



## Front-page News

### The "Sellaronda Trail Running" dashes from Canazei



There are international well-known runners participating to "Sellaronda Trail Running", also because the race is valid for the circuit Salomon Trail Tour Italia. At 8.00 p.m. at Gran Tobia Teater, dinner and prize giving of all the winners of the Salomon circuit.

More than 200 runners wake up at dawn to participate to the third "Sellaronda Trail Running", which starts at 6.00 a.m. in Canazei. It is a running race in the mountain, captivating and demanding, around the Sella group through the valleys Fassa, Gardena, Badia and Livinalongo. The track is 56,3 km long (altitude gap: 3626 m) and the maximum time to reach Canazei is 11 hours. The route presents this year two changes, wanted by the event committee directed by Diego Salvador (and the representative of the Ladin valleys), giving more evidence to the landscape's beauty: runners will dash from Sella Pass through the City of Stones until the Comici Refuge. Then descent towards Selva Gardena, Arabba, Porta Vescovo, Viel dal Pan, Pordoi Pass and thence Canazei.

## Amazing hikes

### On the path of Agatha Christie

In the twenties Agatha Christie, famous detective stories writer, sojourned during her vacation close to Carezza Lake, near Vigo di Fassa: she was enthusiastic about the area! In one of her crime novel ("The Big Four"), she introduced the hints of her vacations in the Dolomites, describing the rocky Latemar Labyrinth, where some outlaws hid. This itinerary starts from the west side of the Lake with path no.11. Following the trail, you will come to a crossroads: both paths lead to the forest mountain hut Mitterleger, where you find the indication for path no.20, which leads to the Labyrinth. Overstep some larches and enter in the landslip that shapes the maze of the Dolomites. Descend towards a hollow where every summer a pond regenerates itself. Here you find several paths to come back to Carezza Lake.

## Passepartout

### The party of "Puzzzone"

Today Moena celebrates the party of "Puzzzone", the most famous cheese of Val di Fassa that obtained the Dop brand some months ago (Denominations of protected origin). Its name is amusing and its flavour is intense. The party starts at 10.00 a.m. with the opening of the stands in Piazz de Sotegrava, and the open-air market of handicrafts along the alley "L Vial". The tasting of local cheese and cocktails begins at 10.30 a.m., and at 11.00 a.m. the village welcomes the "Desmonteada", that is the come back of the cattle from the high alpine pastures. Thereafter the show of the Caseificio Sociale di Moena e Predazzo dairy. At 12.00 p.m. the "Short itinerary of flavour: at lunch with Puzzzone", tasting of canederli, polenta melted cheese and the traditional dessert "fortaie" and musical entertainment.

## Did you know that...

Some researchers found out that the 1st Ladin (actually defined "romanish" or "römisch") texts were the poems by Oswald von Wolkenstein. Oswald, born in 1367 from the Wolkenstein dynasty in Gardena, dwelt on Sciliar and was soldier, traveller politician and artist. He's considered the last knightly poet, but also the 1st of the moderns, as he told all his experiences. From his work, just 60 Lieder left, and 25 more with 2 voices. Oswald's eye was seriously hit at the age of 9 during carnival. From then up to the present the iconography perpetuated his aspect acquired after the accident.

To participate in the initiatives for guests is compulsory to register at least one day in advance at the Tourist Offices of the Val di Fassa Card (ask your employer accommodation). The activities are reserved for guests of the associated structures all'Apt Val di Fassa.

## Some events of the day

### The bloggers' conference

Moena

4.00 p.m. – Navalge Theatre. "Touristic communication 2.0 and reputation brand" is the title of the conference organized in the occasion of the #bloggerWemoena. Tomorrow at 6.45 a.m. there will be the concert at dawn by Gianfranco Grisi and his cristallofono, playing at Le Cune on Alpe di Lusia.

### Trial Championship

Pozza di Fassa

11.00 – 1.00 am – Pavilion at Buffaure/cablecar station. Typical dishes and music for the 7th stage of the Italian Trial Championship.

### "Beach Party"

Canazei

8.00 – 11.00 pm – Aquatic centre "Dolaondes". Summer party in the swimming pool, with cocktails, music and fun clothing (10 euro).

*The complete schedule of events is available in the tourist offices of the valley.*

## Initiatives for our guests

15/09/2013 (8.30 am)

Sellaronda Mountain bike. Booking at "Sport Check Point" (activity against payment).

Canazei

15/09/2013 (9.00 am)

Along the Great War's trenches on Colifon. "Sport Check Point" (hike against payment).

Moena

We thank

