



## Front-page News

### "Dolomites Skyrace": a dash... on the snow



The Dolomites Skyrace is really loved by the public that follows the athletes along the whole tracks (even from the cableway of Pordoi Pass). Great expectations for the last edition's winners: Kilian Jornet (photo) and the beautiful Emelie Forsberg, who runs with a skirt.

It happened that – in the last editions – big snow flakes added a thrill to the challenge, or even they made the organizers change the race's route. However, this year the snow is without any doubts the protagonist of the "Dolomites Skyrace". Nevertheless, with extraordinary efforts, the organizers worked hard to make the track safe, especially on the saddle Forcella Pordoi (2829 m) where the snow fell copiously till late springtime. So today starts the most famous race of the summer - which awards the "Skyrunning" European title - without any variations in its track. The athletes start at 8.30 am from Piazza Marconi in Canazei, and dare from the very first paces the ascent toward Piz Boè (3152 m), and finally back to the village again, heading for the finish line after 22 km.

## Amazing hikes

### From Lusia Lakes to Bocche Range

From Moena drive to the lower cable car station of Lusia, and get it until the second station. From here make for Passo Lusia Refuge, and then following path no.633 you arrive at the wonderful Lusia Lakes (1,20 h). Expert mountaineers could reach from that point Forcella Lusia, making for the equipped path Gronton and arriving at Cima Bocche (2.745 m; 2 hrs.). Alternatively, you can follow path no.633 till Cima Bocche, then Bocche Lake and along path no.626 descend to Malga Bocche (1.946 m; 1,5 h). From here ascend path no.621 till the crossroads for Lusia Lakes (2 hrs.), where you take path no.633 that leads to the Lusia Refuge and then to the cable car. It is worth to undertake this challenging hike above all for the beautiful landscape and alpine environment.

## Passepartout

### How tasty is the wood in the dish

Natural herbs in the dish, research on them, their properties, and finally the best way to prepare and cook them. All that is possible by participating to the event "Il bosco ... da mangiare" (The wood ... to eat!). Starting from the Tourist Office in Vigo, the naturalist Marco Detomas will come along with you in a stroll around the village, in order to "hunt some plants", teaching how to identify them and explaining their characteristics. Afterwards, the appointment is at the restaurant "L Chimpl" in Tamion: here the Chef Stefano Ghetta (candidate for the Stella Michelin 2014) prepares some delicacies made with wood sorrels, the "forget-me-not", lichens, elder, salad from Tamion and much more (cost: 15 € each person, including lunch; booking within today at +39 0462 769108).

## Did you know that...

In Val di Fassa, in the last centuries, mothers used to wean their babies very soon after birth, for the reason that they had little milk because of the hard work in the fields and at home, restarted few time later after the childbirth. It happened that they gave the children the "jufa da pop" (a rye or wheat flour diluted with cow milk or water), usually before the baptism. This phenomenon was strictly linked with infant mortality rate: if the infant was strong and had a good stomach, he could digest it. Otherwise, he died due to digestive problems.

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

### The flea market

Campitello di Fassa

From 9.00 am to 7.00 pm – Piaz de Ciampedel. Do you like original purchase, better if low cost? In that case, you can enjoy shopping from the sunrise to the sunset, at the most interesting flea market of the valley. Handicraft and antique objects, Ladin furniture and many other unique items.

### Fassa Art gains altitude

Canazei

10.00 am – Fredarola Refuge. A group of Fassa's artists at work, in the Refuge's area, with an extraordinary sight over the Dolomites.

### The Fortaie from Turkey

Soraga

5.00 pm – Turkey district. An appointment with the flavoursome and traditional Ladin sweets along the streets bearing a Mediterranean style.

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

## Initiatives for our guests

22/07/2013 (5.00 pm)

[Introductory workshop for adults on Val di Fassa's geology: trip in the Dolomites.](#)

Vigo di Fassa

23/07/2013 (9.00 am)

[Climbing course for youngsters \(7-14 years old\): the one who climbs, has fun!](#)

Pozza di Fassa

We thank

