



Tamara Lunger, daughter of a famous ski-mountaineer, was born and grew up in San Valentino in Campo in Val d'Ega, few kilometres far from Val di Fassa.

## HIGHLIGHT

### TAMARA LUNGER'S HIGHEST HANDHOLD

Those who face challenges that border on the impossible, even with an accurate training, keep on testing themselves: body and mind. Tamara Lunger, south Tyrolean alpinist, protagonist of some of the most important ventures of the recent years, has been training her body and her spirit for long. And it's about her professional growth, which goes on in parallel with her spiritual one, that she will speak tonight, at 9.00 p.m., by the Theatre Navalge in Moena, hosted by the festival "Ispirazioni d'estate". Tamara Lunger, interviewed by the journalist Elisa Salvi, talks to the public about the key moments of her expeditions to the highest peaks in the world, as well as those moments when she has relied on God, that God she has been praying since she was a child, to make her most important decisions, such as that of stopping before reaching the top of Nanga Parbat and survive.

## Today in the valley

### GOOD PURCHASES BY THE VILLAGE MARKET

#### PIAZ DE CIAMPEDEL SQUARE - CAMPITELLO FROM 8 A.M. TO 1 P.M.

If you love fresh and healthy food, do shop by this local farmers' market.

### SUCH A "PANORAMA" WITH "DIMONIC"

#### CIAMPAC - ALBA DI CANAZEI AT 12 P.M.

Within the festival "Val di Fassa Panorama Music", a concert of the cycle dedicated to "Minority languages, youths and jazz music".

### THE ALPINE RESCUE IN THE SQUARE

#### PIAZ MARCONI - CANAZEI AT 9 P.M.

The members of the local section of the alpine rescue show the most important manoeuvres and the means they use at altitude.

## Itineraries

### FROM FONTANAZZO TO CAMERLOI TO CAMPITELLO

Walk along path no.577, leave Fontanazzo di Sotto till you arrive at the forest road on the left. Where the latter crosses the forest road coming from Mazzin, ascend rightwards. Pass an aedicule, enter the flatland and continue to ascend. You will run into the Dona Refuge: the path leads to a plain, where path no.580 arrives. Cross then Camerloi's meadows, keep ascending and leave path no.580, then rightward to Pas de Ciarejoles. The path descends to Val Duron, in the wide clearing of Ciamp de Grévena. Pass through the alder wood till the valley bottom (0,45h; 3.30 hrs.), get into the dirt road on the right that leads to Micheluzzi Refuge (1.850 m; 0,45 h; 4,15 hrs.), and from here descend to Campitello (0,45 h; 5 hrs.).

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

## Initiatives for our guests

### JULY 26TH AT 8.30 A.M. - MOENA

#### AROUND THE MOUNTAIN DAIRY FARMS

ALL THE SECRETS OF THE AGRICULTURAL FARM "EL MAS", THROUGH KNOWLEDGES AND FLAVOURS (ACTIVITY AGAINST PAYMENT).

### JULY 26TH AT 8.30 A.M. - CANAZEI

#### VAL CONTRIN MTB TOUR

BIKE RIDE TOGETHER WITH THE GUIDES, THROUGH UPHILL AND FLAT STRETCHES. ENROLMENT: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

### JULY 26TH AT 9.30 A.M. - POZZA

#### "HIKE & BIKE" ON BUFFAURE

ON FOOT ON THE CRESTS AND BY BIKE ALONG THE CYCLING WAY WITH THE GUIDES. ENROLMENT: SPORT CHECK POINT (TOUR AGAINST PAYMENT).

## Did you know that...

Ladin has maintained, throughout the centuries, phonological and lexical traces of the Noriker and Rhaetian speech, but also some Celtic terms. These are words that are still being used and that date back to times preceding the "Romanisation" and so the birth of Ladin. Some of those terms are: aisciuda (springtime), baranchie (mountain pine), brama (cream), ciamorc (chamois), crep (mount or rock), róa (landslide) all defining features of the mountain, words that Ladin, apparently, wouldn't be able to define.

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

