>First 100 entries for each 5-days</b>	<b>30- €</b>	<b><del>60-€</del> 45€</b>
Under 13 (this fee applies after the first 100 entries)	30- €	<del>60-€</del> 45€
13-20 years (this fee applies after the first 100 entries)	50- €	<del>100-€</del> 75€

Classes: **Direct** (registration available only on race day)

- Age 21 and over: 25- € per race
- Age 13-20: 15- € per race
- Under 13: 7- € per race



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**Open categories** pay the 5-days fee based on age, according to the corresponding price range above.

The **official gadget** of the event will be given only to those entering before **10th August**

**Official t-shirt:** 25- €

**Official vest:** 40- €

## SPORTIDENT RENTAL & CHANGES

The punching system used is SPORTident SIAC Air+.

### Rental fees (age 21 and over):

- €20 per week or €5 per day
- + €30 deposit

### Rental fees (under 21 years):

- €10 per week or €3 per day
- + €40 deposit

### SI-card or category/class changes during the event:

- €5 fee

## PAYMENT

All race entries must be submitted through the registration form available at [www.orienteeing.it](http://www.orienteeing.it) Accommodation and transportation services can also be booked through the same platform. For more information, please contact us at [pwt@orienteeing.it](mailto:pwt@orienteeing.it).

Payment can be done via Credit Card or with Bank Transfer:

**SSD PWT Italia S.r.l.**

**IBAN:** IT8600873228584000000768146 (5° letter is letter O like Oscar)

**SWIFT:** ICRAITRRKCO (last number is ZERO)

**Bank:** B.C.C. Vicentino – Pojana Maggiore (VI), filiale di Alonte

## TRANSPORTS

### Bus Service

An organized bus service will be available each week to reach the competition arenas.

- Bus tickets (Event Center/partner hotels ↔ Race venues): 150- € per person per week
- Reduced rate for participants under 17: 40- € per week

### Airport Transfers

In cooperation with a local agency, we offer airport transfers to and from the Event Centre upon request. To arrange your pick-up, please contact us in advance ([pwt@orienteeing.it](mailto:pwt@orienteeing.it)).