



More
than a race
a place
to belong



MEMORIES

5 DAYS ITALY VAL DI SOLE

29 June – 4 July 2026

Val di Sole

Maps
Mountains
People
Good Memories

ORIENTEERING
IN A BREATHTAKING
LANDSCAPE

VAL DI SOLE • TRENTO • ITALY
NATURE FUELS GREAT STORIES

See you
in Val di Sole!



THE STORY OF 5 DAYS ITALY

Where it all began

*Same
Mountains
New Memories*

ORIENTEERING
PEOPLE
PLACES
GREAT STORIES

• **2018**

Madonna di Campiglio
Brenta Dolomites

26TH – 30TH JUNE 2018

The beginning of an extraordinary journey. In the heart of the Brenta Dolomites, 5 Days Italy was born, bringing together orienteers from all over the world.

• **2019**

Auronzo
Tre Cime Lavaredo

30TH JUNE – 4TH JULY 2019

A breathtaking edition, surrounded by the iconic Tre Cime di Lavaredo. Technical challenges, spectacular scenery and a growing international family.

• **2021**

Dolomiti Paganella
Orienteering 2021

A new chapter in a unique setting. In the Dolomiti Paganella, 5 Days Italy returned with renewed energy, proving once again the magic of orienteering in the Italian Alps.

*More
than races,
a story
that continues*

NATURE CONNECTS US



THE STORY OF 5 DAYS ITALY

Growing year after year

*Same
Mountains
New Stories*

PEOPLE
PLACES
CHALLENGES
FRIENDSHIPS
A BRIGHTER
TOMORROW

• **2022**

Madonna di Campiglio
Dolomiti di Brenta

2ND - 7TH JULY 2022

A spectacular return among the majestic Dolomiti di Brenta.

• **2023**

Dolomiti Centro Cadore

From 1 to 5 July 2023

Five days of orienteering in the heart of authentic mountain life.

• **2024**

Dolomiti Paganella

1ST - 6TH JULY 2024

More than a race, a place to belong.
A week of pure orienteering in extraordinary nature.

• **2025**

Madonna di Campiglio

5TH - 12TH JULY 2025

Bigger dreams, higher peaks.
An unforgettable edition in the heart of the Brenta Dolomites.

• **2026**

Val di Sole

29 June - 4 July 2026

A new chapter awaits.
Five days of orienteering in a land of pure beauty and endless possibilities.

*The adventure
continues...*

NATURE CONNECTS US



5 DAYS ITALY 2026

— VAL DI SOLE —

29 June – 4 July 2026

Val di Sole



5 DAYS ITALY

Val di Sole

29 JUNE – 4 JULY 2026

TRENTINO

EVENT PROGRAMME



PROLOGUE

MONDAY
29
JUNE 2026



SPRINT
DISTANCE

Peio
Cogolo



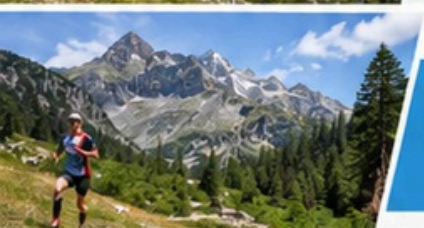
STAGE 1

TUESDAY
30
JUNE 2026



MIDDLE
DISTANCE

Passo del
Tonale



STAGE 2

WEDNESDAY
1
JULY 2026



LONG
DISTANCE

Passo del
Tonale



STAGE 3

THURSDAY
2
JULY 2026



MIDDLE
DISTANCE

Lago dei
Caprioli



STAGE 4

FRIDAY
3
JULY 2026



MIDDLE
DISTANCE

Lago dei
Caprioli



STAGE 5

SATURDAY
4
JULY 2026



SPRINT
DISTANCE

Ossana



Val di Sole

www.5daysitaly.com



FROM ALL OVER THE WORLD

A truly international event

46 countries • 1,758 entries • one shared passion

Different flags, same passion

One event, many stories



Nature connects us

The power of a global community

Top countries

1		Czechia	299
2		Sweden	284
3		Norway	161
4		Finland	153
5		Switzerland	145
6		Italy	108
7		United Kingdom	88
8		Denmark	63



46

COUNTRIES

A global community



1,758

ENTRIES

People who made it special



1

SHARED PASSION

Orienteering brings us together

NATURE CONNECTS US

5 Days Italy 2026

PARTICIPATION STATISTICS

PEOPLE. MAPS. NEW HORIZONS.

