

WEEKLY PROGRAMME OUTDOOR ACTIVITIES

VAL DI FASSA - SUMMER 2019



Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Excursions and activities with Territorial Guides p. 8 - 15	"A step from the sky, the wonderful Buffaure" (family) - Full day excursion	"Crossing the Catinaccio" - Full day excursion from Passo Costalunga to Ciampiede	"Val San Nicolò...as you have never seen it! With Gourmet lunch in a lodge" - Full day excursion	"Taste the Mountain - woods and mountains flavors" - Full day excursion	"High altitude sunrise breakfast" - early morning excursion	"Gente di Trincea", life in the Dolomites during the First World War - morning excursion	"Sunset excursion with dinner at the mountain hut" in Val Duron - evening
	"The sources of Marmolada Glacier" - Full day excursion	"La Gran Vera" the Austrian gunner - Morning excursion	"Hike & Bike" Discover the mountain on foot and by bike - Full day excursion	"Sella and Pordoi waterfalls" - Full day excursion	"Backpack on your shoulder! Excursion in the Dolomites" different itineraries - Full day	Lusia Family day: "Kids orienteering adventures" - full day (family)	-
	"King Laurin sources, the woods revival" (family) - morning	"Afternoon at the farm" activities for both adults and children (family) - afternoon	Lusia Family day: "The sweet world of bees" - morning. "Tree my friend: the wood chain" - afternoon (family)	"Let's build our little shelter in the woods" for children - half day	"El vial di colores" - half day walk at Col Rodella (family). "The city of Marmots" - afternoon walk (family)	-	-
	"The Fairy Moena"- afternoon walk in the village of Moena	"The fairy lake and the cow milking" (family) - afternoon walk	"Bio pilates - Sunset emotions" - afternoon in Moena.	"Crystal mountains - Dolomites UNESCO World Heritage" - morning at San Pellegrino Pass.	"Hike & Bike along the ridge of Buffaure" - Full day excursion	-	-
Excursions and activities with the Mountain Guides p. 8 - 20	"My first via ferrata" with the Mountain Guides - Full day	Introduction to climbing for youngsters - full day	"Exploring with headlamps the first world war trenches at Padon" (family) - Full day excursion	"Historical tour of the Marmolada glacier" first glacier approach - Full day excursion	Around the mountain dairies (Moena) - half day	Panorama Trek - Full day excursion with Mountain Guides	Dolo-mythical Adventure! Dry canyoning and abseiling by touching the water - full day
	Starting base or advanced climbing courses for adults and children	Introduction to climbing for adults - full day	Around the mountain dairies (Pozza or Vigo) - full day	"Classic and modern climbing routes in the Dolomites" - full day	Normal hiking route of Marmolada glacier - Punta Penia (3342m) - full day	"My first climbing route" with the Mountain Guides - full day	Difficult level Via ferrata (es: Marmolada west ridge, Piazzetta and more) - full day
	Climbing with the Mountain Guides by the ADEL climbing hall from 5.30 to 7.30 pm	Climbing with the Mountain Guides by the ADEL climbing hall from 5.30 to 7.30 pm	Medium level Via ferrata: (Trentina, Majarè and more...) - full day	Climbing with the Mountain Guides by the ADEL climbing hall from 5.30 to 7.30 pm	Difficult level Via ferrata (es: Marmolada west ridge, Piazzetta and more) - full day	Weekend climbing course for adults - afternoon	Weekend climbing course for adults - morning
MTB children and youngsters	"MTB Test day children and youngsters" - easy morning ride and skill park in Canazei. "Bike Family, emotions on wheels" afternoon in Moena.	"Kids on Bike" - technique and balance at the SkillPark - morning	"Kids on Bike" - easy ride and single trails - morning	"Kids on Bike" - technique and balance at the SkillPark - morning	"Kids on Bike" - easy ride and single trails - morning	-	-
MTB E-Bike Tours	"MTB Test tour adults" - easy E-bike cross country tour - morning	Every other week "Costa del Soreie" or "Duron and Alpe di Tires" E-bike tour - half day	"Lake Carezza on E-Bike" - full day	"Grand Tour 3 Valleys with E-Bike" - full day	"The scenic Val Contrin" and "Val San Nicolò Tour" - half day	Lusia and Passo San Pellegrino E-Bike or MTB Tour - half day	"Sassolungo and Alpe di Siusi E-bike Tour" - full day
MTB Cross country Tours	"MTB Test tour adults" - easy cross country tour - morning	"Sellaronda MTB tour" or "Latemar Tour" - full day	"Resciesa and Alpe di Siusi Tour" - full day	Snack along the cycle route with MTB Guides - half day	"Sellaronda MTB tour" clockwise or counter clockwise - full day	"Sassolungo Tour" or "Latemar Tour" cross country style - full day	"Sellaronda MTB tour" clockwise or counter clockwise - full day
MTB Enduro - All Mountain Tours	"Easy Enduro Tour" - Technical lesson on single trails or bike park - 1/2 day	"Flow Tour" - full day	"World Series Tour" - full day	"NOS Tour" - full day	Tactical lesson on single trails or bike park - 1/2 day	"Sellaronda MTB Gravity Tour" - full day	-
Paragliding p. 38	Tandem paragliding flights Col Rodella - Campitello	Tandem paragliding flights Col Rodella - Campitello	Tandem paragliding flights Col Rodella - Campitello	Tandem paragliding flights Col Rodella - Campitello	Tandem paragliding flights Col Rodella - Campitello	Tandem paragliding flights Col Rodella - Campitello	Tandem paragliding flights Col Rodella - Campitello
Yoga pg. 40-41	Yoga classes (morning and afternoon in Soraga and Canazei)	Yoga classes (afternoon at Agritur Soreie)	Outdoor Yoga (morning in Canazei) - Outdoor Yoga (afternoon at Sella Pass)	Yoga of breathing (morning at Agritur Soreie) - Yoga classes (evening in Canazei)	Yoga classes (afternoon at Agritur Soreie)	Yoga EVENTS	Outdoor Yoga (morning in Canazei)
Tai Chi e Qi Gong pg. 42-43 Nordic Walking pg. 48 -49	Qi Gong of awakening (early morning) - Qi Gong and Tai Chi (afternoon)	Nordic Walking lessons - about 1h and 1/2 in Canazei or Pozza - morning or afternoon	Qi Gong (afternoon)	Nordic Walking lessons - about 1h and 1/2 in Canazei or Pozza - morning or afternoon	Qi Gong of awakening (early morning)	Vitality Day - full day	-

LEGEND: In **red** FREE activities for Val di Fassa card owners.
Discounts up to 50% on many of those activities for **Summer Outdoor accommodations'** guests.

Info & booking by any Sport Check Point of the valley
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