

**ACTIVITIES AT A REDUCED PRICE FOR THE
GUESTS OF SPORT & OUTDOOR ACCOMMODATION FACILITIES
VAL DI FASSA - SUMMER 2016**



Info :
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WEEKLY PROGRAMME

Monday



- MTB TEST TOUR adults

Easy/middle difficulty MTB excursion across woods and single trails with MTB instructors, who will check your skills and suggest you the most appropriated excursion to do during the week.

Difficulty: easy

Meeting point: 9.30 a.m. Sport Check Point Canazei

Duration: about 3 hours

Altitude drop to pedal: about 400m

Price: € 20

FREE for the guests of Sport & Outdoor accommodation facilities

Note: Please come to the meeting point with your own or rented bike (hire service available on request). Helmet compulsory.
(From 13/06 to 19/09)



- MTB TEST DAY children and youngsters

Test day at the Skillpark in Canazei. Have fun with our instructors experiencing jumps, boardwalks and parabolics! Children and youngsters can then take part to the weekly MTB courses, with the opportunity to attend a one-day or more-days course.

Difficulty: easy

Meeting point: 9.30 a.m. Sport Check Point Canazei

Duration. 3 hours

Price: € 20

FREE for the guests of Sport & Outdoor accommodation facilities

Note: Please come to the meeting point with your own or rented bike (hire service available on request). Helmet compulsory. Children must be able to ride a bike without training wheels. Children who want to learn riding without training wheels can take specific private lessons.
(From 13/06 to 19/09)

Weekly courses are divided into:

- Base MTBike course, amusing collective lessons, both in the Skillpark in Canazei and along the most beautiful paths of the valley, to learn the right MTB uphill and downhill technique.
- Advanced MTBike course, off-road riding technique, also with the use of lifts



- MY FIRST VIA FERRATA

A unique opportunity to experience the thrill of conquering a peak! Our Alpine Guides will accompany you and will teach you the right approach to the via ferratas starting from the easiest and most panoramic of the valley, the Roda de Vael in the group of Catinaccio mountain massif or Bepi Zac at San Pellegrino Pass.

Excursion difficulty: medium. Via ferrata difficulty: easy

Meeting point: 8.00 a.m. Sport Check Point Pozza or Moena.

Return: about 4 p.m.

Uphill altitude drop: about 700m. Downhill altitude drop: about 700m

Price: € 85 per person (mountain guide and ferrata set's rental are included) **€ 50 for the guests of Sport & Outdoor accommodation facilities (min. 3 people)**

Excursion with a limited number of participants, max 4 people per guide. Use of lifts. Ticket for lifts and busses not included in the price. (From 13/06 to 19/09)

Tuesday



- THE SELLA WATERFALLS with PANORAMIC APERITIV

High altitude excursion across the woods. Starting from Pecol you will discover 3 spectacular waterfalls and arrive at the feet of Sella massif. Through the enchanting Val Lasties we will then descend to Lupo Bianco and reach a suggestive panoramic point called Soracrepa. Here we will have a genuine aperitif-break in a traditional mountain hut, while enjoying a breathtaking view over the valley.

Difficulty: medium

Meeting point: 9.30 a.m. Sport Check Point Canazei

Return: about 3.00 p.m.

Uphill altitude drop: 100m. Downhill altitude drop: 500m

Price: €25 aperitif included

€ 10 for the guests of Sport & Outdoor accommodation facilities.

Note: This excursion is done at the very same time of "children approach to climbing", so that parents have time to bring their children to the meeting point and pick them up at the of the excursion. Ticket for lifts and busses not included in the price. (From 14/06 to 20/09)



- BODY AWAKENING WITH DOLOMITES VIEW

On the sunny meadows of Sorte, surrounded by the enchanting panorama of the Dolomites, enjoy a sweet body awakening with simple, but efficient stretching exercises. You will regain well-being in harmony with the nature around you.

Difficulty: easy

Meeting point: 10.00 a.m. Planet Gym Moena Return: 11.30 a.m.

Note: comfortable wear recommended. In case of rain, the activity will take place at the gym

Price: €10 per person

3€ for the guests of Sport & Outdoor accommodation facilities.

(From 21/06 to 20/09)

Wednesday



- WITH HEADLAMPS IN THE TRENCHES OF PADON

We will explore the First World Trenches in the area of Padon equipped with helmets and headlamps. We will visit the glacier of Marmolada accompanied by the Mountain Guides.

Difficulty: medium/easy

Meeting point: 8.45 a.m. Sport Check Point Canazei or 9.15 a.m. departure of Padon Chairlift at Fedaia Pass

Return: about 15.30 p.m.

Uphill altitude drop: 180m. Downhill altitude drop: 500m

Price: € 25 adults, € 8 children (up to 12 years old)

€ 10 adults and FREE children for the guests of Sport & Outdoor accommodation facilities.

Use of lifts. Ticket for lifts and busses not included in the price.

(From 15/06 to 20/09) The first 2 weeks without using the lift, altitude drop will be higher and difficulty will be medium.

