



TODAY TOMOR.

## Front-page News

### Walking along History on "Troi di Ladins"



The 15 itineraries are collected in "Troi di ladins" (in the bookshops of the valley, at the cost of € 14,95). Beyond the description of the paths, the guide is enriched with maps and information about places, geological phenomena, historic, mining sites and much else.

"Troi di Ladins" (Ladins' path) has been the first communication mean and evident signal of how people have forged the territory to make it hospitable during the centuries and is, today, a pleasant itinerary for walks at medium altitude. These are paths, precisely 9 on the right and 6 on the left of the river Avisio, 15 legs totally, that about two years ago have been officially joined in a namesake guide. These tracks, used in the past by the inhabitants of the valley, even to carry wood and hay to the valley bottom, have been restored in some points and, in some others, smoothed to avoid the presence of too steep descents and ascents, to be covered by people of any age, acquiring information about flora, fauna, geology, pastoralism, tradition and local language.

## High-level walks

### From Gardeccia to Antermoia

By shuttle (against payment), you arrive at Rifugio Gardeccia. From here, follow path n. 583. Pass round the Gran Fermeda and go on ascending, passing a rill and a volcanic rocks area. Enter the gravel bed of the river and ascend the rocks with the help of rungs and wire ropes. Through the grassy clumps you arrive at Passo delle Scalette (2 hrs), reaching the plain of Larsech Lake and Valle di Laussa. Go up to Passo di Laussa (1,30 h; 3,30 hrs.) and cross the Lasté d'Antermoia. You skirt then upward Antermoia Lake and descend towards the namesake refuge (0,30 h; 4hrs). Make your way to Mazzin, Fontanazzo or Campitello, respectively through Val De Udai (path n. 580; 2,15 hrs), Val di Dona (path n. 580 and 577; 2,30hrs) and Val Duron (path n. 578 and 532; 2,45 hrs.).

## Passepartout

### Unmistakable "Autumn flavours"

As the days become shorter, the air crisper and the brilliant colours of the vegetation leave place to more opaque autumnal shades, so the fresh summer food on the tables leave place to the warmer ones that refresh the body. And so, at the first changing signals of the seasons, "Sapori d'autunno" comes back, from the 14th to the 21st of September: a gastronomic week organized by Ristora Moena, that gathers the restaurants Malga Panna, Foresta, Tyrol and Rifugio Fuciade. The chefs, the starred Paolo Donei and his excellent colleagues Riccardo Schacher, Michelangelo Croce, Sergio and Martino Rossi, propose four menus (between 50 and 60 euros) that exalt the taste of typical mountain food, from game to mushrooms and red berries, interpreted with unquestionable mastery.

## Did you know that...

The group of Sella was in ancient times a stratified atoll made of coral reefs and sediments, partly organogenetic, of the warm Tethys sea. It had an inner lagoon, semi-circular, linked to the open sea through two channels: a quite deep north-eastern one, the actual Val de Mezdi, and a south-western one, that the inhabitants call Val Lasties. These rock body emerged from the water as a consequence of tectonic movements and of the water recede, due to the slow and complex phenomenon of the alpine orogenesis.

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

### What a "Musega"!

Pozza di Fassa

9.00 p.m. - Events pavilion. "Musega da Pozza", the local music band parades along the streets of the city centre, starting from San Nicolò's Church and performs in a concert of beautiful tracks from his repertoire. The group is formed by around 50 elements and directed by Giancarlo Dorich.

### The conflict on show

Canazei

10.00 a.m. - 12.30 p.m. and 2.00 p.m. - 5.30 p.m. - Loc. Fedaia. At the Great War Museum 1914-1918, rich collection of military relics, found on Marmolada.

### Everybody to the museum

Vigo di Fassa

3.00 p.m. - 7.00 p.m. San Giovanni. From prehistory to modernity, the exposition proposes ethnographic collections by the Ladin cultural Institute.

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

## Initiatives for our guests

13/09/2014 (8.30 a.m.)

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

Canazei

13/09/2014 (8.30 a.m.)

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

Moena

We thank

