



**ALTA
BADIA**[®]
Dolomites · Italy

NOSTES ESCURJIUNS

WALK WITH US
Summer 2022





XARPOS
FREE TO KEEP GOING

WHAT IF WE HIKED IN THE ELEMENTS?

*MOUNTAIN SPORTS ARE A SERIOUS GAME.
PLAY THE GAME.
EVOLVE THE COMMUNITY.*

NOSTES ESCURJIUNS – WALK WITH US

Discover the enchanting beauty of the Dolomites, UNESCO World Heritage Site. The Alta Badia Tourism Cooperative offers a varied program of excursions, guided by our local and qualified guides.

WHAT ARE YOU WAITING FOR? GET YOUR BOOTS ON!

The reservation of your chosen trip is compulsory at the Alta Badia Tourist Offices or online on www.altabadia.org within the day before (limited places).

WALK WITH US

	MONDAY	TUESDAY	WEDNESDAY
	LA RODA DI LEC	COL PLÖ ALT	LA MUNT DE PÖZ
		PARA DAI GIAI	I PRA DE MEDALGHES
	LA NATÖRA É TE NOSTES MANS	ESPLOJIUN DE CORUSC	LA NATÖRA TE SO GRAN SPLENDUR
		SPAZIRADA DLA DUMAN	CO SE É PA FORMÉ NOSC PAESAJE?
		I JUN A SALTÉ	LE LOVÉ DL SORÉDL
		SÖN LES PEDIES DLA CULTURA LADINA	LA VITA SÖN MUNT LA VAL DI MORINS
	PAN DALES 9 SÖN MUNT	LE PICE LAURANT DL BOSCH	JUN A CHIRÍ LE TESUR
	JUN A CHIRÍ LE TESUR	LE SPORT DL BOSCH	JUN A PE CUN I LAMA Y ALPACA

THURSDAY	FRIDAY	SATURDAY	
LA MAIESTÉ DI PARÉIS DL VALUN	L'ANDER DLA NĒI	JUN SÖ LA CRUSC	ALTA BADIA <i>TO DISCOVER</i>
NOSTES ERBES, SAUS CHE VARĚSC			
BÖRZ – DANTER CIÜF Y CORĚC	AMESA LES DOLOMITES CUN N GEOLOG		
SÖN LES PEDIES DLA LAURS	ODÜDA DAL SASSONGHER		ALTA BADIA <i>TO EXPLORE</i>
I JUN A SALTÉ			
DORMÍ TE ÜTIA			
	NATÖRA, ERT Y CULTURA		ALTA BADIA <i>TO EXPERIENCE</i>
LE LÜCH DA PAUR	LE PICE IAGHER		ALTA BADIA <i>TOGETHER</i>
	LE SPORT DL BOSCH		





**LA RODA DI LEC
DISCOVERING THE LAKES “LECH DLÁ LUNCH” AND “LECH DA SOMPUNT”
FROM 06.06 TO 03.10.2022**

★ ★ ★ ☆ ☆

The route starts on a path that offers a beautiful view on the imposing walls of Sas dla Crusc, continuing through the woods at the foot of the Gardenaccia rock faces and then reaching the idyllic “Lech Dlá Lunch” lake. Passing along a forest path in the direction of Maso Runch farm, you walk towards the second lake “Lech da Sompunt” and descend to the Sompunt deer park to return along the river towards La Villa.

- 📍 La Villa – Sotsas – Lech da Sompunt lake – Lech Dlá Lunch lake – Runch – Paracia – deer park Sompunt – La Villa
- 📍 9.30 a.m. La Villa Tourist Office
- 🕒 approx. 4.30 p.m.
- ↔ approx. 12.5 km
- 👤 👤 approx. 400 m
- 🕒 approx. 4 hours
- 🍴 packed lunch or break in a restaurant
- 👟 trekking shoes and mountain wear
- 👤 Renate
- 💰 € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



LA NATÖRA É TE NOSTES MANS ALTA BADIA ECO-HIKER – WALK IT GREEN

★☆☆☆☆

The Dolomites are a sensible ecosystem that needs to be protected. You can become an Eco-Hiker and help us to preserve them. Walking through meadows and woods together with a local expert guide, you can pick up waste and rubbish that unfortunately are lost in nature. We give you the necessary equipment (gloves, bio-bags) to help us to remove things that damage our wonderful sceneries. Thank you, giulan, the Dolomites will be grateful!

