



## Front-page News

### "Val di Fassa Bike Volvo" at double speed



The awarding of "Marathon", "Classic", "Short" and "e-bike" will take place at 12.20 p.m. and at 3.20 p.m. on the stage set at the arrival. For all the athletes, afterwards, there will be a pasta-party by the sporting camp tent, from 12.00 p.m. (picture: Bikeandmore).

There's the rhythm of the muscles and the training of the discipline champions and the electric one of those who take part to the run by e-bike. The assisted pedal quickness is the originality of "Val di Fassa Bike Volvo Cup", valid as a leg of the UCI MTB Marathon World Series, starting today in Moena from the sporting camp. Three tracks will be available, with related spread-out starts: (at 9.00 a.m.) "Marathon" for top bikers, along 64,2 km (and an altitude gap of 2.760 m), (at 10.00 a.m.) "Classic", 49 km long (altitude gap: 2.106 m), and (at 10.45 a.m.) "Short", more simple and to which also e-bike are admitted (for which there will be a special rank), that develops along 33,4 km (altitude gap: 957 m). The first athletes of the "Marathon" are awaited at the arrival at 12.00 p.m.

## High-level walks

### The tour of Coronelle

To enjoy this beautiful walk, reach Rifugio Gardeccia by shuttle (against payment) that leaves from Pera or, otherwise, start from the village of Vigo and take the cable car, to reach Ciampedie and then continue on foot along track n.540. From Gardeccia, follow track n.546 that leads to Rifugio Preuss (2243 m). After some hairpin bends, leave the mule track and take path n. 541 that skirts the marvellous Catinaccio till the crossroads with Cigolade. Take path n. 550 on your right that leads to Passo delle Coronelle (2630 m). The panoramic and astounding itinerary leads to the crossroads to Passo Santner. Stay on path n. 550 towards Rifugio A. Fronza and then take path n. 549 that leads to Passo delle Cigolade. Once arrived at the second crossroads, follow the path n. 550 that leads back to Rifugio Gardeccia.

## Passepartout

### Gps course on Monzoni

Theory, excursions, cartography and web. A full immersion about Gps receivers, and their use in particular during the several sport activities in the mountains, proposed on the 20th and 21st of September by Rifugio Taramelli, in Val Monzoni over Pozza. The course will be delivered by Mauro Calzavara, from the Gis cartography laboratory of IUAV in Venezia. Together with the expert, we will start from the basic theoretical concepts about these instruments, such as finding a point, following and registering a track, their use in the outdoor activities, through the Apps for smartphones and tablets. We will go on with the practice, looking for boxes (geocache), passing through particular environmental points, following the tracks. The cost is € 30 (that will be given to charity to Lilt). Booking within the 16th of September (info: 0039 360 879719).

## Did you know that...

During the second half of the XIX Century, with men that had already been doing it for long, also women started to emigrate from Val di Fassa, to contribute to the improvement of the economic condition of the families. Generally, they were young and they worked as housekeepers or baby-sitters by rich families in Bolzano or Merano or by farmers that owned huge farms in the valleys of South Tyrol. Differently from men, that used to leave the valley from spring to autumn women, due to the type of their work, could stay away from home even for years.

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

### How to make the cheese

Pozza di Fassa

10.30 a.m. – Malga Aloch. From the importance of the alp, to the milking, to the milk treatment, to the typical local cheese production and season. Watch and learn all this taking part to the amusing initiative together with the overseers of this "mountain farm".

### Shots from the Ice City

Canazei

8.30 a.m. – 7.00 p.m. – Town council hall. Exposition of about 60 old pictures of the Ice city on Marmolada, designed by Leo Handl.

### Fassa in the pictures by Pederiva

Soraga

4.00 p.m. – 6.00 p.m. – "Locanda degli artisti". Passed away in 2013, Luigi Pederiva has left a rich collection of highly rated paintings.

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

## Initiatives for our guests

15/09/2014 (8.30 a.m.)

In the loggers' world. Booking at Sport Check Point (excursion against payment).

Moena

15/09/2014 (5.00 p.m.)

Yoga in the open-air. Booking at Sport Check Point (excursion against payment).

Canazei

We thank

