



Orienteering.



Foot
Orienteering



Mountain Bike
Orienteering



Ski
Orienteering



Trail
Orienteering



WHAT IS ORIENTEERING

Orienteering on the Altopiano di Asiago 7 Comuni means accurate maps, beautiful forests and adventure. No matter how young or old you might be or how much you are trained, you can run, use the MTB, ski or walk, and choose your own route between control points. If you love being outdoors and explore the world, Orienteering can be the right sport for you!

Orienteering is a sport that is practised outdoors. The

orienteer tests his skills by choosing the shortest and fastest route to reach the control points marked on a specially designed topographic map. There are several disciplines in Orienteering: Foot Orienteering which is the most common and widespread, Mountain Bike Orienteering, Ski Orienteering and Trail Orienteering. The routes vary according to the difficulty and length; ranging from about 2km for beginners and children to over 12km for Elite orienteers.

DISCOVER NATURE

By practising Orienteering on the Altopiano di Asiago 7 Comuni you discover new landscapes in a fantastic unpolluted environment. You can spend a weekend or a whole week with your friends or your family on the Altopiano di Asiago 7 Comuni and any kind of sportsman will appreciate the beauty of the place. Orienteering on the Altopiano di Asiago 7 Comuni offers you a nice way to keep in shape while the physical efforts are accom-

panied by the reading of a topographic map and the choice of a suitable route. Orienteering is a sport for everyone and for all ages, from children under 10 years old, to veterans more than 70 years old, and fosters the growth of a person with regards to the values of loyalty and respect. Orienteering is the perfect outdoor activity for schools. Orienteering can be inserted in the study programs as an interdisciplinary tool for the study of science, geography and mathematics.



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Orienteering.

INTERNATIONAL

Since 2001, May, June and September are the months that have been selected to stage Highlands Open, an international 3 day orienteering event which takes place each year where orienteers from all over Europe meet to challenge with a map and compass in the forests of the Altopiano di Asiago 7 Comuni and to revive the Cimbrian culture and traditions. Highlands Open combines a wonderful territory with a sport that has a very low environmental impact and is a vehicle for the promotion of sport tourism in the EU. Sporting groups and families can reach the plateau easily from all over Europe and find moments of relaxation and competition in a unique mix.

In 2004 the Altopiano di Asiago 7 Comuni was the scene of a major world ori-



enteering event, the WMOC. Masters from all over the world with their families appreciated the warm welcome and the extraordinary opportunities that the Altopiano di Asiago 7 Comuni offers. Sport, nature and history in a charming territory where you can still hear the movements of the leaves in the forests, where fantastic creatures like Sanguanelli will try to make you lose your way.



THE TRAINERS

A high-level sport, a unique sport, an entertaining sport, a fully physical and mental approach to nature... Orienteering is all this and much more. On the Altopiano di Asiago 7 Comuni you can find more than 200 fixed controls in the forest and over 250 km of tracks and trails, placed between 900 and 2200 metres in altitude, that will take you right in the middle of a fantastic natural environment.

The 'Scuola Orienteering Altopiano 7 Comuni' brings you professional experience and passion and offers a unique and unparalleled experience. Qualified instructors and coaches offer you their skills to teach the techniques to get started with a map and compass or to improve your orienteering techniques.

The Asiago plateau has become the "homeland" and one of the best places for orienteering. A wide variety of lodging facilities are available for those people who want to spend a holiday in strict contact with the environment and the history of the Altopiano di Asiago 7 Comuni. Sporting groups, families and schools can contact the tourist office 'Consorzio Turistico Asiago 7 Comuni' for any kind of information regarding apartments, camping-sites or hotels for an orienteering weekend or for a whole week with map and compass.



SKI AND MOUNTAIN - BIKE ORIENTEERING

Many people in asiago 7 Comuni consider cross-country skiing as the "national sport".

Orienteering on the Altopiano di Asiago 7 Comuni is a sports and outdoor recreational activity for 365 days a year, and during the winter time specifically designed snow tracks are prepared for Ski-Orienteering with fixed control points .

Mountain-Bike orienteers will find extensive tracks for their training with fixed controls to discover interesting routes, even with information about nature and history of Asiago 7 Comuni.

An Orienteering holiday on the Altopiano di Asiago 7 Comuni is certainly an unforgettable holiday in a region with a unique culture, history, and nature!



For any information on the orienteering of Asiago 7 Comuni you may visit our Web site www.asiago7comuni.to, or send an e-mail to Info@asiago7comuni.to, or phone the number (+39) 0424 464137, or write to: **Asiago 7 Comuni Tourism Consortium, Via Trento e Trieste 19, 36012 Asiago (VI).**

Information



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