



# GOOD MORNING VAL DI FASSA



TODAY



TOMORROW

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

07/07/2019



The RAI dedicates a long live broadcast to the "Maratona dles Dolomites" with guests and reports about the involved dolomitic valleys.

## HIGHLIGHT

### THE FUTURE "MARATONA DLES DOLOMITES"

The 9th edition of the "Maratona dles Dolomites" that takes place today is dedicated to the future of the Dolomites, and broadly speaking to the destiny of our planet. The departure of the competition, which as usual encourages thoughts on important etic matters, is scheduled at 6.30 a.m. from La Villa in Badia and those among the lucky 9000 participants (mostly drawn by lot among those who ask to enroll) that face the tough Maratona track are awaited on the passes of Campolongo, Pordoi, Sella, Gardena, Giau, Falzarego and Valparola: 138 km and 4230 metres of altitude gap. The track is shorter and yet spectacular for those who face the medium track ((106 km and 3130 m of altitude gap) or the less demanding Sellaronda (55 km) with no awarding and official ranking.

## Today in the valley

### THREE VILLAGES CELEBRATING

**LOC. PALUA - MAZZIN FROM 9 A.M. TO 2 P.M.**

After the Holy Mass the feast goes on with a traditional lunch, a race and, finally, the show for the children: this is how Mazzin, Fontanazzo and Campestrin celebrate.

### "DA NA TIEJA IN L'AUTRA"

**LOC. PRADEL - CANAZEI FROM 10.30 A.M. TO 10.30 P.M.**

Local traditions, culture and flavours by the huts at few kilometres from Canazei, open for the occasion.

### "MOSTRA CHI 6" AWARDING CEREMONY

**REFUGES BAITA CUZ AND EL ZEDRON - LOC. POZZA/SÈN JAN AT 12.00 P.M.**

Presentation and awarding of the works made during the sculpture symposium, which will be exposed for the whole summer.

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

## Initiatives for our guests

**JULY 8TH AT 9.00 A.M. - MOENA**

### THE BEAUTIFUL LIFE IN THE WOOD

CHASING THE RESOURCES THAT GIVE LIFE TO THE WOOD, EVEN AFTER THE RECENT WOUNDS. ENROLMENT: SPORT CHECK POINT (TOUR AGAINST PAYMENT).

**JULY 8TH AT 9.30 - CANAZEI**

### EASY ENDURO

IMPROVE YOUR DOWNHILL SKILLS ON DEDICATED TRAILS WITH THE HELP OF THE BIKE GUIDE. ENROLMENT: SPORT CHECK POINT (EXCURSION AGAINST PAYMENT).

**JULY 9TH AT 9.00 A.M. - POZZA**

### SO MANY YOUNG ALPINISTS

WITH THE TIPS OF THE MOUNTAIN GUIDES CHILDREN (7-14 YEARS) WILL SOON LEARN THE CLIMBING TECHNIQUES (ACTIVITY AGAINST PAYMENT).

*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.*

## Itineraries

### THE TOUR OF SAN PELLEGRINO LAKE

The lake is ideal for passionate photographers and shot to share on the social media, it is located on San Pellegrino pass, at the foot of Col Margherita. From Moena, reach the pass (by car or by bus) to Hotel Monzoni. Go down for about 50 metres on a dirt path, through bunches and rhododendrons to a yard with tables and benches. Go on along the shores of the lake, surrounded by firs and larches. The itinerary is enriched by bridges and walkways that define wonderful frames with the peaks mirroring into the water. Nearby, beside the hotel Miralago, there is also the lake "delle Pozze" for another walk around it.

## Did you know that...

The period between 1816 and 1817 has been consigned to the historical archives as "l'an da la fam" (the year of hunger in Ladin). The heavy winter snowfalls that lasted until late spring and the incessant pouring rain that came after, didn't permit the wheat to ripen. Moreover the fields, previously obtained with difficulty from the wood, could not be sowed. Local people were completely worn out and the emigration was the only solution for many of them, especially for the heads of the family, to try to feed their family.

WE THANK