20.06.2022 | 18.07.2022 | 29.08.2022

📍 Sciaré – Malga Valparola Alp – Sciaré
 📍 4.00 p.m. San Cassiano – Sciaré parking area
 ⌚ approx. 6.00 p.m.
 ↔ approx. 4.5 km
 🧤🧤 approx. 120 m

04.07.2022

📍 Corvara Tourist Office – Boé valley station – Pisciadú Waterfalls – Colfosco – Pescosta – Corvara Tourist Office
 📍 9.30 a.m. Corvara Tourist Office
 ⌚ approx. 1.00 p.m.
 ↔ approx. 13 km
 🧤🧤 approx. 250 m



08.08.2022

- 📍 La Villa Tourist Office – sports area – Verda – La Villa church – Lech da Sompunt lake – deer park Sompunt – La Villa Tourist Office
- 📍 9.30 a.m. La Villa Tourist Office
- 🕒 approx. 1.00 p.m.
- ↔ approx. 10 km
- ⤴ ⤵ approx. 130 m

19.09.2022

- 📍 Badia (1,324 m) – ascent by chair lift La Crusc 1 (for a fee) – La Crusc/S.Croce (2,045 m) – Armentara meadows – Valgiarèi – Badia
- 📍 9.30 a.m. Badia Tourist Office
- 🕒 approx. 4.00 p.m.
- ↔ approx. 10 km
- ⤴ approx. 240 m
- ⤵ approx. 750 m
- 🕒 approx. 3.5 hours
- 🍷 packed lunch or break in a mountain hut

👟 trekking shoes
 👤 Alessia

🗉 **Free of charge participation!**













PAN DALES 9 SÖN MUNT THE LADIN MORNING SNACK ON THE ALP

11.07.2022 | 25.07.2022 | 08.08.2022 | 22.08.2022 | 05.09.2022

★☆☆☆☆

Ladin people use to have a delicious forenoon snack. You have the possibility to try it on the Malga Valparola alp. On an easy path you reach the little mountain hut, where the owner will tell you the most interesting facts about the life on the alp and finally you will enjoy a typical "Pan dales 9" snack, basing on valuable alp products.

 Sciaré – Malga Valparola alp (1,749 m) – Sciaré
 9.30 a.m. San Cassiano – Sciaré parking area
 approx. 12.30 p.m.
 approx. 6 km
 approx. 150 m
 approx. 1.5 hours
 Malga Valparola-Eisenöfen alp
 trekking shoes and mountain wear
 Igi
 € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60











JUN A CHIRÍ LE TESUR GEOCACHING FROM 27.06 TO 29.08.2022

★☆☆☆☆

Geocaching is the treasure hunt you have always dreamed of! Modern, high-tech, sophisticated – only the smartest will win!



 Piz La Ila – Piz Sorega
 10.30 a.m. La Villa – cable car mountain station Piz La Ila
 approx. 2 hours
 approx. 123 m
 approx. 201 m
 trekking shoes and mountain wear, GPS will be provided at the starting point
 Team Movimènt
 * € 8.00








COL PLÖ ALT

EXCURSION TO THE COL PLÖ ALT PEAK

21.06.2022 | 05.07.2022 | 19.07.2022 | 02.08.2022 | 16.08.2022 |
30.08.2022

★★★★☆☆

This excursion in the Nature Park Puez-Odle is characterized by the amazing panorama view and the typical flora of the mountain meadows. The path crosses the forest and the big rock walls. At the Gardenacia hut the scenery is amazing: you can take a look on the mountains Marmolada, Sassongher and Para Dai Giài.