*More
than a race*



Entries

1758



Countries

46



Men

850



Women

653



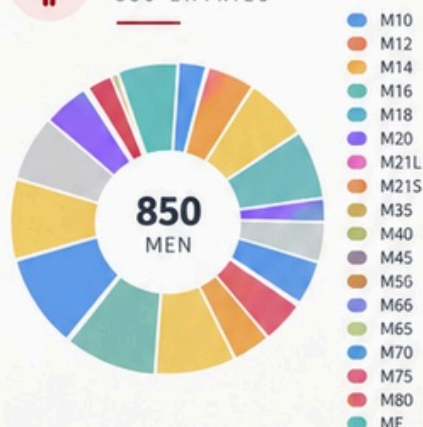
Not Competitive

255



Men

850 ENTRIES

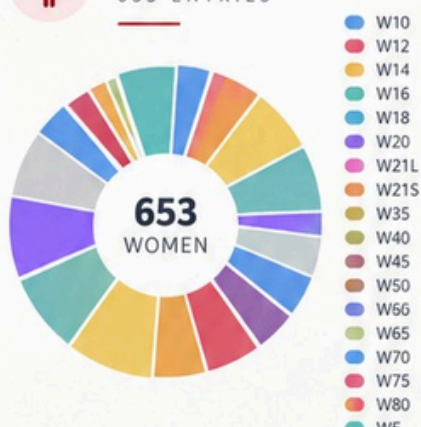


Class	Entries
M10	19
M12	43
M14	41
M16	54
M18	43
M20	19
M21L	32
M21S	30
M35	23
M40	40
M45	65
M50	76
M55	86
M60	69
M65	63
M70	46
M75	37
M80	12
ME	52



Women

653 ENTRIES



Class	Entries
W10	25
W12	29
W14	51
W16	40
W18	43
W20	15
W21L	26
W21S	27
W35	28
W40	34
W45	55
W50	65
W55	60
W60	54
W65	27
W70	25
W75	12
W80	8
WE	29



Not Competitive

255 ENTRIES



Class	Entries
D1	16
D2	9
D3	11
D4	8
D5	16
D6	12
O1	34
O2	40
O3	32
O4	19
O5	34
O6	24





ITALY 2026

*Sport
People
Nature
Together*

Prologo di Cogolo di Pejo & Cerimonia di apertura



Prologo



Cerimonia di apertura



*More than an orienteering race
a meeting of the world*





ITALY 2026

Sport
People
Nature
Together

Prologo di Cogolo di Pejo & Cerimonia di apertura



Prologo



Cerimonia di apertura

Small town,
big orienteering stories

PEOPLE
PLACES
ADVENTURES
FRIENDSHIPS



FIRST STAGE - PASSO DEL TONALE





SECOND STAGE PASSO DEL TONALE



SECOND STAGE

PASSO DEL TONALE



THIRD STAGE

LAGO DEI CAPRIOLI



EXPLORE
DISCOVER
ORIENTEER
BELONG

VAL DI SOLE
TRENTINO
ITALY

THIRD STAGE

LAGO DEI CAPRIOLI

NATURE / ORIENTEERING / PEOPLE / PASSION

*More
than a race*

MOUNTAINS
LAKES
GREAT PEOPLE



*Run
the beauty*



A LAKE
A THOUSAND
EMOTIONS



*Find
your
own path*

SAME
PLACES
DIFFERENT
STORIES



5 DAYS ITALY
29 JUNE - 4 JULY 2026

VAL DI SOLE | TRENTINO | ITALY

*Orienteering
for a brighter tomorrow*



FOURTH STAGE

LAGO DEI CAPRIOLI





FOURTH STAGE

LAGO DEI CAPRIOLI





FIFTH STAGE

OSSANA





IL PARTNER ISTITUZIONALE

PROVINCIA AUTONOMA DI TRENTO
tramite **TRENTINO MARKETING**
in collaborazione con **APT VAL DI SOLE**

Da anni al fianco di 5 Days Italy



TRENTINO

Val di Sole

PARTNER ISTITUZIONALE

PROVINCIA AUTONOMA DI TRENTO
tramite TRENTINO MARKETING
in collaborazione con APT VAL DI SOLE

Sport
People
Mountains
Together ♥

VAL DI SOLE
A GLOBAL
STAGE

NATURE
SPORT
PEOPLE
A BRIGHTER
TOMORROW



MORE
THAN A RACE.
A PLACE
TO BELONG.



TERRITORY
SPORT
HOSPITALITY
PEOPLE
INTERNATIONAL SPIRIT

Da anni al fianco di **5 Days Italy**, promuovendo territorio, sport e accoglienza internazionale.

