

WEEKLY PROGRAMME OUTDOOR ACTIVITIES

VAL DI FASSA - SUMMER 2020



Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1/2 day excursions and activities with Territorial Guides	"King Laurin's springs – rebirth of the forest" (family) - morning in Moena - easy	"Sentieri di pace" The Great War the Austrian gunner - morning at Alpe Lusia - intermediate/easy	"The milky way" - visit the farm (family) - morning in Moena - easy	Lusia Family day: "the sweet world of bees" - morning at Alpe Lusia (family) - easy	"High altitude hike at sunrise" - Early morning hike at Pordoi Pass - Vial del Pan intermediate/easy	"Gente di Trincea" life in the Dolomites during the first World War - morning in Moena - intermediate/easy	"Latemar labyrinths trail and Lake Carezza" morning at Costalunga Pass - intermediate
	"The sensory forest" (family) - afternoon in Moena - easy	"The fairy lake and the cow milking" (family) - afternoon at S. Pellegrino Pass - easy	"Cooking class at the farm" with lunch with the Chef Elena - Vigo di Fassa	"My Friend Tree: let's plant together the wood" (family) afternoon in Moena - easy	"Crystal mountains: Dolomites UNESCO heritage" morning at S. Pellegrino Pass - easy	Well-being excursion at Alpe Lusia - intermediate/easy	"Discovering Val di Fassa" - with the mountain experts - Canazei, Vigo or Moena - intermediate /easy
Full day excursions and activities with Territorial Guides	"On the way to Pordoi" - Lupo Bianco, Belvedere, Pordoi - intermediate/easy	"Crossing the Catinaccio Group" - Pera, Costalunga Pass, Ciampedie - intermediate	"Jir sa mont" the lifts take us to wonderful places - intermediate	"Gourmet lunch in a mountain lodge: amid woods, springs and waterfalls!" - Val San Nicolò - intermediate/easy	"The city of marmots" in the afternoon at S. Pellegrino Pass (family) - easy	-	"Sunset excursion with dinner at the refuge" in Val Duron - evening - intermediate
	"On the ridge of Buffaure" - Pozza - intermediate	-	-	"Panorama Trek" at high altitude on hidden paths - Col Rodella - intermediate	"Backpack on your shoulders" excursion in the Dolomites - different itineraries - intermediate/difficult	-	-
excursions and activities with Mountain Guides	"My first via ferrata" with Mountain Guides - full day - intermediate	Introduction to climbing for youngsters - full day in Canazei	"With headlamps in the trenches of Padon" - 1/2 day excursion at Fedai Pass - intermediate/easy	Introduction to climbing for youngsters - half day morning or afternoon in Pozza	"Marmolada trekking" - full day excursion with the Mountain Guides - intermediate/difficult	Normale route of Marmolada glacier - Punta Penia (3342m) - full day - difficult	Difficult level Via ferrata: (es: Finanziere, Marmolada West Ridge, Piazzetta, ecc) - full day - intermediate
	Start climbing courses for adults and children (3 or 5 days)	Introduction to climbing for adults - full day - Pozza or Canazei	Medium level Via ferrata: (Tridentina, Majarè...) - full day - intermediate	"Historical Tour of Marmolada glacier" first approach to the glacier - intermediate	"Dolo-mythical Adventure!" Easy via ferrata and abseiling close to the waterfalls - intermediate	Classic climbing routes on the Dolomites - full day - different levels	Weekend climbing course - full day
	Afternoon climbing by the ADEL climbing hall with Mountain Guides - 5.30 - 7.30 pm	"My first climbing route" - full day - different levels	Afternoon climbing by the ADEL climbing hall with Mountain Guides - 5.30 - 7.30 pm	Classic climbing routes on the Dolomites - full day - different levels	Afternoon climbing by the ADEL climbing hall with Mountain Guides - 5.30 - 7.30 pm	Weekend climbing course - afternoon	Afternoon climbing by the ADEL climbing hall with Mountain Guides - 5.30 - 7.30 pm
MTB children and youngsters	"MTB Test day for children and youngsters" tour and SkillPark - morning in Canazei - easy	Introduction to MTB for children - morning in Moena	"Kids on Bike" - easy tour on single trails - morning	"Kids on Bike" - balance and technique at the SkillPark - morning	"Lake Carezza E-bike tour" - full day - intermediate/easy	"On the mountains with MTB and lifts" - morning at Col Rodella - intermediate/easy	"Kids on Bike" - easy tour on single trails - morning
MTB E-Bike Tours	"The waterfalls in Val San Nicolò" - morning in Pozza - easy	"Latemar tour" - full day - intermediate/easy	Panoramic half day E-bike Tour in the woods - Pozza or Canazei - intermediate/easy	"Sot Vernel E-bike tour" - full day - intermediate/easy	"Ride & Dine" evening E-bike tour with dinner at a mountain hut - intermediate/easy	"Sassolungo E-volution" - full day - intermediate	"In the heart of Catinaccio by E-bike" - 1/2 day - intermediate/easy
MTB Tour	"MTB Test tour for adults" - morning in Canazei - intermediate/easy	"Sellaronda MTB tour" - full day - intermediate/difficult	Grand Tour Alpe Lusia - full day - intermediate	"Sassolungo MTB Tour" - full day - intermediate	"Sellaronda MTB tour" clockwise, counter clockwise or gravity - full day - intermediate/difficult	"Sellaronda MTB tour" clockwise, counter clockwise or gravity - full day - intermediate/difficult	"Sellaronda MTB tour" Gravity - full day - intermediate/difficult
MTB Enduro - All Mountain Tour	"Easy Enduro Tour" - morning in Canazei/Campitello - intermediate/easy	"Flow Enduro Tour" - full day - intermediate	"World Series Tour" - full day - difficult	"NOS Tour" - full day - intermediate/difficult	Technical MTB lesson on single trails or Bike Park - 1/2 day	"On the mountains with MTB using the lifts" - morning at Col Rodella - intermediate/easy	
Yoga	Morning Yoga in Canazei - Afternoon Yoga in Pozza or Pera di Fassa	evening Yoga in Campitello	-	Morning Yoga in Canazei - Afternoon Yoga in Pozza or Pera di Fassa	Yoga in the mountains at Sella Pass (afternoon) - evening Yoga in Campitello	Yoga of breathing (morning) - Canazei	Yoga of breathing (mattino) - Canazei
Tai Chi & Qi Gong	-	Qi Gong of awakening (morning) - Qi Gong & Tai Chi (evening) - both in Vigo	Qi Gong of awakening (morning) in Alba di Canazei. Tai Chi Fu Style (morning) Campitello	Tai Chi Fu Style (morning) - Qi Gong e Tai Chi (evening) - both in Vigo	Qi Gong (morning) - Moena	Tree Yoga Adventure	-
Paragliding	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

LEGEND: In **bold** FREE activities reserved to Val di Fassa Guest 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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