

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1/2 DAY EXCURSIONS AND ACTIVITIES with Territorial Guides</b>	"The energy of woods" - the enchanted forest - morning in Moena - intermediate/easy	"Sentieri di pace" The Great War and the Austrian gunners - morning at Alpe Lusia - intermediate/easy	"My Friend Tree" Let's plant together the wood (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" - Pordoi Pass / Belvedere - intermediate/easy</b>	"Gente di Trincea" life in the Dolomites during the First World War - morning in Moena - intermediate/easy	-
	"Morning at the farm" (family)- morning in Vigo / Tamion - easy	"The fairy lake and the cow milking" (family) - afternoon at S. Pellegrino Pass - easy	"Maso Tour" - walk and visit at the Agritur El Mas (family) - afternoon in Moena - easy	"World Tour to discover fantastic animals" (family) - afternoon in Moena - easy	"Crystal mountains" morning at Col Margherita / S. Pellegrino Pass - easy	"Lusia Family Day - Kids orienteering adventures" - morning at Alpe Lusia - (family) easy	<b>"Alpine aromas and flavours" walk to discover rural traditions - afternoon in Campestrin - easy</b>
<b>FULL DAY EXCURSIONS with Territorial or Mountain Guides</b>	<b>"On the way to Pordoi" The terrace of the Dolomites - Passo Pordoi - intermediate/easy</b>	<b>"On the chamois trails" - Alba / Ciampac - intermediate</b>	<b>"Jon a mont" the lifts take us to wonderful places - intermediate</b>	Storytrekking! A narrative journey experience at the foot of Sassolungo - Col Rodella - intermediate/easy	"Backpack on your shoulders" excursion in the Dolomites - different itineraries - intermediate/difficult	<b>"Latemar labyrinths hike and Lake Carezza" morning at Costalunga Pass - intermediate/easy</b>	<b>"Crossing the Catinaccio Group" - Pera, Costalunga Pass, Ciampedie - intermediate</b>
		"At the feet of Vaiolèt Towers" Ciampedie - Re Alberto Refuge - intermediate/difficult	<b>"The sources of Marmolada glacier" Pian Trevisan / Lake Fedaia - intermediate/difficult</b>	"Lake Antermoia" the heart of Catinaccio - difficult	<b>"Val di Fassa crossing" Val S. Nicolò / Val Contrin - 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" Punta Rocca, first approach to the glacier - intermediate/easy	<b>"With headlamps in the trenches of Padon" - excursion at Padon Pass - intermediate/easy</b>	Normal route of the Marmolada glacier - Punta Penia (3342m) - very difficult	<b>"Dolo-Mythical Adventure!" Easy via ferrata and absailing close to the waterfalls - intermediate</b>	Difficult level Via ferrata: (ex: 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>	Medium or difficult level Via ferrata: (Tridentina, Majaarè, Antermoia...) - intermediate	"My first via ferrata" with Mountain Guides - intermediate	"My first climbing route" - easy or medium level of climbing	Full day climbing course - intermediate	1/2 day via ferrata at Col Rodella - intermediate
<b>MTB children and youngsters</b>	<b>"MTB Test day for children and youngsters"- morning in Canazei and Soraga/Moena - easy</b>	"Kids on Bike" - balance and technique at the Skill Park - morning	"Kids on Bike" - easy tour on single trails - morning	"Kids on Bike" - balance and technique at the Skill Park - morning	"Kids on Bike" - easy tour on single trails - morning	-	-
<b>MTB Tours</b>	<b>"MTB Test tour for adults" - morning in Canazei and Soraga/Moena - intermediate/easy</b>	"Latemar and Lake Carezza tour" - full day - intermediate/easy	"Sassolungo MTB Tour" - full day - intermediate	"Sellaronda MTB tour" - full day - intermediate/difficult	"Sellaronda MTB tour" - full day - intermediate/difficult	"Sellaronda MTB tour" clockwise, counter clockwise or gravity - full day - intermediate/difficult	<b>"Sellaronda MTB tour" clockwise, counter clockwise or gravity - full day - intermediate/difficult</b>
<b>MTB E-Bike Tours</b>	Start MTB weekly courses for adults and children (5 days)	<b>"Sassolungo Tour" E-bike tour - full day - intermediate</b>	<b>"Panoramic E-bike Tour" - Pozza or Campitello - half day - intermediate/easy</b>	<b>"Agri-Tour by E-Bike" - on the cycling route between farmhouses, animals and typical products (family) - full day - easy</b>	"Grand Tour Alpe Lusia and Paneveggio Natural Park" - full day - intermediate	"Riding in paradise" - full day - Moena S. Pellegrino Pass - intermediate/easy	"Sassolungo E-evolution" - full day - intermediate
	"E-Bike Tour Val San Nicolò - Gardeccia"- morning in Pozza - intermediate/easy	<b>"Latemar and Lake Carezza" E-bike tour - full day - intermediate/easy</b>	"La roda de Moena" - morning in Moena - easy. "Colvere E-bike Tour" - afternoon in Moena - intermediate	"Val Duron - Val Contrin" - 1/2 day - intermediate/easy	"Pale di San Martino" Enduro Tour - full day - intermediate/difficult	"8-volante" Enduro Tour - full day - intermediate/difficult	
<b>MTB Enduro Tours and Park</b>	"Easy Enduro Tour" - morning in Canazei - intermediate	"Flow Tour" - full day - intermediate/easy	EWS "Enduro World Series Tour" - full day - difficult	"NOS Tour" - full day - intermediate/difficult	Technical MTB lesson on single trails or Bike Park - 1/2 day	"E-Gravity" 1/2 day Enduro Tour with lifts - intermediate	Technical MTB lesson on single trails or Bike Park - 1/2 day
<b>VITALITY</b>	"Barefoot emotions" (family) afternoon in Moena - easy		"Bio Pilates Sunset Emotion" - late afternoon in Soraga		Wildlife excursion at sunset with hunters		
<b>EVERYDAY</b>	Tandem paragliding flights - Col Rodella - Campitello	Horse rides - by the ranches in Campitello and Vigo	Adventure Parks in Campitello and Pera	Classic climbing routes and via ferrata - different levels	Climbing by the ADEL climbing wall at Campitello from 4.00 pm	Fishing experience - courses and accompanied fishing trips	Rafting - Val di Fiemme



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The activities with discounts up to 50% for guests of the Summer Outdoor facilities are in **bold**.