Insieme
sui sentieri
più belli

5 DAYS **Val di Sole**

Sport
Natura
Territorio



Una valle che unisce

IL NOSTRO GRAZIE VA A VOI

PARTNER & SPONSORS

Il successo di 5 Days Italy 2026 è stato possibile anche grazie al sostegno, alla fiducia e alla collaborazione dei nostri partner. Insieme abbiamo accolto atleti da tutto il mondo e trasformato la Val di Sole in una settimana di sport, territorio e condivisione. Grazie per aver creduto nel nostro progetto.

DAO CONAD • WHY SPORT • FORST • MELINDA • OLIO DELLA VALLE • TRENTINGRANA • LADURNER

VAL DI SOLE
UNA MONTAGNA DI EMOZIONI

Insieme
sui sentieri
più belli

5 DAYS Val di Sole

Sport
Natura
Territorio



TRENTINGRANA



MELINDA

GRAZIE. DI CUORE.

Un sentito ringraziamento ai nostri sponsor per il prezioso supporto
a **5 Days Italy Val di Sole 2026**.



WHY SPORT



TRENTINGRANA • LADURNER



FORST

5 Days Italy Val di Sole 2026

Sport
People
Mountains
Together



PRIZE-GIVING CEREMONY

Celebrating our champions



*People
Effort
Success
Together* ♥

Our amazing women's winners



*A great audience
for a great event*



Our men's winners



*Institutions supporting
our champions*



*Same
passion
new stories* ♥

*Val di Sole
More than a race
A shared adventure* ♥

5 Val di Sole
DAYS

MOMENTS TO REMEMBER

Prize-giving ceremony

*Joy
Friends
unity*



One big 5 Days family



*A great audience
for a great event*



Together with the territory



Our champions



*Same
passion
new stories*



*Val di Sole
More than a race
A shared adventure*

NATURE

SPORT

PEOPLE

TERRITORY

EMOTIONS

WINNERS TOGETHER

*Celebrating achievement
in Val di Sole*



Sport
People
Nature
Great Memories
Together ♥

Our winners, one great community



*Young champions,
big emotions*



Same passion, more stories



People
Make
5 Days Special ♥

A shared
adventure
for a better tomorrow ♥

PRIZE-GIVING CEREMONY

Special moments to remember



Pure joy at the finish



The final words



A prize for what comes next



Sharing the moment

5 Val di Sole
DAYS 
29 JUNE - 4 JULY 2026

PRIZE-GIVING





MEET GIN 5DAYS BEAR

The mascot of 5 Days Italy

*Always
on the course
with you!*

*Adventure
Nature
People
Together*



The bear of the Brenta Dolomites



*Exploring new places
together*



*Small bear
big adventures*



*More than a mascot
A part of the 5 Days family*

*Val di Sole
A special place
for great stories*



Mountains
Adventures
Smiles
Together ♥

GIN!

OUR LITTLE EXPLORER

The bear of the Brenta Dolomites ♥

Small
steps,
big adventures ♥



29 June
4 July 2026
5 DAYS
VAL DI SOLE

TRENTINO

Sim Adige Trento

TRENTINGRANA
Gustatevi il nostro mondo

WHY?
SPORT
NUTRITION

PONTEREGNO
TINOCLE
Proteggere il territorio

SALADEA
MADONNA
DI CAMPILLO
PALANCA • BELLUNA

PEJO
FUNVIE

Gin at 5 Days Italy Val di Sole



Always curious,
always in nature



Good company
makes every adventure special



Exploring new paths

Nature
is a better
playground ♥

Val di Sole
A special place
for great stories ♥



28 JUNE - 4 JULY 2027

BEHIND EVERY STAGE THERE IS A TEAM
Thank you to all our volunteers



THANK YOU VOLUNTEERS

5 Days Italy 2026 · Val di Sole



The heart of our event.



THANK YOU VOLUNTEERS

5 Days Italy 2026 · Val di Sole



Smiles, passion and heart behind the event.



THANK YOU, VOLUNTEERS

The people behind 5 Days Italy 2026



THE PEOPLE BEHIND 5 DAYS

Thank you to every volunteer who made Val di Sole 2026 possible.



GRAZIE VOLONTARI

5 Days Italy 2026 • Val di Sole

*People
Maps
Mountains
Together*



Il cuore del nostro evento.

TRENTINO





NATURE SPORT PEOPLE
TERRITORY EMOTIONS

Adventure
Nature
People
Together ♥

SEE YOU IN PAGANELLA 2027 ♥

The journey continues in the Dolomites

Always
on the course
with you! ♥

Val di Sole
A special place
for great stories ♥