



# GOOD MORNING VAL DI FASSA



TODAY



TOMORROW

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

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Some athletes running for the Vertical Vael - photo credit: Ale Corra

## TOP EVENTS

### THE KICK-OFF OF THE SKYRUNNING SEASON WITH "VERTICAL VAE"

Well-trained muscles and a deep breath. This is what skyrunters need to face today the fourth edition of the "Vertical Vael - Trofeo Bruno Deluca" in Vigo. The first race of the seven (all tough and uphill) organized for "La Sportiva Vertical Trophy" which takes place from June to October in Val di Fassa and Val di Fiemme (to be precise 5 races in Fassa and 2 in Fiemme). Right after the start, which is at 3 p.m. from the elementary school yard (enrollments even here, open till 1 p.m.), there is a fast ascent (fastest athletes are expected to reach the finish line at about 3.45 p.m.) till the Roda de Vael hut, to which owner Bruno Deluca died in 2011, the race is dedicated. At 7.30 at the events pavilion of Vigo great closing party for all the participants (from under 15 to over 65 years old).

## Today in the valley

### CHEESE IN THE SHOWCASE

**LMALGHIER - PERA 8.30-12.30/4.00-7.00** Separate section of the Ladin Museum entirely dedicated to the cheese making, an interesting itinerary through objects, gear, images and videos.

### LADIN MUSEUM TOUCH SCREEN

**LADIN MUSEUM SÈN JAN/VIGO AT 10.00 - 12.30 AND 3.00 - 7.00** Multimedia exhibition with images, visual-testimony to meet the Ladin culture and history.

### LOOK! HOW MANY BARRELS!

**LABOTEIGA DEL PINTER - MOENA SORAGA ALTA 3.00-7.00 P.M.** Let's visit an authentic barrel workshop, Domenico Dellantonio (1851-1937) was a real pinter (cooper in Ladin language) we observe his ancient lab and gears.

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

## Initiatives for guests

**JUNE 21 AT 8.30 A.M. - CANAZEI**

### SELLARONDA MTB

ENROLLMENTS: SPORT CHECK POINT (PAID EXCURSION)

**JUNE 22 AT 5.00 P.M. - VIGO**

### ROCCE MILLENARIE "THOUSAND-YEAR-OLD ROCKS"

GEOLOGY WORKSHOP FOR ADULTS TO LEARN EVERYTHING ABOUT THE ROCKS OF VAL DI FASSA

**JUNE 23 AT 9.00 A.M. - MOENA**

### LITTLE SPIDERMEN ON THE WALL

INTRODUCTION TO CLIMBING FOR KIDS (7-14 YEARS OLD) WITH THE ALPINE GUIDES

## Itineraries

### FROM MOENA TO SAN PELLEGRINO PASS AND FUCIADÉ HUT

The state street n. 346 connects the town of Moena to San Pellegrino Pass (1.919 m). Descend for some 200 metres on the other side of the mountain Pass and after an overpass, turn left into the road ascending towards Hotel Miralago, where you have to leave your car. You can also park in the broad parking area on your right, before the overpass. From Miralago starts an easy dirt road, mostly flat, which brings you to the beautiful hollow of Fuciade, an extraordinary limestone Amphitheatre surrounded by imposing mountains, whose Ladin names are L'Om, Jigolè, Sas de Valfreida. The place is also particularly interesting from the botanic point of view, due to the presence of many plants and flowers, some of which are one-of-a-kind. The itinerary ends at Fuciade Hut (1.972 m; 1 h). Take the same route to go back.

## Did you know that...

In the past in Val di Fassa, after a boy and a girl's official engagement, the priest used to read out the banns for three weeks during Mass and then the spouses could start preparing the events. First of all there was the confection of the "guant a lafascèna", the traditional festive suits, and the invitations and the "segnes da noza", traditional festive sweets such as "grostoi" and "grafons" were brought to relatives and godparents. This tradition still remains in the valley. Everything used to happen in winter, as weddings were often celebrated during Carnival, when people weren't working in the fields.

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

WE THANK

