



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO

**DOLOMITI
BELLUNESI**
The Mountains of Venice



DOLOMITI CENTRO CADORE

5 DAYS ITALY

ORIENTEERING 2023

July 1st - 5th 2023

www.5daysitaly.it



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PROGRAMME

MODEL EVENT • 4 maps

29-30th June - 9.00 a.m.

Forest: Misurina, Casera Razzo

City: Cortina, Calalzo di Cadore



STAGE 1

1st July - 4.00 p.m.

Middle Distance

Caralte forest

Perarolo di Cadore



STAGE 2

2nd July - 10.00 a.m.

Long Distance

Monte Zucco

Tai di Cadore



STAGE 3

3rd July - 10.00 a.m.

Middle Distance

Somadida forest

Palus San Marco



STAGE 4

4th July - 10.00 a.m.

Middle Distance

Fiames forest

Cortina d'Ampezzo



STAGE 5

5th July - 10.00 a.m.

Sprint Distance

City map

Pieve di Cadore



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**Tuesday 4th July 2023 –
Stage 4, MIDDLE DISTANCE
– Fiammes (Cortina
d’Ampezzo)**



**Monday 3rd July 2023 –
Stage 3, MIDDLE DISTANCE
– Villa Gregoriana**

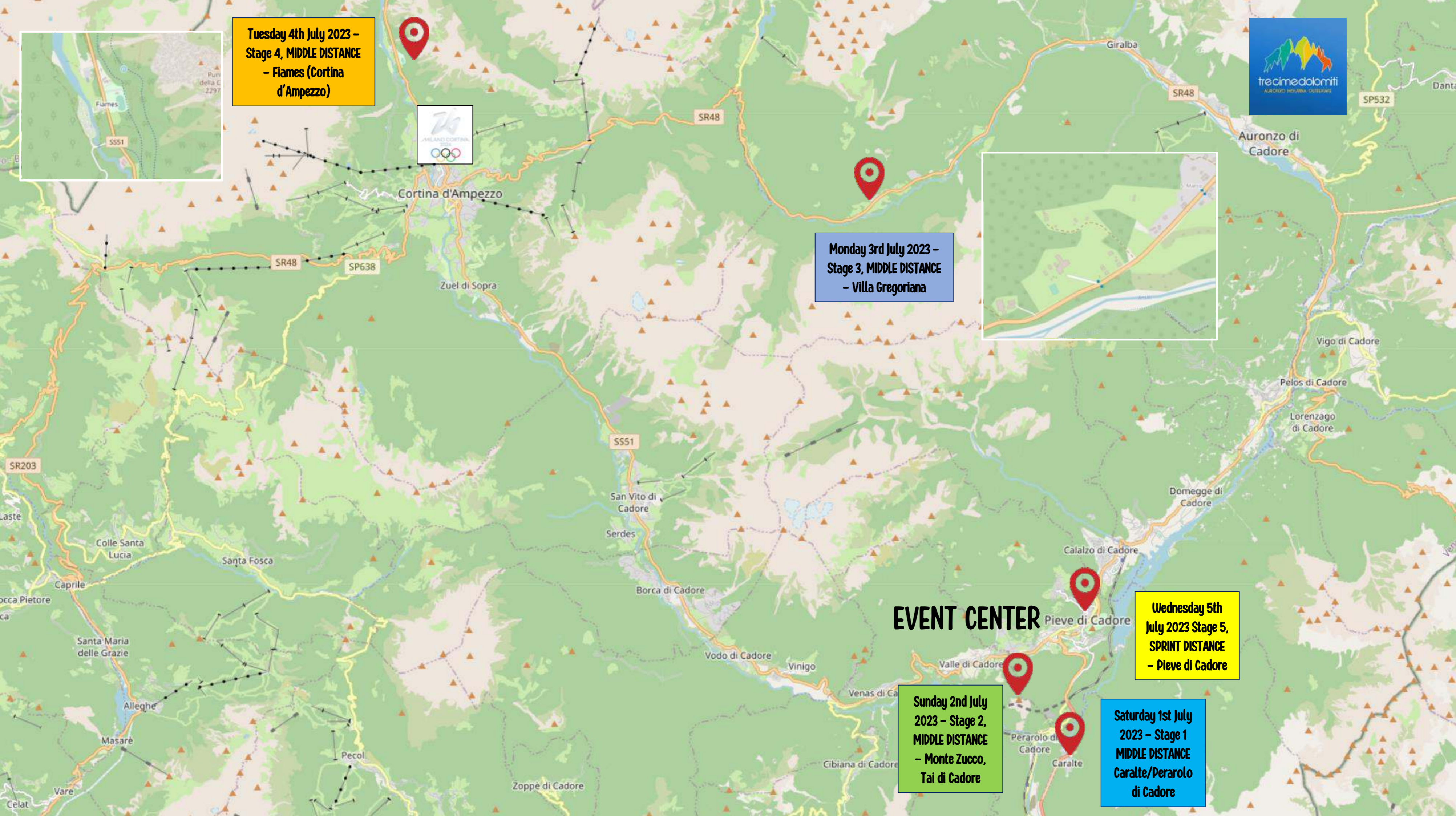


EVENT CENTER

**Wednesday 5th
July 2023 Stage 5,
SPRINT DISTANCE
– Pieve di Cadore**

**Sunday 2nd July
2023 – Stage 2,
MIDDLE DISTANCE
– Monte Zucco,
Tai di Cadore**

**Saturday 1st July
2023 – Stage 1
MIDDLE DISTANCE
Caralte/Perarolo
di Cadore**



ARRIVING IN CADORE



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ARRIVING BY CAR



COMING FROM THE SOUTH

The villages of the Cadore Dolomites area can be reached from Mestre-Venice via the A27 motorway, which goes as far as Pian di Vedoja (Belluno).

The distance from Venice is covered in about an hour and a half by car.

COMING FROM THE NORTH

Take the Brennero motorway as far as Bressanone, where you continue on state road 49, through the Val Pusteria, in the direction of Dobbiaco.

From here you continue to Cortina d'Ampezzo on state road 51, which leads to Cadore.

