



GOOD MORNING VAL DI FASSA



TODAY



TOMORROW

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

07/14/2016



The tickets are available at the cash desk of the Catinaccio lift (0039 0462 763242), also on pre-sale; last descent with the lift: 10.30 p.m.

HIGHLIGHTS

ROYAL BANQUET AMONG THE REFUGES

Up there, where the legend says that the most famous king of the Dolomites lived, the dinner is simply uncommon. Today in fact, from 7.15 p.m., the panoramic hollow of Ciampiedie (2000 m) that can be reached from Vigo becomes an extraordinary party hall for "The King Laurin Banquet", where the lights and flavours are amazing. The same for the food that from the starter to the dessert is served along a walk from one refuge to another on Ciampiedie. Differently from the past, it is also possible to benefit just of the atmosphere of the evening (lift price: € 11) or take part to the wine tasting only (€ 18 with the lift) or savour all the proposals (€ 38: 4 servings, 3 glasses of wine, 1 beer, cheese and cured meat tasting, grappa a gadget; return ticket for the lift).

Today in the valley

GRIMAZ AND VESCOVO AT "PANORAMA MUSIC"

BUFFAURE - POZZA AT 1.00 P.M.

The music festival at altitude presents author's songs interpreted with talent by Claudia Grmaz and Loris Vescovo.

FIORENTINA PLAYS AGAINST TRENTINO TEAM

SPORTING CAMP C. BENATTI - MOENA AT 5.30 P.M.

The first friendly match of the "lily" team is against a provincial team. Tickets by the C. Benatti: € 10 adults; € 7 6-12 years old; free under 6.

SKYRUNNING, WHAT AN EVENING!

PIAZ MARCONI - CANAZEI AT 9.00 P.M.

Presentation of the Vertical Kilometer race (15th July), valid for the Skyrunning World Series, with the participation of the music band Mùsega Auta Fascia.

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

Initiatives for our guests

15TH JULY AT 8.30 A.M. - MOENA

AROUND THE MOUNTAIN DAIRIES

LIVING, BREEDING AND MAKING THE CHEESE AT BOCHE (EXCURSION AGAINST PAYMENT).

15TH JULY AT 8.30 A.M. - CANAZEI

MARMOLADA ON MTB

AN ALTITUDE GAP OF 3000 METRES ALONG A SINGLE TRAIL WITH THE GUIDE. BOOKING: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

15TH JULY AT 8.00 A.M. - POZZA

EXTREME FERRATA

DEMANDING VIA FERRATA WITH THE MOUNTAIN GUIDE. BOOKING: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

Itineraries

THE TOUR OF SASSO PIATTO

Drive from Canazei to Sella Pass (13 km), go down along some hairpin bends and park nearby Rifugio Passo Sella Take path n. 525 that heads to the Sassolungo pass (2.681 m; 1,30 h) and to Rifugio Toni Demetz. The less-prepared hikers can take the cable car that leaves from the car park to reach it. From Demetz the route skirts on a scree the Sassolungo Peak, to Rifugio Vicenza. Descend to the hollow along path n. 525, till the crossroads with path n. 527. Take the latter that skirts the massif of Sasso Piatto towards Giogo di Fassa (2.305 m; 1,30 h) and Rifugio Sasso Piatto. Proceed on path n. 4 passing by Rifugio Sandro Pertini and Rifugio Friedrich August (2.300 m) and thence to Rodella Saddle, from where you can go back to the car park.

Did you know that...

In the past centuries, mothers in Val di Fassa used to wean their babies very soon after birth as they didn't have enough milk because of the overload of work in the fields and at home, to which they usually went back short after the childbirth. Sometimes they happened to have to give the children the "jufa da pop" (a rye or wheat flour diluted in cow milk or water) before the christening. This phenomenon was strictly linked with infant mortality rate: if the infant was strong and had a good stomach, he could digest this mixture. Otherwise, he would have died because of digestive problems.

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

