



## Front-page News

### Sellaronda Trail Running: passes and Ladin villages



The departure of "Sellaronda Trail Running", that covers the track of the winter Sellaronda Skimarathon, alternates between the villages of Colfosco and Canazei, where the athletes have to pass maximum 6 hours after the start. On the track, refreshment and first aid points.

56 kilometres and an ascending altitude gap of 3700 metres, that only the most trained sky runners can face the 4th "Sellaronda Trail Running", that starts today from Colfosco at 6.00 a.m. The competition, (valid as 5th leg of the "Salomon Trail Tour Italia 2014"), that every year grows in competitors, develops around the massif of Sella, mostly along paths and forest roads. The track plans the passage of the runners through Corvara, Arabba, Canazei and Selva, the ascent to "Bec de Rocces", in the surroundings of Passo Campolongo and to Passo Pordoi and Sella, with ascent to the "Dantercepies" on Passo Gardena. The first runners are awaited at 12.00 p.m. at the arrival in Colfosco, while the amateurs have time until 5.00 p.m. to conclude the run.

## Easy walks

### From Penia to Lorenz and Verra to Insom

This easy walk starts From the square of Penia, ascent through the meadows along Troi de Lorenz, arriving at the small hamlet of Lorenz, and then Verra. Pass over the small church, going on along a grassy track. Up over you, you will distinguish the ruins of the ancient hamlet of Insom. Go through the meadows to Ruf de Penia, pass over it and go on rightward along the wood street. Pass over the widening of Udaer, descending to the state road, to cover along 150 m to the guardrail of the bridge over the Avisio stream. Pass along its outer side and enter the wood. When the descent accentuates, reach the paved road and a gun emplacement. Cross the bridge following the county road along 30 metres. You will find a gangway that brings to the Venetian sawmill: pass over it and come back quickly to Penia.

## Passepartout

### Moena celebrates the PDO of Puzzone

It has obtained the PDO by the EU on the 7th November 2013 and it will be celebrated in its village, on the 20th and 21st of September: Puzzone di Moena, for years, thanks to its pungent aroma and flavour, has been the dairy excellence of the cheese from Trentino and it is also, in its "dairy version", protected by Slow Food. An appreciated cheese, that is the core of two days of celebration. On Saturday, everything starts at 9.00 a.m. with the trekking of Puzzone, it goes on at 5.00 p.m. by the Town Council meeting room with a theatrical show and guided tasting and, then, "Puzzone street food" in the bars. On Sunday, at 10.00 a.m., the "Dairy making" for children by Caseificio di Predazzo e Moena, followed by: opening of "Villaggio del Gusto", with cheese tasting and Ladin recipes and cows' "Desmonteada".

## Did you know that...

Thanks to Strada delle Dolomiti, inaugurated in 1909, and the edification of many hotels along the road, Fassa have registered an extraordinary tourism flow. Along the valley, Moena and Passo San Pellegrino included, there were 23 hotels and inns in activity, when the First World War burst in 1914. Moreover, 15 refuges were open at altitude. The inhabitants of Fassa were getting their arms around a new gaining source, that could at last bring some wellness. Unfortunately, the war happenings turned off the hope and, for a long period, the idea of a flourishing tourism was set aside.

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

### Fassa Bike Boys

Soraga

2.30 p.m. - "Vischia de Sach". The sport society "3 Esse Soraga" organizes the 7th edition of this mountain bike run, for youths, associated and not (from 6 to 16 years). The participants cycle along an adapt track. At the end of the run, refreshment and award ceremony.

### Sculptors at the symposium

Pozza di Fassa

All day long - village roads. Last hours at work for the sculptors who take part at "Simposio Toni Gross" that today have to conclude their works.

### War exposition

Canazei

10.00 a.m. - 12.30 p.m. and 2.00 p.m. - Loc. Fedaiia. Beautiful collection of military evidences found on the Marmolada, at the War Museum 1914-1918.

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

## Initiatives for our guests

14/09/2014 (8.30 a.m.)

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

Moena

14/09/2014 (9.30 a.m.)

Discovering Gardecchia. Booking at Sport Check Point (excursion against payment).

Vigo di Fassa

We thank

