



## Front-page News

### Vertical Kilometer: climbing for victory



Vertical Kilometer proposes another challenge to its 250 sky runners: breaking new records. Among men, the holder of the best time is Kilian Jorent I Burgada, winner in 2013 with 32'43", and among women Antonella Confortola, who won in 2008 with 39'13".

Trained legs and much stamina to reach the Crepa Neigra. These are the essential characteristics you need, to manage to cover the 2,1 km, with an altitude gap of 1 km and medium inclines of 50% and peaks of 70%, of the Vertical Kilometer, competition valid for the Skyrunner World Series. The competition sees first at the start, today at 10.00 a.m., the athletes that registered the longest times during the past editions. The departures continue each 4 minutes, until 11.00 a.m., when the top sky runners take the field: the best athletes of this discipline, known all over the world, play for victory. A climbing challenge, in a magnificent and magical environment, that does not give any space to any slowing down, if you really want to reach the highest stage on podium.

## High-level walks

### From Pozza to Sella Brunèch to Val San Nicolò

Once you get to Buffaure (at 2.060 m) departing from Pozza by cable car, descend the slope until the cleft and reach the refuge Baita Cuz. Ascend now towards the peak. Walk towards Sas de Adam and, after a short descent, walk up to the saddle Sella Brunèch at 2.428 m (2 hs). Walking along path n. 613, you will follow the ridge that faces the Ciampac hollow until the spurs Sas de Roces. Now head for Val San Nicolò: descend along some hairpin turns, at some points equipped with wire ropes) and reach the grassy cleft at the north of Sas Bianch. Take again path n. 613 to the western face of Varos. Go down to the refuge Val San Nicolò (at 2.338 m; 2 hs; 4 hs). Go back to Val San Nicolò till Baita Ciampié and thence to Pozza, walking along the paved street (1,30 h; 6,30 hs).

## Passepartout

### "E.Z. Quartet" starts off "MoenArmonica"

Music at "medium height". This is what the festival "MoenArmonica" proposes, during four appointments on four consecutive Fridays, starting today at 2.30 p.m. by Malga Peniola, that can be reached from Moena along path n. 521 in about 1 hour walk. E.Z.Quartet: Enrico Zanella, solo guitarist, Giovanni Po at the rhythmic guitar, Matteo Zucconi at the double bass and Simone Valla at the sax contralto and soprano, inaugurate the edition 2014 of the festival. The show, proposing in particular tracks from the concept album "I Bambini non sanno", will certainly conquer the public, thanks to its sound freshness and its involving swing. The rhythmic session enlightens the solos and the virtuosities of the other instruments, creating a wonderful sound.

## Some events of the day

### The Great War in concert

Canazei

9.00 p.m. - Piaz Marconi square. The Negritella choir, composed by 30 singers and directed by master Renato Deflorian, proposes mountain songs inspired to the Great War, spaced out by the reading of memories of the inhabitants about the conflict. The show inaugurates the Dolomiti Skyrace.

### The magic of Raimondo

Mazzin

9.00 p.m. - In the square in front of the Town Hall, Fontanazzo. Illusions and tricks enchanting adults and children, proposed by Raimondo the Wizard.

### When the music band passes by

Soraga

9.00 p.m. - La Gran Ciasa. After the parade around the town centre, the music band from Moena performs by the Gran Ciasa.

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

## Initiatives for our guests

19/07/2014 (8.30 a.m.)

Sellaronda MTB. Booking at Sport Check Point (activity against payment).

Canazei

19/07/2014 (8.30 a.m.)

The Great War on San Pellegrino. Booking at Sport Check Point (excursion against payment).

Moena

## Did you know that...

A funny game for children and a perfect incitement to wander, from refuge to refuge, hunting for the "mythic" stamp. The "Passport of the Dolomites" is a booklet, in style of a real European document, to buy directly on the mountain refuges, restaurants or museums, each providing its special stamp to register the passage through the adventuring places among the peaks. Fill it in with a picture of your child or a drawing and bring it with you during your trips, to note the track followed, the peak admired, many curiosities and to have a nice diary about your mountain holidays.

*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.*

We thank

