



# GOOD MORNING VAL DI FASSA



TODAY



TOMORROW



Suggestions and tips for your holiday. Edited by Apt Val di Fassa

09/07/2015



For more info and reservations refer to the Sport Check Point offices (or call cell. 335 6757667).

## HIGHLIGHTS

### VAL DI FASSA TAKES OFF

Summer is coming to an end and the sky of Val di Fassa not only becomes bright blue but will also be enriched by the many colours of the sails of hundreds of paragliders. Paragliders and hang-gliders flock to the valley and in particular to Canazei and Campitello from all over Europe to experience the extraordinary natural trampoline from Col Rodella and Belvedere. The favourable warm updrafts create optimal conditions to fly over the majestic Dolomites. An exciting experience for everyone thanks to the tandem flights organized by the local paragliding school Icarus Flying Team with expert instructors to fly in complete safety. Guests can enjoy diverse types of flights; classic, long and at the sunrise/sunset.

## Today in the valley

### WAIT: "DON'T CROSS THE WOOD"

PARISH THEATRE - CAMPITELLO 9 P.M.

The acting company "EstroTeatro" performs a funny show set in the wood for families with children.

### SCHUHPLATTLER ON STAGE

EVENTS PAVILION - POZZA 9 P.M.

With traditional dances and music the folk group from Campitello which in 2015 celebrates its 35<sup>o</sup> anniversary, is in on stage.

### MUSHROOMS LESSON

LA GRAN CIASA - SORAGA 9 P.M.

Are you interested in the fascinating world of mushrooms? Than do not miss out today's meeting with the expert mycologist.

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

## Initiatives for our guests

SEPTEMBER 8 9 A.M. - MOENA

### CLIMBING WITH ROPE AND SNAPHOOK

CLIMBING LESSON FOR KIDS (7-14 YEARS OLD) WITH THE ALPINE GUIDE.

SEPTEMBER 8 9.30 A.M. - CANAZEI

### NORDIC WALKING LESSON

NORDIC WALKING LESSON THROUGH THE WOODS AND MEADOWS OF CANAZEI. ENROLMENTS: SPORT CHECK POINT (PAID EXCURSION).

SEPTEMBER 9 8.30 A.M. - POZZA

### AROUND THE MOUNTAIN DAIRIES

AMAZING EXCURSION TO DISCOVER THE REAL LIFE OF A MOUNTAIN FARMER ON THE MEADOWS OF JUMELA (PAID EXCURSION).

Initiatives reserved to guests with the Val di Fassa Card (ask your hotel/apartment) enrolments required by the previous day at the Tourist Offices. Activities are reserved for guests of the associated structures of Val di Fassa Tourist Board

## Itineraries

### FROM ALBA TO RIFUGIO CONTRIN

The cable car from Alba takes you up to Ciampac, where you walk through the grassy hollow and ascend to the left to Forcia Neigra (1,30 h). Follow path no. 613, getting across a pebbly stretch, thanks to the help of a sling that brings to the cleft between Torre Dantone and Sas Neigher. Skirt the rock, descending towards the ridge that separates the valleys Val San Nicolò and Val Contrin. Cross over the side of Varos, reaching Passo San Nicolò (2.338 m). Cross the plain in front of the Marmolada's south face, descend Pré de la Vaces and skirt the rock of Lasté de Contrin. You arrive at Contrin hollow, passing by the namesake stream, then ascend to the namesake refuge (1 h; 4 hrs). Go back to Alba through Val Contrin and along some conclusive steep turns (1h; 5,15 hrs).

## Did you know that...

In 1451, the Prince Bishop of Brixen the drew up the first Statute of Val di Fassa, in which he presented a list of duties to be respected by the population of the valley. Anyway, the most ancient elements of Fassa's common law date back to 1450, with the document written in Vigo, whose title is "Vermerkt die alten Herkommen des Talls Eves" (German for: Ancient common law of Fassa's Community) and 1480, with a document that contains all the petitions and complaints of Val di Fassa's people towards the Bishop.

WE THANK

