



Throughout the nine preceding editions of the "Hero Südtirol Dolomites" 17.669 bikers (between pros and enthusiasts) have taken part to the race.

HIGHLIGHT

TEN YEARS AS "HERO"

The "Hero Südtirol Dolomites", which has revolutionized the MTB marathons concept, celebrates its ten years. 4.019 bikers (that were 400 on the first edition) will start from Selva di Val Gardena (at 7.10 a.m.) and will challenge each other along two tracks of 86 and 60 kilometres (with 4.500 and 3.200 metres of altitude gap respectively) that will also go across the Sella and the Pordoi passes. Most athletes and enthusiasts consider the "Hero" the goal of the season, not a simple competition. During the years, in fact, it has been growing as a race (with athletes from 59 countries), but not only: according to the collective imaginary, it has become a test to try "once in a lifetime", because if you have never taken part in it, you can't be considered a "hero" - at least among bikers.

Today in the valley

THE FIRST "MONTEADA"

FARMHOUSE CIASA DO PARÈ - SORAGA FROM 9.30 TO 11.00 A.M.

What happens when the cows leave the barn to reach the alpine pasture? Find it out today, and then enjoy a traditional dish, at 12.00 p.m. on San Pellegrino pass.

"CHEF PER ARIA"

CABLE CAR ALBA - COL DEI ROSSI - ALBA AT 7.00 P.M.

Exclusive location for the dinner by cable car from which the whole valley can be admired. Menu by the "Cheghes de Fascia" (enrolment: tourist office in Canazei).

"ANIMA E VOCE"

ST. VIGILIO'S CHURCH - MOENA AT 8.30 P.M.

Concert of the choir "Anima e voce" inside the parish church.

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

Initiatives for our guests

JUNE 18TH FROM 7.00 A.M. - CAMPITELLO

"VOLARE OH OH"

LET'S JUMP OFF BY PARAGLIDE WITH AN INSTRUCTOR. ENROLMENT: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

JUNE 18TH AT 9.00 A.M. - MOENA

CHILDREN BY MTB

MTB TECHNIQUE AND FUN GAMES FOR CHILDREN (7-14 YEARS) WITH THE BIKE GUIDES (ACTIVITY AGAINST PAYMENT).

JUNE 19TH AT 8.30 A.M. - CANAZEI

AROUND THE MOUNTAIN DAIRIES

ON FOOT ALONG THE CHARMING ITINERARY THAT LEADS TO THE MOUNTAIN PASTURE AT CONTRIN (EXCURSION AGAINST PAYMENT).

Itineraries

FROM PERA TO GARDECCIA AND VAJOLET

To enjoy this beautiful walk, reach Pian Pecei by chairlift from Pera and then continue on foot along the Path of Legends to Gardeccia (1948 m), a wonderful basin in the heart of the Rosengarten Group (about 50 minutes). From Gardeccia, follow the wide dirt path n.546 that leads to the Vajolet and Preuss refuges at 2243 m (1 hour), situated at the foot of the famous Vajolet Towers. Go back along the same way. Otherwise walk back to Gardeccia, take path n. 540 to Ciampedie (about 45 minutes) and take the cable car down to Vigo.

Did you know that...

The kitchen and the vegetable garden were considered the places dedicated to the women, where they would use all their ability and knowledges to face the food requirements of the family. A simple and thrifty dinner, made combining cereals, dairies and potatoes, which with the arrival of the warm season would include the products of the garden. Small pieces of earth, taken care by the women that would collect peas, salad, beetroots, onions, garlic, carrots, cabbage and aromatic herbs to season the dishes.

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