- 
 La Villa (1,433 m) – ascent by chair lift Gardenaccia (for a fee) – Gardenacia hut (2,051 m) – Col Plö Alt (2,332 m) – Gardenacia hut – La Villa
- 
 9.00 a.m. La Villa Tourist Office
- 
 approx. 5.00 p.m.
- 
 approx. 11 km
- 
 approx. 588 m
- 
 approx. 940 m
- 
 approx. 5 hours
- 
 packed lunch or break in a mountain hut
- 
 trekking shoes, mountain wear and mountain sticks
- 
 Walter
- 
 € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



PARA DAI GIAI












EXCURSION TO THE PARA DAI GIAI PEAK

28.06.2022 | 12.07.2022 | 26.07.2022 | 09.08.2022 | 23.08.2022 |

06.09.2022

★★★★☆

The Para dai Gaii peak is located near the Sassongher peak and enjoys a spectacular 360° view. It is rarely visited, but being easily accessible, it is one of the favorite destinations of locals.

-  La Villa (1,433 m) – ascent by chair lift Gardenaccia (for a fee) – Gardenaccia hut (2,050 m) – Para dai Gaii peak (2,435 m) – Gardenaccia hut – La Villa
-  9.00 a.m. La Villa Tourist Office
-  approx. 5.00 p.m.
-  approx. 10.5 km
-  approx. 740 m
-  approx. 1,000 m
-  approx. 5 hours
-  packed lunch
-  trekking shoes, mountain wear and mountain sticks
-  Walter
-  € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



ESPLOJIUN DE CORUSC

ADMIRING THE ALPINE FLOWERS ON THE ARMENTARA MEADOWS

07.06.2022 | 14.06.2022 | 21.06.2022 | 28.06.2022 | 05.07.2022 |
12.07.2022

☆☆☆☆☆

June and July is the best period of the year to do this wonderful hike, when nature can be admired in all its glory and when the alpine flowers are in bloom. The unique and spectacular colors, perfumes and shapes turn it to a fascinating experience.

- 📍 Badia (1,324 m) – ascent by chair lift La Crusc 1 (for a fee) – La Crusc/S.Croce (2,045 m) – Armentara meadows – Valgiarëi – Badia
- 📍 9.15 a.m. Badia Tourist Office
- 🕒 approx. 4.00 p.m.
- ↔ approx. 10 km
- ↗ approx. 240 m
- ↗ approx. 750 m
- 🕒 approx. 3.5 hours
- 🍴 packed lunch or break in a mountain hut
- 👟 trekking shoes and mountain wear
- 👤 Igi
- 💰 € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



SÖN LES PEDIES DLA CULTURA LADINA
DISCOVER THE LADIN CULTURE
FROM 05.07 TO 04.10.2022

★☆☆☆☆




Excursion along the typical Ladin hamlets, the "Viles", to discover the curiosities of Ladin culture and tradition. Visit at the Alfarëi farm for a typical snack at midday.

- 📍 La Villa – Cianins – Oies – Alfarëi – Pedraces – Ciaminades – Lech da Sompunt lake – La Villa
- 📍 9.30 a.m. La Villa Tourist Office
- 🕒 approx. 4.30 p.m.
- ↔️ approx. 14 km
- 📏 approx. 285 m
- 🕒 approx. 4 hours
- 🏠 Alfarëi farmhouse
- 👟 trekking shoes and mountain wear
- 👩 Anneliese
- 💰 € 25.00 | children from 5 to 12 years € 15.00 | free for children younger than 4 | Alta Badia Summer Card: € 20.00 | children € 12.00



SPAZIRADA DLA DUMAN
MORNING WALK THROUGH THE RIT MEADOWS
 19.07.2022 | 16.08.2022 | 30.08.2022 | 20.09.2022
 ★★☆☆☆

The morning walk is a real panacea for the body and ensures a state of both physical and mental well-being as well as giving more energy. When the sun begins to warm the peaks of the Dolomites, the landscape takes light and nature awakens. Enjoy the view of this fantastic world, because we can assure that you will live unforgettable moments. An energetic breakfast will finally be waiting for you at the Útia da Rit hut, to start the day in the best possible way.

