



# GOOD MORNING VAL DI FASSA



TODAY

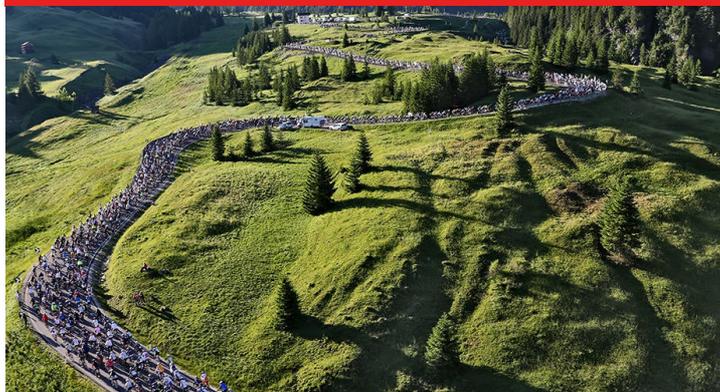


TOMORROW



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

07/05/2015



The marathon, is broadcasted by Rai 3 and Rai Sport from 6 am to 12 pm, (photo credits: archive "Maratona dles Dolomites").

## TOP EVENTS

### "PARDON, MARATONA DLES DOLOMITES"

The 29° edition of the "Maratona dles Dolomites" is entirely dedicated to forgiveness, setting the mind free and opening the heart. The competition has always been very keen on topic like energy saving and ecology. Today, with a peaceful spirit, the 9 thousand lucky bikes (every year organizers select participants among 32 thousand applicants), both athletes and passionate, will face seven dolomites passes: Pordoi, Sella, Campolongo, Falzarego, Gardena, Valparola e Giau all closed to the car traffic. Start will be at 6.30 am and arrival in Corvara. There are three itineraries according to the level of training: "Marathon" of 138 km (and 4230 m drop), "Medium" of 106 km (and 3130 m drop) and "Sella Ronda" of 55 km (and 1780 m drop).

## Today in the valley

### FASSA FUORI MENÙ

**TOURIST OFFICE - POZZA 10.30 A.M.**

Guided excursion around the meadows surrounding the village with final Picnic Gourmet at "Sora Pozza" (Enrolments at the tourist office of Pozza: 20 € adults; 10 € under 12).

### BRASS BAND NOTES

**EVENTS PAVILION- ISCHIA/CAMPITELLO 9 P.M.**

The brass band of Pozza performs along the streets with final concert.

### LET'S DANCE WITH "I BONDERES"

**PIAZ DE VICH - VIGO 3.00-7.00 P.M.**

Presentation of the weekly programme of events with music entertainment.

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

## Initiatives for our guests

**6 JULY 5 P.M. - VIGO**

### TOUCHING THE ROCKS

GEOLOGY WORKSHOP FOR ADULTS TO LEARN EVERYTHING ABOUT THE ROCKS OF VAL DI FASSA

**7 JULY 8.30 A.M. - CANAZEI**

### SELLARONDA MTB

FAT BIKE GUIDED EXCURSION AROUND THE SELLA MASSIF. ENROLMENTS: SPORT CHECK POINT (PAID ACTIVITY).

**7 JULY 9 A.M. - POZZA**

### VERTICAL WALLS!

INTRODUCTION TO CLIMBING FOR KIDS (7-14 YEARS OLD) WITH THE ALPINE GUIDES

## Itineraries

### FROM LUSIA LAKES TO BOCHE CHAIN

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...

The territory of the Dolomites (which got shaped around 250 million years ago, under the strong pressure of complex telluric movements) is quite particular in its configuration. In fact, the single mountain groups do not follow the typical chain shape, which in the alpine chain is aligned towards south-west to north-east, but the principle of the circular coral atoll, around a flat hollow, often of volcanic origins. That's why the Dolomites alternate peaks of an extraordinary uprightness to wide and luxuriant uplands, which housed the first human settlements.

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

