

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1/2 DAY EXCURSIONS AND ACTIVITIES with Territorial Guides</b>	"Moena Trek" - the enchanted forest - morning in Moena - intermediate/easy	"Sentieri di pace" The Great War and the Austrian gunners - morning at Alpe Lusia - intermediate/easy	"The milky way" - walk and visit at the farm (family) - morning in Moena - easy	Lusia Family day: "the sweet world of bees" - morning at Alpe Lusia (family) - easy	<b>"Sunrise hike with breakfast at altitude" - Early morning at Pordoi Pass Belvedere - intermediate/easy</b>	"Gente di Trincea" life in the Dolomites during the First World War - morning in Moena - intermediate/easy	<b>"Latemar labyrinths hike and Lake Carezza" morning at Costalunga Pass - intermediate/easy</b>
		"The fairy lake and the cow milking" (family) - afternoon at S. Pellegrino Pass - easy	"My Friend Tree" Let's plant together the wood (family) - afternoon in Moena - easy	"World Tour discovering fantastic animals" (family) - afternoon in Moena - easy	"Crystal mountains" morning at Col Margherita - easy		
		"The Great War in the Dolomites" - morning at Belvedere/Pordoi Pass - easy	"El vial dei colores" Botanical excursion - morning at Col Rodella or Belvedere - easy	"Romantic Enrosadira" evening excursion with dinner in a mountain hut - intermediate/easy	"Survivor" survival and exploration school at Ciampac (16 and 30 July and 13 and 27 August)		
<b>FULL DAY EXCURSIONS with Territorial or Mountain Guides</b>	<b>"On the way to Pordoi" The terrace of the Dolomites - Lupo Bianco, Belvedere, Pordoi - intermediate/easy</b>	<b>"Crossing the Catinaccio Group" - Pera, Costalunga Pass, Ciampedie - intermediate</b>	<b>"Pic Nic in a real mountain lodge: amid woods, springs and waterfalls!" (family) - Val San Nicolò - intermediate/easy</b>	Dolomitic Geotrekking! Geological excursion in cooperation with MUSE - itinerant - intermediate	"Backpack on your shoulders" excursion in the Dolomites - different itineraries - intermediate/difficult		"Flavors, knowledge and surroundings" - from Ciampedie towards Roda de Vael - intermediate/easy
		"At the feet of Vajolet Towers" Ciampedie - Re Alberto Refuge - intermediate/difficult	<b>"Jon a mont" lifts take us to wonderful places - intermediate</b>	"Lake Antermoia" the heart of Catinaccio - difficult	<b>"Panorama Trek" at high altitude on hidden paths - Col Rodella - intermediate/difficult</b>		
<b>VIA FERRATA CLIMBING AND ACTIVITIES with Mountain Guides</b>	<b>"My first via ferrata" with Mountain Guides - intermediate</b>	<b>Introduction to climbing for youngsters - Canazei or Pozza</b>	"Historical Tour of the Marmolada glacier" first approach to the glacier - intermediate	<b>"With headlamps in the trenches of Padon" - excursion at Fedaiia Pass - intermediate/easy</b>	"Vertical Time" climbing and abseiling at high altitude at Ciampedie - intermediate/easy	<b>"Dolo-mythical Adventure!" Easy via ferrata and abseiling close to the waterfalls - intermediate</b>	Difficult level Via ferrata: (es: Finanziere, Marmolada West Ridge, Piazzetta, etc) - intermediate
	Start climbing courses for adults and children (3 or 5 days)	<b>Introduction to climbing for adults - Canazei or Pozza</b>	Full day climbing course - intermediate	Medium level Via ferrata: (Tridentina, Majarè...) - intermediate	Classic climbing routes in the Dolomites - different levels		
<b>MTB children and youngsters</b>	<b>"MTB Test day for children and youngsters" tour and SkillPark - morning in Canazei and Soraga - easy</b>	"Kids on Bike" - balance and technique at the SkillPark - morning	"Kids on Bike" - easy tour on single trails - morning	"Kids on Bike" - balance and technique at the SkillPark - morning	"Kids on Bike" - easy tour on single trails - morning	<b>"Sellaronda MTB tour" clockwise, counter clockwise or gravity - full day - intermediate/difficult</b>	<b>"On the mountains by MTB and lifts" - morning at Col Rodella - intermediate/easy</b>
<b>MTB Tours</b>	<b>"MTB Test tour for adults" - morning in Canazei and Soraga - intermediate/easy</b>	"Sellaronda MTB tour" - full day - intermediate/difficult	"Sassolungo MTB Tour" - full day - intermediate	"Latemar tour" - full day - intermediate/easy	"Sellaronda MTB tour" - full day - intermediate/difficult		
<b>MTB E-Bike Tours</b>	Start MTB weekly course for adults or children (5 days)	<b>"Panoramic E-bike Tour" - Pozza or Campitello - half day - intermediate/easy</b>	<b>"Sassolungo Tour" or "Latemar Tour" by E-bike - full day - intermediate/easy</b>	<b>"Agri-Tour by E-Bike" - along the cycling route between farmhouses and typical products (family) - full day</b>	"Lake Carezza E-bike tour" - full day - intermediate/easy	"In the heart of the Catinaccio E-bike tour" - 1/2 day - intermediate/easy	"Sassolungo E-evolution" - full day - intermediate
	"The Val San Nicolò waterfalls" - morning in Pozza - easy	"Grand Tour Alpe Lusia" - full day - intermediate	"Along the imperial fortification by E-bike" - morning in Moena - intermediate. "La roda Moena" - afternoon - easy	"In the woods of the Magnifica Comunità" Val di Fiemme by e-bike - intermediate			
<b>MTB Enduro - All Mountain Tour</b>	"Easy Enduro Tour" - morning - intermediate/easy	"Flow Tour" - full day - intermediate/easy	"World Series Tour" - full day - difficult	"NOS Tour" - full day - intermediate/difficult	Technical MTB lesson on single trails or Bike Park - 1/2 day	"8-volante" E-bike Enduro Tour - full day - intermediate/difficult	"Sellaronda MTB tour" Gravity - full day - intermediate/difficult
<b>VITALITY</b>	"The sensory forest" barefoot in the woods - afternoon in Moena - easy	Yoga classes - morning in Canazei	"Vitality day" - Bio-natural activity - full day		Free your breath - morning in Vigo di Fassa. Yoga lesson - morning in Canazei	"Mountain and Vitality" breathing and nature at high altitude at Ciampedie - afternoon	Yoga in the mountains at Sella Pass - morning
<b>Tai Chi &amp; Qi Gong</b>	Tai Chi Fu Style classes - morning in Canazei and afternoon in San Giovanni	Qi Gong classes - afternoon in Pozza di Fassa		Qi Gong classes - morning in Pozza and afternoon in Vigo di Fassa	Qi Gong classes - morning in Moena		
<b>EVERYDAY</b>	Tandem paragliding flights - Col Rodella - Campitello	Horse rides - by the ranches in Vigo and Campitello di Fassa	Adventure Parks in Campitello or Pera di Fassa	Vie ferratas and climbing routes on request	Climbing by the ADEL climbing wall - Campitello di Fassa	Archery - Campitello di Fassa	Rafting - Val di Fiemme

