



GOOD MORNING VAL DI FASSA



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

06/25/2019



The participants to the "Val di Fassa Running" face about 55 km in 5 days.

HIGHLIGHT

NIGHT CHALLENGE FOR THE "VAL DI FASSA RUNNING"

The most fascinating leg of the "Val di Fassa Running", the race that goes across the villages of the valley in 5 stages, is the night stretch of tonight: the departure is scheduled at 9.00 p.m. from the square Piazz del Malgher in Pozza. The runners go towards the Thermae of the village, then face the crossing of the ski slope Aloch (now totally green) and go on towards the upper part of Pozza, in the surroundings of the slope that comes down from Buffaure. Then the paths goes on through the town centre along a torchlit dirt road towards Fraine, from where it comes back to Pozza, where the "pasta party" will take place for the athletes. After this evening fatigue the participants will relax tomorrow, looking at the last two legs: on June 27th in Soraga and on June 28th on the Lusia Alp.

Today in the valley

HOW IS THE CHEESE MADE?

MALGA ALOCH – LOC. POZZA/SÈN JAN AT 10.30 A.M.

At this mountain farm we can attend the cow milking and the making of a local cheese.

SCHUHPLATTLER SHOW

EVENTS PAVILION – LOC. ISCHIA/CAMPITELLO AT 9.00 P.M.

Jumps and slaps are the peculiarity of the dances of this local folk group.

MOUNTAINS OF THE WORLD

FORMER TOWN COUNCIL MEETING ROOM – LOC. VIGO / SÈN JAN AT 9.00 P.M.

The alpine guide Fabio Giongo tells about the most prestigious conquests of the alpinism with multimedial support.

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

Initiatives for our guests

JUNE 26TH AT 8.30 A.M. – POZZA AROUND THE MOUNTAIN DAIRIES

THE MALGA JUMELA DAIRY, WITH ALL ITS ANIMALS AND DELICACIES, AWAITS YOU (EXCURSION AGAINST PAYMENT).

JUNE 26TH AT 9.00 A.M. – CANAZEI YOUNG RIDES

EASY SINGLE TRAILS WITH THE BIKE GUIDE TO IMPROVE THE TECHNIQUE SINCE CHILDHOOD (7-14 YEARS; ACTIVITY AGAINST PAYMENT).

JUNE 26TH AT 5.30 P.M. – MOENA BIO-PILATES IN THE OPEN AIR

TRAINING WITH AN INSTRUCTOR AT SUNSET. ENROLMENT: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

Itineraries

L'EGA TE CUNA

"L'ega te cuna" (The water in the crib, in Ladin) is an interesting didactic track, dedicated in particular to the children, that starts in Penia (beside the hotel Sonia). The itinerary is not much longer than 2 km that can be easily covered in 45 minutes and it develops along the stream Avisio, to be crossed in some points which goes across some bridges and walkways. The track is divided into 13 stages, with several labels and explanatory games that give information about the flora and the fauna, the rocks, the water cycle, the legends about the watersprings and the seasons on the Avisio. There is even the "voice" of the water flow (a poetry by Stefano Dell'Antonio) that originates from the feet of the Marmolada. Among the most interesting passages of the itinerary, "La Sia": the ancient Venetian watermill, from which the itinerary goes back to the departure.

Did you know that...

"Son de sass e no me meve, son de crepa en Marmoleda, son na fia arbandoneda, e no sé per che resòdn", which means: "I am made of rock and I can't move, I'm made of cracks on Marmolada, I'm an abandoned daughter and I don't know the reason why". These are the words that, according to the legend, the beautiful Conturina sings, imprisoned in the rock of the Queen of the Dolomites, because of an evil spell by her cruel and jealous stepmother. It is also said that if you walk alone (and in silence) among the rocks of Valle Ombretta you can hear her sad song.

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

