

# **GOOD MORNING VAL DI FASSA**





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

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awarding ceremony takes place after lunch, at 3.00 p.m. at Vischia de Sach or, in case of bad weather, by the community building "La Gran Ciasa".

# **HIGHLIGHT** "SET MASES" ON A NEW TRACK

It is one of the most appreciated non-competitive sport events and, since its birth 44 years ago, gains new participants every year. The "Set Mases" is back, starting today at 10.00 a.m. from Vischia de Sach, on the shores of the Lake in Soraga to cross, running, the areas were the original 7 farmstead were located. The track, 7,58 km long and it slightly different from those of the past editions, awaits the runners, both those who aim at winning the competition and those who will simply walk along the track-Once left the lake, the race goeas towards the yard "Prà del Preve", the square Piaza Cioch, Barbide, and Zester. It goes then down along strada Dolomites and up to Palua, to go back on the cycle way and, after crossing the runway, reaches Gherghele, Rois, Toalac, Vedol and goes down to Molin along the forest road to finally reach the arrival.

# Today in the valley

#### ARTISTS AT THE MARKET VILLAGE CENTRE - CAMPITELLO FROM 9.00 A.M. TO 6.00 P.M.

Craft products and more on sale at "Artecongusto", with bubble soap shows and workshops for children.

#### THE "CANDY POP-ROCK" OF "FIVE TO TEN" FREDAROLA REFUGE - LOC. BELVEDERE/CANAZEI

For "Val di Fassa Panorama Music", the band composed by Silvia De Santis, Fabio Biffi and Fabio Fenati presents the tracks of its latest album that came out in January.

### THE GREAT HOCKEY DESCENDS ON THE ICE ICE STADIUM G. SCOLA - ALBA AT 9.00 P.M.

Passionating challenge between the resident team "Fassa Falcons" and the neighbours of the H.C. Ghërdeina (shuttle available from Piaz Marconi to the stadium.

## **Itineraries**

#### FROM PENIA TO LORENZ, VERRA AND INSOM

From the square of Penia go up through the meadows along the Troi de Lorenz path, arriving at the small hamlets of Lorenz and Verra. Walk by the small Church on a grassy path. Upward you can see the ruins of Insom. Through the meadows, you reach Ruf de Penìa pass it and go on rightward to a path into the wood. Walk through the clearing of Udaer, descend the state road on your right for 150 metres up to the guardrail on the bridge over the Avisio; do not cross it and make your way into the wood. The ascent becomes steeper till the paved street. Proceed on the bridge and walk 30 metres on the road. Then enter the wood on the right and follow the path. You will find a gangway that leads to the sawmill Segheria Veneziana and after the second gangway you can come back quickly to Penìa.

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

## Initiatives for our quests

## JULY 13 AT 7.30 A.M. - CAMPITELLO ON THE VIA FERRATA

A DEMANDING ITINERARY TO FACE IN SAFETY WITH THE MOUNTAIN GUIDES, ENROLMENT: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

#### **JULY 13 AT 9.00 A.M. - MOENA** IN THE "FAIRY WOOD"

GREEN NATURE, USEFUL INFORMATION AND STORIES. ENROLMENT: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

#### JULY 13 AT 9.30 A.M. - CANAZEI **SINGLE TRAIL MTB**

IMPROVING THE TECHNIQUE WITH THE TIPS OF THE GUIDE. ENROLMENT: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

# Did you know that...

Val di Fassa' routes had been for centuries just tree-line roads and paths in the woods: for this reason, the streets and paths of Val di Fassa have always been characterised by the presence of crosses and chapels, often decorated with saints' frescos and moralizing paintings, symbolizing the Sacred shaping people life. Actually, they were in the past a hallmark for pilgrims and travellers, especially when the area lacked of signals for the ones who travelled by foot or rode horses, through forests, crossroads, passes and valleys.

Initiatives reserved to the guests with the Val di Fassa Card (ask your hotel/apartment). Enrolments required within the previous day by the Tourist Offices. The activities are reserved to the guests of the associated structures of Val di Fassa Tourist Board.

**WETHANK** 