At this point you will encounter in order:

San Vito, Borca, Vodo, Cibiana, Valle, Pieve, Calalzo and Domegge.

GETTING THERE BY TRAIN



FROM THE SOUTH

The Cadore railway station is located in Calalzo.

The train line to Calalzo di Cadore connects the cities of Mestre-Venice

FROM THE NORTH

The nearest railway station is in Dobbiaco, which is about 45 km from San Vito di Cadore.

The railway line departs from Fortezza and trains run hourly.

From Dobbiaco station there are bus connections to Cortina d'Ampezzo and then to Cadore.

ARRIVING BY PLANE



The nearest airports to reach the Cadore Dolomites area are as follows:

The **Treviso** airport www.trevisoairport.it

The airport of **Venice** www.veniceairport.it

The airport of **Verona** www.aeroporto.verona.it

The airport of **Bolzano** www.bolzanoairport.it

The airport of **Innsbruck** www.innsbruck-airport.com



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CADORE



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Cadore Dolomiti, a UNESCO World Heritage Site, is in the northernmost part of the province of Belluno, just a couple of hours by car from Venice. It constitutes one of the most beautiful alpine territories in Italy and covers an area of around 1500 square km of natural and artistic delights.

Mountains in Cadore are of the noblest kind, equally magic in winter and summer – we are talking of peaks such as Mount Pelmo, Antelao (surpassed in height only by Marmolada) and the Sorapiss. Enjoying the mountains of Cadore is therefore the opportunity to touch the snow and set one's eyes over the most beautiful mountain views of the Eastern Dolomites.

It contains notable tourist resorts such as Auronzo, Misurina, Pieve (birthplace of the painter Titian) and Calalzo, all superbly well-furnished with modern sporting facilities, excursions immersed in the natural surroundings, cultural events, and much more.

