



Front-page News

The snow doesn't stop the "Sellaronda Hero"



The race (photo: archive "Sellaronda Hero") passes in Val di Fassa not only on Pordoi and Sella but also nearby Canazei and Campitello. It will be in live streaming on www.sellarondahero.com at 11am - 12 pm, and on Rai Sport at 6 -7 pm.

The 4th edition of the famous mountain bike race is more taxing than last years. Because of the snow at high altitude - lots of snow precipitations followed one another in the last winter and in the springtime, and some landslips too - the "Südtirol Sellaronda Hero" becomes longer this year. The one who dares on the "Marathon" circuit is a real hero today (start at 7.30 a.m. from Selva Gardena). The route is 90 km long and has 4400 m of difference in height (increased in 6 km, decreased of 100 m in gap). The short version is 65 km long and has 3200 m of difference in height (3 km more but 100 m of altitude gap less). The trails cover the Gardena, Campolongo, Pordoi, Sella and Duron passes and the surrounding valleys. 3013 participants will compete for a jackpot of 50.000 euro.

Amazing walks

From Moena to the Costalunga Pass

Exit the hamlet walking on Street di Molign, and overpass the first bridge on Rif de Costalungia. Ascend along the river and a dirt road. Turn right, follow the turn, and pass the river arriving at a plain. Pass by the bridge till the forest road to Passo Costalunga (0,45 h). Ascend leftwards in the wood and then on the pasture facing Cima Pope. After a crossroads (path no. 524) you will find the signs to Costalunga. Descend then diagonally, cross the stream Rif de Peniola and follow its flow. Turn right into a dirt road that ascends for a quite long stretch. You will arrive at a plain: cross the fir wood and exit on a pasture. Pass by the mountain hut, and finally turn right on the state road near the Pass (1.752 m), where you can find several refreshment points (1,30 h; 2,15 hrs).

Did you know that...

The ordinary morning nourishment of a farmer of Val di Fassa consisted of barley coffee and milk with rye bread and fried potatoes. During the winter he used to have cornmeal mush and cheese, or milk or butter and sauerkraut for lunch. Alternatively flour dumplings (without eggs and rarely with bread), cut up meat, salami or lard. For dinner: boiled potatoes with milk soup or "mosa" (cornmeal with milk). On Sundays he had barley soup with pork. For holidays or during the hardworking periods people used to eat fried hand-made pasta more flavoursome.

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.

Passepartout

Runners ready for the "Vertical Vael"

The new edition of "La sportiva Vertical Trophy" - the circuit with 6 races of sky running up in the mountains of Fassa and Fiemme from June to October - is inaugurated today in Vigo with the "Vertical Vael", at 3 p.m. After the great success of last year's edition (130 participants), today the race will start at the primary school of Vigo. The athletes tackle 890 meters in ascent till the Mountain Hut Vael at 2283 m. The race is dedicated to Bruno Deluca, the owner of the hut, who passed away in 2011. The first runners will arrive at the Refuge at around 3.45 p.m., whether at 7.30 p.m. all the participants are invited to the "Padiglione Manifestazioni" in Vigo for a funny "pasta-party". Reservation (price: 15 euro) at the Tourist Office in Vigo within 12 p.m. of Saturday.

Some events of the day

The shadow of Torrisi

Moena

6 pm - At Minicivica. Today the "Shadowsapes - L'ombra dei luoghi" inaugurates. It is the exhibit by Samantha Torrisi. The main characters of her art are urban spots and people that show the metropolitan reality in freeze-frames.

Wood and water at "La Sia"

Canazei

10 am - 12 pm and 3-7 pm - Strèda de Ciamp Trujan, Penia. Visit the hydraulic Venetian sawmill, section of the Ladin Museum.

Machines with blades

Pozza di Fassa

10 am - 12 pm and 3-7 pm - Pera. "L Molin de Pezol" is an ancient mill with two blades and a polisher activated by 2 hydraulic wheels with blades.

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

Initiatives for our guests

23/06/2013 (h. 9.00)

On the paths of the transhumance. Booking at "Sport Check Point" (activity against payment).

Canazei

25/06/2013 (h. 9.00)

Climbing introduction for children (7-14 years old) with alpine guides.

Pozza di Fassa

We thank

