

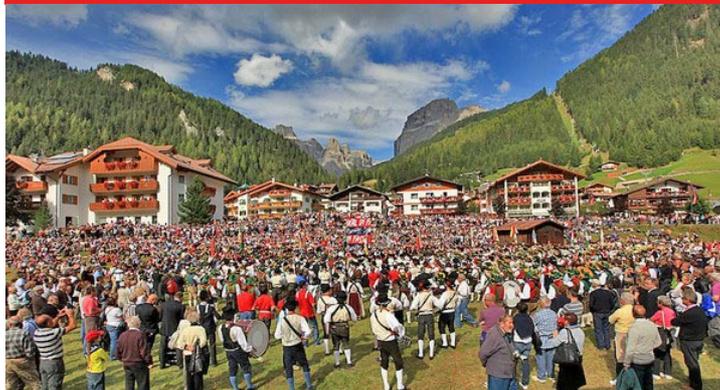


# GOOD MORNING VAL DI FASSA



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

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The "Gran Festa da d'Istà" is a symbolic closing event of the folk events of this summer season.

## HIGHLIGHT

### THE PARADE OF THE "GRAN FESTA DA D'ISTÀ"

The most important day of the 39th "Gran Festa da d'Istà" is here: today at 2.30 p.m., the streets of the town centre of Canazei will be occupied by about 1000 Ladin from the whole Val di Fassa and from the valleys around the Sella massif and noty only, to take part in one of the most beautiful parades in the entire Dolomites. Folk groups and brass bands will parade with their marvelous traditional clothes and will then perform in traditional balls and pieces by the big tent in the street Strèda de Pareda. The "Gran Festa da d'Istà", which started on Thursday with much folk music and traditional foods, provides today: Holy Mass at Pian de Parèda (10.00 a.m.), traditional lunch (12.00 p.m.), the parade and lively balls with the music bands "Juchee Sextet" (4.00 p.m.) and "Die Runden Oberkreiner" (7.00 p.m.).

## Today in the valley

### THE FIRST "VAL DI FASSA MARATHON" L VIAL - MOENA FROM 9.00 A.M.

One of the most appreciated MTB races in the Dolomites, with the first bikers awaited at about 11.30 a.m. in the square Piaze de Navalge.

### HOW TO MAKE CHEESE MALGA ALOCH - LOC. POZZA/SÈN JAN DI FASSA AT 10.30 A.M.

From the milking to the production of local cheeses: all the different stages shown to the public.

### THE WATER SAWMILL STRÈDA DE CIAMP TRUJAN - PENIA 10.00 A.M. - 12.00 P.M. / 3.00 - 7.00 P.M.

The "La Sia", ancient Venetian sawmill that is still woking, is really interesting and it is a detached section of the Ladin Museum.

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

## Initiatives for our guests

### SEPTEMBER 10 AT 8.00 A.M. - MOENA EMOTIONS ALONG THE VIA FERRATA

FIRST EXPERIENCE ON A VIA FERRATA WITH THE MOUNTAIN GUIDES. ENROLMENT: SPORT CHECK POINT (EXCURSION AGAINST PAYMENT).

### SEPTEMBER 10 AT 9.30 A.M. - CANAZEI MTB SINGLE TRAIL

TECHNICAL LESSON SOWN ALONG THE TRACKS OF THE BIKE PARK. ENROLMENT: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

### SEPTEMBER 10 FROM 5.30 TO 7.30 P.M. - CAMPITELLO SHALL WE CLIMB?

CLIMBING BY THE ADEL WALL WITH THE HELP OF THE EXPERT INSTRUCTORS. ENROLMENT: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

## Itineraries

### TO THE BOUNDARY STONE BETWEEN MOENA AND SORAGA

To undertake this "Easy walk", from Piaze de Ramon Square in Moena, follow the street towards Soraga, till you find the stairway leading to Sameda hamlet on the right side. Walk upwards along Strada de Sameda street till the small square of San Rocco's Church. Turn left on the road that faces the beautiful peaks of Catinaccio and Sassolungo. The road becomes then dirt road and leads, ascending slightly, to Soraga. When you reach the new roundabout in Pezzè you will see a little stream that indicates the antique boarder between the ancient Prince-Bishoprics of Trento and Bressanone. Here is the boundary stone. Now cross Soraga "Alta" and descend through Troi de Palua to the river park. Cross the bridge and go back to Moena along the cycle lane.

## Did you know that...

The ordinary meals of peasants at the beginning of the XX Century in Val di Fassa would be: a barley coffee with milk and rye bread in the morning, with fried potatoes in winter. At noon: polenta with cheese or milk or butter and sour cabbages in winter; otherwise, flour gnocchi (without eggs and rarely with bread), minced meat or few salami or lard. For dinner: boiled potatoes with milk soup or "mosa" (yellow flour and milk). On Sunday, the barley soup would be served with pieces of pork meat. At the feasts and during hard summer works: homemade fried pasta or noodles, that was quite tasty.

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.

WE THANK

