



## Front-page News

### On the traces of "The secrets of Latemar"



The children who will take part tomorrow in the excursion around the Carezza Lake (photo), will be involved in a funny manual workshop, using leaves, branches, pinecones and stones, to realize tools as souvenir to take home.

Discover, while hiking, some of the most beautiful Ladin legends, in the places where they were born many years ago. Tomorrow takes place the excursion for families "I Segreti del Latemar" ("The secrets of Latemar"), from 9.15 am to 12.25 pm, organized by the Ladin Museum of Vigo. The meeting point is the Museum, then you reach the Carezza Lake by bus or by car. The walk starts here, and the route follows the bank of the beautiful lake. Some breaks while walking let you hear the "contie" (legends in Ladin) on "The Lake of rainbow", "The girl from Latemar" and other captivating stories, heritage of local culture. Children can also participate to a workshop before getting back. Info: Ladin Museum (+390462760182; comp. booking, 3€).

## High-level hikes

### From Pozza to Sella Brunèch to San Nicolò Valley

Get to Buffaure (2.060 m) by the cable car that departs from Pozza, descend the slope till the cleft, and reach Refuge Baita Cuz. Ascend to the peak. Walk towards Sas de Adam and after a short descent, walk upwards to Sella Brunèch at 2.428 m (2 hrs.). On path no.613, you will follow the ridge that faces the Ciampac hollow until the spurs Sas de Rocas. Now head for San Nicolò: descend several equipped bends and reach the grassy cleft northern of Sas Bianch. Take again path no.613 to the western face of Varos. Go downward to Refuge Val San Nicolò (2.338 m; 2 hrs.; 4 hrs.). Go back to San Nicolò Valley till the Hut Ciampie and from here, to Pozza, walk along the asphalt street (1,30 h; 6,30 hrs.).

## Passepartout

### Moena's "Fairy night": as if by magic

The "Fairy of the Dolomites" dresses up in silver tonight, from 9.00 p.m. The second appointment with "The Fairy Night in the moonlight" is back tonight in Moena, where the soft lights sparkle and the moonbeams enlighten the entrancing Dolomites' peaks. You can therefore walk through the city centre, which turns off the lights, replacing them with bright candles and oil lamps, with their fire games. The shop will indicate the streets that turn into perfect pathways where to undertake a romantic stroll. One could not describe the striking atmosphere Moena offers during this special event, which permits to re-taste the soft and simple rhythms of yore, and the mountains beauty surrounding the village, brightened by the moon.

## Did you know that...

Paul Preuss (1886-1913) famous Austrian climber, defined 6 principles to live the mountain: 1) you should be superior to the difficulties you come across; 2) the standard of difficulty a climber dares while descending must represent the upper limit he dares while ascending; 3) the use of artificial aids only becomes justifiable in case of danger; 4) the rock piton is an emergency reserve; 5) the rope is a facility, not the essential gear to climb; 6) the main principle is the primary security of each alpinist, based on the correct estimation of his ability in relation to his desire.

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 curative plants

Pozza di Fassa

9.00 pm – Parish Theatre, Piazz de Ciampedel. The population living in the Dolomites used regularly alpine herbs and plants, not only as nourishment but also to attend diseases. The naturalist Marco Detomas explains the properties of officinal herbs of Val di Fassa.

### Notes parade

Vigo di Fassa

9.00 pm – Strada Rezia. The Concert of "Musega da Vich" parades in the main street, heading to the Padiglione Manifestazioni.

### Valsella's singing

Pozza di Fassa

9.00 pm – Padiglione Manifestazioni. The Coro Valsella - founded in 1936 - comes from Borgo Valsugana and performs tonight traditional songs.

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

## Initiatives for our guests

22/07/2013 (9.00 am)

Climbing course for youngsters (7-14 years old): the funny vertical gym.

Canazei

24/07/2013 (8.30 am)

Around the mountain dairies: discover Vael's sights and flavours (hike against payment).

Vigo di Fassa

We thank