- THE WONDERS OF “TROI DI LADINS” PATH

Half day excursion starting from Vigo di Fassa. You will pass close to Santa Giuliana’s Church and proceed along a panoramic path up to the hamlet of Vallonga. Here you will visit a farm holiday and taste some local genuine products.

Meeting point: 9.30 p.m. Tourism Information Office Vigo di Fassa

Return: about 12.30 a.m.

Uphill altitude drop: 180m. Downhill altitude drop: 500m

Price: € 15 per person, €5 children up to 12 years.

FREE for the guests of Sport & Outdoor accommodation facilities. (3€ little food tasting).

(From 15/06 to 20/09)



Thursday



- HIKE & BIKE along the MOUNTAIN RIDGE of BUFFAURE

One of the most panoramic excursion of the valley combining trekking and bike! You will spend a whole day guided by our territory experts along the scenic ridges of Buffaure with a 360° view on the most stunning mountains of the valley. Once we get to the Ciampac hollow, we will descend by cable car and ride to Pozza di Fassa along the cycle route together with our MTB guides.

Difficulty: middle

Meeting Point: 9.30 a.m. Sport Check Point Pozza di Fassa

Return: about 4.30 p.m.

Price: € 35 adults (bike rental and guide included), € 17 children up to 12 years. **€ 20 adults and € 10 children for the guests of Sport & Outdoor accommodation facilities.**

Use of lifts. Ticket for lifts and busses not included in the price.

(From 23/06 to 08/09)



- THE MAGICAL HERBS - FAMILY AT ALPE LUSIA

Easy walk at the little botanical garden at Alpe Lusia with didactic laboratory for children to discover the many virtues and uses of aromatic and medicinal herbs..with nice souvenirs.

Difficulty: easy

Meeting Point: 2.00 p.m. Alpe Lusia lift in Moena

Return: about 6.30 pm

Price: €15 adults, €5 children up to 12 years.

FREE for the guests of Sport & Outdoor accommodation facilities.

Use of lifts. Ticket for lifts and busses not included in the price.

(From 23/06 to 08/09)

Friday

- HIGH ALTITUDE SUNRISE BREAKFAST

A unique, fascinating experience. You will enjoy the breathtaking sunrise on the Marmolada and Dolomites peaks from above. We will have a delicious breakfast in a mountain refuge before returning down to the valley.

Difficulty: easy

Meeting point: to be defined according to the period, parking Pordoi Cable Car at Pordoi Pass.

Return: about 9.00 a.m.

Uphill altitude drop: about 150m

Price: €30 per person, rich buffet breakfast included!

€15 for the guests of Sport & Outdoor accommodation facilities.

(From 17/06 to 23/09)



- BIKE LESSONS ON THE GO!

Guided excursion for families along the cycle route of Val di Fassa to learning about mountain life and culture. Enjoy a didactic adventure on theme-based paths riding through woods, farms and organic fields, farm holidays and a lot of lovely animals.

Difficulty: easy

Meeting point: 10.00 a.m. Sport Check Point Pozza

Return: about 3.00 p.m.

Price: €25 per person, €10 children up to 12 years

€10 adults and €5 children for the guests of Sport & Outdoor accommodation facilities.

Length: about 20 km

Altitude drop to pedal: 200m

Lunch: at a bikegrill (not included in the price)

(From 17/06 to 23/09)





- THROUGH VALFREDDA – SAN PELLEGRINO PASS

Starting from San Pellegrino Pass every week.

Difficulty: middle

Meeting Point: 9.00 at San Pellegrino Pass or Alpe Lusia Cable Car departure depending on the excursion.

Duration: about 6 hours including a pleasant lunch break.

Price: € 25

€10 adults for the guests of Sport & Outdoor accommodation facilities.

(From 24/06 to 23/09)

Saturday

- THE TRENCHES AND THE FIRST WORLD WAR PATHS

Excursion along the lines of the Italian front, passing in the tunnels and trenches of Colifon, at San Pellegrino Pass.

Difficult: middle

Meeting Point: 8.30 a.m. at Costabella lift departure, San Pellegrino Pass.

Duration: about 4 hours

Price: € 15 per person

€ 5 for the guests of Sport & Outdoor accommodation facilities.

Use of lifts. Ticket for lifts and busses not included in the price.

(From 25/06 to 24/09)



Sunday

-HIGH MOUNTAIN CLICK

High altitude excursion accompanied by a territory expert, who will lead us in the most enchanting locations of our valley. A photographer will teach us how to use our cameras or smartphones in the best way, to take spectacular pictures and amaze all our friends. We will learn the little tricks of landscape, macro and sport/movement photography.

The most beautiful photos will be posted on our facebook page at the end of the excursion and the picture getting the higher number of likes will be awarded with a free activity during the week!

Difficulty: easy

Meeting point: 1.30 p.m. Sport Check Point Canazei or Campitello

Return: about 5.30 p.m

Uphill altitude drop: depending on the itinerary

Price: € 15 per person

€ 5 for the guests of Sport & Outdoor accommodation facilities.

Use of lifts. Ticket for lifts and busses not included in the price.

(From 19/06 to 25/09)

