



GOOD MORNING VAL DI FASSA



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

08/19/2019



Erika Liverani (in the picture, with the little Emma) has also published a recipe book, entitled "A piccoli passi".

HIGHLIGHT

THE "MASTERCHEF" ERIKA LIVERANI COOKS IN FASSA TODAY

Workshop for children at 5 p.m. by the PalaDolomites in Campestrin and cooking show for everybody at 9 p.m. by the events pavilion in Campitello. It's a busy day today in Val di Fassa for Erika Liverani. The winner of the fifth edition of the Italian "Masterchef" in 2016, after leaving her job as physiotherapist, thanks to her TV success opened the deli "Raflò" in Ravenna with her sisters in 2018, and has been depopulating on the web with her video-recipes, recorded with her little daughter Emma. This amusing and tight-knit couple shows to mothers and fathers that the kitchen can be an occasion for parents and children to share and to do some amusing manual activities, but also shows to foodies quick ideas and recipes to prepare.

Today in the valley

50 YEARS OF "CIAMORCES"

TOWN COUNCIL MEETING ROOM - LOC. POZZA/SAN GIOVANNI DI FASSA AT 9 P.M.

Evening dedicated to the 50th year since the foundation of the local group of alpinists "Ciamorces de Fasha".

THE EVENING CHOIR

LOC. FORNO/MOENA AT 9 P.M.

The choir Enrosadira performs in the gracious hamlet of the village, with even some Ladin chants.

FOLK DANCES

PIAZ MARCONI SQUARE - CANAZEI AT 9 P.M.

Presentation of the weekly programme of the activities with entertainment by the Schuhplattler from Campitello.

Itineraries

FROM PERA TO GARDECCIA TO VAJOLET

From Pera, reach Pian Pecei with the two chair lifts and then go on along the comfortable "Path of the Legends" towards Gardeccia, a beautiful hollow in the heart of Catinaccio (about 50 minutes). Go on along a wide mule track (path n. 546) that leads to the refuges Vajolet and Preuss (2243 m - 1 hour), located on the rocky Porte Neigre spur, at the foot of the huge Vajolet Towers, sought-after destination for many mountaineer and climbers. Go back to Pera along the same path. Alternatively, from Gardeccia you can take the forest path n.540 to Ciampedie (about 45 minutes) and descend to Vigo by cable car.

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

Initiatives for our guests

AUGUST 20TH AT 8.30 A.M. - CANAZEI

SELLARONDA MTB TOUR

GUIDED BIKE TOUR AROUND THE DOLOMITIC MASSIF. ENROLMENT: SPORT CHECK POINT (EXCURSION AGAINST PAYMENT).

AUGUST 20TH AT 8.45 A.M. - POZZA

WISHING CATINACCIO

WALK AT ALTITUDE THROUGHOUT ONE OF THE MOST BEAUTIFUL DOLOMITIC GROUPS. ENROLMENT: SPORT CHECK POINT (ACTIVITY AGAINST PAYMENT).

AUGUST 20TH AT 9 A.M. - CAMPITELLO

CLIMBING CHILDREN

CLIMBING COURSE FOR CHILDREN (7-14 YEARS) WITH THE HELP OF THE MOUNTAIN GUIDES (INITIATIVE AGAINST PAYMENT).

Did you know that...

Making the bread was an ancient rite that would involve the whole family, who would meet in the "stua", the warmest and welcoming room of the traditional Ladin house. The ingredients were: water, flour, cumin seeds, salt and wild fenugreek. Today it is still possible to see the ancient ovens for the bread in some house. A nice example can be found at Cèsa Dolavilla in Penia di Canazei.

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

