



At the tent of Strèda de Pareda today at 11 and 4 pm the "Karinthia Live" and at 7 pm "die Lungauer" will be performing.

## HIGHLIGHT

### "GRAN FESTA DA D'ISTÀ" IS A STYLE LESSON

The most awaited moment of the "Gran Festa da d'Istà" has come: today at 2.30 pm the center of Canazei gets full of colors, sounds and elegance with the "defilèda" (parade) of the folk groups and music bands. More than forty groups, among that eight music bands, will go across the village with the typical "guanc" (traditional clothes): precious textiles, unique shades, accessories, jewels and hairstyles remind us to ancient times, eventhough their use is widespread among the ladin cultures. News of the 38th edition of the event is the "orghen da mantech" (accordion) with the participation of accordion groups from Slovenia. AAT the end, dances, entertainment and cuisine will continue until night.

## Today in the valley

### VAL DI FASSA BIKE NAVALGE MOENA - ALL DAY LONG

After the bikers' start at 9.00 am, the winners will cross the finish line around 11.40 am, and at 3.00 pm at Navalge Theater the award ceremony will close the event.

### DISCOVERING THE CHEESE PRODUCTION MALGA ALOCH POZZA - 10.00 AM

Let's discover the cheese production and its phases.

### WAR EXHIBITION MUSEO DELLA GRANDE GUERRA 1914-1918 FEDAIA CANAZEI - 10.00 - 12.30/2.PM-5.30 PM

Documents and items, found on the Marmolada, are part of the exhibition together with books about the conflicts.

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

## Initiatives for our guests

**SEPTEMBER 9.45 AM - VIGO  
NORDIC WALKING AT GARDECCIA**  
NORDIC WALKING LESSON ON CIAMPEDIE. MEETING POINT CIAMPEDIE. ENROLLMENT: SPORT CHECK POINT (AGAINST PAYMENT).

**SEPTEMBER 11 10.00 AM - CANAZEI  
RIDING HORSES**  
DISCOVER THE LANDSCAPE RIDING HORSES. ENROLLMENT: SPORT CHECK POINT (AGAINST PAYMENT).

**SEPTEMBER 11 2.30 PM - MOENA  
FAMILY RIDE**  
ON THE CYCLING ROUTE WITH THE FAMILY. ENROLLMENT: SPORT CHECK POINT (AGAINST PAYMENT):

## Itineraries

### FROM LAGHI DI LUSIA TO CATENA BOCCHE

From Moena, drive to the valley cable car station of Lusìa and get up to the second station. From here you get to Rifugio Passo Lusìa and then, following path no.633 you arrive at the wonderful Lusìa Lakes (1,20 h). Expert mountaineers can reach from here Forcella Lusìa along the equipped path "Gronton" and arrive at Cima Bocche (2.745 m; 2 hrs.). Alternatively, you can follow path no.633 to Cima Bocche, then Bocche Lake and along path no.626 descend to Malga Bocche (1.946 m; 1,5 h). From here go up again on path no.621 till the crossroads for Lusìa Lakes (2 hrs.), where you can take path no.633 that leads back to Rifugio Lusìa and then to the cable car. It is worth to undertake this challenging but gratifying hike, for the beautiful landscape and the alpine environment.

## Did you know that...

Once upon a time on Catinaccio a wicked wizard was the nightmare of the populations around the massive, causing thunders and blizzards. The prayers of people did not have any effect, until a priest came to the valley. He decided, together with a bear, to face the wizard. The wizard, as he saw them, caused thunders. The priest decided to bless him with the water as the bear was snarling. In a moment the heaven and evil crafts stopped and the three were transformed into stone becoming the three peaks of Mugoni.

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