



# GOOD MORNING VAL DI FASSA



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

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The Marmolada (3.343 m) seen from south-west in a spectacular picture by Georg Tappeiner, on display in Rome.

## HIGHLIGHT

### THE DOLOMITES AT PALAZZO DELLE ESPOSIZIONI IN ROME

The lucky ones have reached Val di Fassa to see them from close up, but those who happen to be in Rome within September 2, can let themselves be also captured by the Dolomites on display. The photographic exhibition hosted at Palazzo delle Esposizioni in the Italian capital city and dedicated to the magnificence of these World Heritage Site is entitled "Dolomiti. Il cuore di pietra del mondo (The rocky heart of the world)". The palace is a prestigious exhibition area, worthy of these peaks that are narrated through the infinite astonishment that the beauty of these caption recalls in the visitor. The exhibition, realised in collaboration with the Unesco Dolomites Foundation presents about 40 pictures by Georg Tappeiner, from the Marmolada to the Tre Cime di Lavaredo.

## Today in the valley

### HOW DOES A MILL LOOK LIKE?

#### "L MOLIN DE PEZOL" - LOC. PERA/SÈN JAN DI FASSA AT 10 A.M.

Visit to the ancient building made of two millstones for the cereals and a husking machine for the barley, actioned by three bladed water wheels (reservation: tel +39 0462 764089).

### MEMORY DROPS

#### LADIN MUSEUM - LOC. VIGO/SÈN JAN DI FASSA 10 A.M.-12.30 P.M. AND 3-7 P.M.

The Ladin Cultural Institute presents its ethnographic collection with this interesting interactive exhibition.

### VALFASSA TRACKS

#### EVENTS PAVILION - LOC. POZZA/SÈN JAN DI FASSA AT 9 P.M.

Concert by the appreciated local choir that presents mountain and traditional songs.

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

## Initiatives for our guests

### JUNE 19 AT 9.00 A.M. - MOENA

#### MTB TOUR TO THE RAINBOW LAKE

GUIDED MTB EXCURSION TO THE LEGENDARY CAREZZA LAKE. ENROLMENT: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

### JUNE 19 AT 9.00 A.M. - CANAZEI

#### GUYS ON THE WALL

CLIMBING COURSE FOR CHILDREN (7-14 YEARS) WITH THE PRECIOUS TIPS OF THE MOUNTAIN GUIDES (ACTIVITY AGAINST PAYMENT)

### JUNE 21 AT 8.30 A.M. - CAMPITELLO

#### AROUND THE MOUNTAIN DAIRIES

ON FOOT ALONG THE PATH THAT BRINGS TO THE PASTURES OF SASSO PIATTO (EXCURSION AGAINST PAYMENT).

## Itineraries

### FROM SORAGA TO BARBIDE TO THE CENTRE OF TAMION

From the centre of Soraga, take the street Strada del Ciocch to reach, along the street Strada de Barbida, the namesake quarterhood. Arrived at the small church take the narrow street on the right and, again on the right, pass under the arch vault and then go left towards the mountain. Go straight and then right ascending among woods and meadows until you reach the flat, in a wood of larches and fir trees. A low hill on the left is the right place to stop and admire the beautiful view over Soraga, Moena and Tamion, placed high among the meadows. Go on straight ahead and then along some hairpin turns that lead to an incline with 100 years old larches. Passed an ancient sun-burned hayloft, enter the hamlet of Tamion. Here you will meet two fountains where you can refresh, and afterwards you will get to the centre of the hamlet. Come back along the same track.

## Did you know that...

In the past centuries, mothers in Val di Fassa used to wean their babies very soon after their birth as they didn't have enough milk because of the overload of work in the fields and at home, to which they used to go back short after the childbirth. Sometimes, they happened to be constrained 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 to infant mortality rate: if the infant was strong and had a good stomach, he could digest this mixture. Otherwise, he would die 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

