



In spring, the chefs of Ristora Moena propose a gastronomic week named "A Tavola con la Fata delle Dolomiti" (photo credit: Rifugio Fuciade).

## HIGHLIGHTS

### AUTUMN FLAVOURS IN MOENA

Like every year at the beginning of the autumn from 13th to 19th September the gastronomic festival "Sapori d'Autunno" kicks off in Moena. The delicious menu prepared by the chefs of the restaurants: Foresta, Fuciade, Tyrol and Malga Panna, for some time united in the association Ristora Moena, are real temptation (reasonable price between 50 and 60€, wine and grappa included). "The soft egg on a velvet sauce of Fontal cheese with spinach toasted bread", "pumpkin velvet sauce, cottage cheese gnocchi meat and walnuts", the carré of lamb in Schüttelbrot crust with potatoes purée, horseradish and vegetables with balsamic", "soft yogurt with dried apricots, strawberries and chamomile infusion geleato" these are only some of the numerous ideas and recipes which can be enjoyed during the week.

## Today in the valley

### TO THE ANCIENT MILL

"L MOLIN DE PEZOL" - PERA 9 P.M.

Guided visit to the ancient watermill visit to the complex which is formed by two millstones for cereals and one mill for barley, activated by three hydraulic blade wheels.

### THE STRUDEL SECRETS

MALGA ALOCH - POZZA 4 P.M.

Ingredients, doses, making and little tricks to make the traditional sweet of the Dolomites a real delicates.

### WAR ON THE QUEEN

PARISH THEATRE - CAMPITELLO 9 P.M.

The mountain guide Luigi Felicetti explains the most important happenings during the WW I on the ice of Marmolada.

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

## Initiatives for our guests

SEPTEMBER 11 FROM 7 A.M. - CAMPITELLO

### VOLARE OH OH!

UNFORGETTABLE EXPERIENCE FLYING OVER THE VALLEY WITH AN EXPERT INSTRUCTOR. ENROLMENTS: SPORT CHECK POINT (PAID EXCURSION).

SEPTEMBER 11 8.30 A.M. - MOENA

### AROUND THE MOUNTAIN DAIRIES

DISCOVERING THE MOUNTAIN CATTLE BREEDING AT MALGA BOCCHÉ. (PAID ACTIVITY).

SEPTEMBER 11 9.30 A.M. - VIGO

### FREERIDE TEST

EXCITING GUIDED RIDE ALONG SINGLES TRACKS AND PARKS. ENROLMENTS: SPORT CHECK POINT (PAID ACTIVITY).

## Itineraries

### FROM SELLA PASS TO RIFUGIO DES ALPES AT COL RODELLA

This itinerary starts from Rifugio Passo Sella (at 2.244 m), soon after the namesake pass, easy to reach by car from Canazei (around 13 km). From here follow the path n. 557-4, toward the pass Forcella Rodella (at 2.318 m - 0,40 h) and take the path n. 529, which brings quickly to Rifugio Des Alpes (at 2.387 m). Along an easy track on the eastern ridge of the mountain, go up to Col Rodella's peak (at 2.484 m - 0,15 h), where you can enjoy a wonderful view over Val di Fassa and the entire chain of the Dolomites. Go back following the same route. If you only wish to see the panorama, you can take the cable car from Campitello, to reach Rifugio Des Alpes (at 2.387 m - 0,20 h) and then the panoramic viewpoint of Col Rodella. Come back in the same way.

## Did you know that...

The "toal" del Mason, natural slope for avalanches and sedimentation, is located in the surrounding of San Pellegrino. In this crack there was a deposit of "vesuvianiti di calcite azzurra" (volcanic rocks of light blue calcite), yet finished due to exploitation. In 2000 some geologists found in this area an integral piece of mineralization, from which numerous rocks with crystals (bit up to 30 mm) were mined together with the variety called fassaita, formed thanks to the great physical-chemical changes caused by the pour out of magma in limestone rocks.

*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*

WE THANK

