



TODAY TOMOR.

## Front-page News

### Campitello sport capital with Outdoor Festival



Today at 9.00 pm Meridiani Montagne Evening , presented by Lorenzo Scandroglio within Outdoor Village meeting area. Campitello Municipality, Trentino Sviluppo, Radio Nbc, the newspapers Trentino and Alto Adige are to be mentioned among the festival supporters.

From today till Sunday, an amazing event will welcome sport and mountain lovers in Campitello. The town and the nearby area of Ischia will host the first edition of Outdoor Festival. The event, promoted by Meridiani Montagne magazine, Fassa Outdoor and Apt Val di Fassa, does represent a crucial happening as concerns outdoor sports, dedicated to everybody. A dense programme made of free or against payment activities, to be experienced during the whole weekend: trekking and via ferratas, MTBike tours (for children and adults), tandem paragliding flights, rock climbing, yoga, barefoot sense itineraries, and many more. Testing mountain equipment of most important sport brands will also be possible at the Outdoor Village.

## Easy walks

### From Soraga to Barbide and Tamion

This easy walk starts from the centre of Soraga: take the streets Strada del Cioch and Strada de Barbida, and you will arrive at the area bearing the same name. Got to the little Church, take the little street on the right, pass beyond a bow vault and then turn left upwards to the mountain. Go straight on and then right, ascending through wood and pastures, until you come to a plain with a larch and firwood. A very nice panoramic point over Soraga, Moena and Tamion is here upward on the left. Proceed going ahead in the curvy path that brings you to a centenary larch wood. Beyond an ancient barn burnt by sun, you enter Tamion hamlet. Here you find two fountains, where you can get fresh. When you reach the centre of the hamlet, go back along the same route.

## Passepartout

### Val di Fassa Running final endurance

The last day of the 16th edition of "Val di Fassa Running Volvo" has come. Professional athletes as well as running-enthusiasts will tackle today the final stage of a 55 km uphill and downhill itinerary (which has been divided into 5 stretches). This year also Nordic Walkers took part in the competition, starting at 9.00 am, half an hour before the official footrace start. The extremely demanding final leg strats in Canazei (1465 m) and winds up to Col dei Rossi (2400 m): almost thousand metres of altitude gap. "Val di Fassa Running Volvo" mixed the strain of the race with the pleasure of running within some of the most beautiful Dolomites landscapes. At the end of the day, at 9.00 pm, all participants will gather together at Pozza Events' Pavilion for the prize giving ceremony.

## Did you know that...

Between the end of the Nineteenth Century and the beginning of the Twentieth Century, the cultivation of potatoes was introduced also in Val di Fassa. This newness caused a kind of revolution within the poor local agriculture. Wheat crops were replaced by potatoes farming, getting almost entirely abandoned. At that time, local population began to purchase corn flour and to cook the so called "polenta". This kind of porridge soon became most popular food in the valley, integrating the consumption of rye and barley bread, used in the preparation of traditional local soups.

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

### San Vigilio Festival

Moena

5.00 pm - 1 am. Navalge. The evening celebration of Moena's patron saint starts with the opening of the kitchens at Navalge's big tent. Traditional dishes will be served from 6.00 pm and accompanied by the exciting Volxrock music band from South-Tyrol.

### Visiting San Giovanni's Church

Vigo di Fassa

3.00 pm - Tourist Office. Guided visit to San Giovanni's Church. It dates back to the Fiftieth Century, but its existence is documented since 1227.

### Who want to milk a cow?

Pozza di Fassa

4.30 pm - Masc Aloch. Learn the right milking method and try to milk a cow with the help of the farmer.

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

## Initiatives for our guests

28/06/2014 (8.30 am)

Sellaronda Mtb. Booking at Sport Check Point (excursion against payment).

Canazei

28/06/2014 (9.30 am)

Gardecchia's environment. Booking at Sport Check Point (excursion against payment).

Vigo di Fassa

We thank



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