The lake "Lago Centro Cadore" is the ideal place for water-sports, for fishing or just a gentle stroll.

TREKKING AND HIKING



Trekking to
Sentinella Mount



Escursione al Rifugio
Scotter di San Vito



Escursione al Rifugio
Tita Barba di Pieve



The Tour of Mount
Pelmo

Hiking has been a very important activity for Cadore valley, because it has made it famous and well known all over the world, since the beginning of the Twentieth Century. Italian and foreign hikers have written books and stories, making the Dolomites the most favourite holiday destination.

Cadore is ideal for hiking: its territory includes hills, forests and green meadows, but also high peaks and harsh rocks, with many routes, paths, vie ferrate and peaks to climb that will satisfy everybody.



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BIKE and MOUNTAIN BIKE – “La Lunga Via Delle Dolomiti “ Cycle Trail

Aptly named one of the most spectacular cycle trails in Italy, this Dolomite cycle trail runs along much of what was once the Dolomite railway which was decommissioned in 1964. The Cadore stretch is fully tarmacked and well signposted and, along the way, there are plenty of places to eat and drink and, if needed, to seek assistance. The 37km stretch in the Province of Belluno links Cortina d’Ampezzo with Calalzo di Cadore, passing through the villages of San Vito, Borca, Vodo, Valle and Pieve di Cadore. It is part of the longer cross-border trail “La Lunga Via delle Dolomiti”, that starts in Asiago and finishes in Lienz, in Austria. This stretch, featuring regular slopes and wide bends, is punctuated by the old railway station buildings in the Alpine version of Art Nouveau. The trail runs through numerous well-lit tunnels that have a magical atmosphere all of their own.



HISTORY, CULTURE and WELLNESS

TIZIANO VECELLIO'S HOUSE

The house where Titian was born, in all its simple, elegant glory, was fully restored in 1935/36 and is located right in the heart of Pieve di Cadore, in the tiny Piazza Arsenale.



MURALES– CIBIANA DI CADORE

Open-air art gallery, where the greatest Italian and foreign artists have been painting year after year, the history of the village on the front walls of its houses. Each year, thanks to artists from all over the world, this outdoor museum is enriched with new works.

In “Cibiana di Sotto” it is possible to visit The Iron and Keys manufacturing’s Museum.

THE OPTICAL AND EYEWEAR MUSEUM – Pieve di Cadore

The evolution of the optical lens and the history of the Belluno optical industry. The museum’s magnificent collection of spectacles, spectacle cases, optical instruments,

binoculars and telescopes have been assembled by opticians Jean Bodart and Jean Bernard Weiss, with the aid of academics Enrico De Lotto and Luca Moioli, making it possible to reconstruct the fascinating story of the lens, and all the various uses human beings have found for it, from the Middle Ages until today.

MARC - THE ARCHAEOLOGICAL MUSEUM – Pieve di Cadore

Located in the town’s historic buildings of the “Magnifica Comunità Cadorina”. The museum houses the area’s notable archaeological heritage dating back to Roman and pre-Roman times.

MESSNER MOUNTAIN MUSEUM – Cibiana di Cadore

The Nuvole Museum in Cibiana di Cadore was obtained from an old fort, in a extraordinary place of silence and serenity. The fort, that is at the top of Rite mount, was transformed in a museum that reigns over three valley and two dolomites giants, and became the seat of an awesome history of the man and his passions.



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EVENT CENTRE

The event centre of 5 Days Italy 2023 is located in Pieve di Cadore.

At the event centre you can collect your number bib, the welcome bag and ask for information.

COMPETITION CLASSES

- M10, M12, M14, M16, M18, M21 Elite, M21 Long, M21 Short, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80
- W10, W12, W14, W16, W18, W21 Elite, W21 Long, W21 Short, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80
- Easy Short, Easy Middle, Easy Long
- Difficult Short, Difficult Middle, Difficult Long



CONTACT



www.5daysitaly.it



info@5daysitaly.it



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