-  Ciurnadú (1,545 m) – Larcenëi – Lech da Rit lake (1,892 m) – Crusc da Rit (2,021 m) – Útia da Rit hut – Ramëi – Ciurnadú
-  6.45 a.m. La Val Tourist Office – by private car to Ciurnadú
-  approx. 10:00 a.m.
-  approx. 7 km
-  approx. 480 m
-  approx. 3 hours
-  Útia da Rit hut
-  trekking shoes and mountain wear
-  Gerhard
-  € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



LE PICE LAURANT DL BOSCH
DOLOMITI RANGER – ON THE TRAIL OF WILD ANIMALS (CHILDREN
FROM 7 TO 12 YEARS)
FROM 05.07 TO 30.08.2022

★☆☆☆☆

With lots of fun and a dash of adventure the whole family, accompanied by experts, sets out on the trail of wild animals. To be able to protect nature, a Dolomiti Ranger needs to know a lot: How did the Dolomites form? Which plants grow there? Which animals live there and what do they eat? As a Dolomiti Ranger, this year you can explore the interesting flora and fauna of the Fanes-Senes-Braies Nature Park.

- 📍 Capanna Alpina – Plan dal'Ega – I Burjá – Plan de Furcia – Capanna Alpina
- 📍 10.00 a.m. San Cassiano – Capanna Alpina
- 🕒 approx. 3.00 p.m.
- ↔️ approx. 4 km
- ⤴️⤵️ approx. 200 m
- 🕒 approx. 1 hour
- 🍱 packed lunch
- 👟 trekking shoes and water-resistant mountain wear
- 👤 2 rangers
- 💰 € 20.00 | children from 7 to 12 years € 12.00 | Alta Badia Summer Card: € 16.00 | children € 9.60



**LE SPORT DL BOSCH
ORIENTEERING
FROM 28.06 TO 06.09.2022**

★☆☆☆☆

Orienteering is known as the „forest sport“, an outdoor adventure in areas of unspoilt natural beauty.

📍 You set off from Piz Sorega and with the help of the map and compass provided, you have to try and identify a precise course in the shortest time as possible, with checkpoints called “lanterns”, located in the nearby meadows and woods.

📍 10.30 a.m. San Cassiano – cable car mountain station Piz Sorega
 ⚙️ approx. 80 m

🕒 approx. 2 hours

👟 trekking shoes and mountain wear, a map and compass will be provided at the starting point

👤 Team Movimènt

💰 * € 7.00



**I JUN A SALTÉ
JOGGING
19.07.2022 | 02.08.2022 | 16.08.2022 | 30.08.2022**

★☆☆☆☆

An outdoor fitness adventure in unspoilt natural areas.

📍 La Villa Tourist Office – Corvara – La Villa Tourist Office

📍 5.00 p.m. La Villa Tourist Office

🕒 approx. 7.00 p.m.

⚙️ approx. 141 m

⚙️ approx. 43 m

👟 running shoes and water flask

👤 Team Dolomite Biking

💰 * € 15.00





LA MUNT DE PÖZ
THE WONDERS OF THE DOLOMITES AND THEIR ORIGINS
FROM 22.06 TO 05.10.2022

★★★★☆

On the hiking trail from the Passo Gardena to the Puez hut, we experience the Dolomites in unique beauty and variety: species-rich flower meadows at the Passo Gardena, bizarre peaks and jags at the Forcela Cier, the lunar landscape of the Puez plateau. Fossil imprints of ancient shells remind us that the Dolomites were formed in the sea many millions of years ago.

- 📍 Passo Gardena (2,121 m) – Forcela Cier notch – Forcela Crespëina notch (2,528 m) – Lech de Crespëina lake – Forcela Ciampëi notch – Puez hut (2,475 m) – Edelweiß Valley – Colfosco (1,645 m)
- 📍 8.30 a.m. Colfosco Tourist Office (by bus to Passo Gardena – for a fee)
- 🕒 approx. 5.00 p.m.
- ↔ approx. 13 km
- ↗ approx. 540 m
- ↘ approx. 1,030 m
- 🕒 approx. 5.5 hours
- 🍴 packed lunch or break in a mountain hut
- 👟 trekking shoes, mountain wear and mountain sticks
- 👤 Alfred
- 💰 € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



I PRA DE MEDALGHES

ON THE GREEN MOUNTAIN PASTURE OF MEDALGHES

**01.06.2022 | 15.06.2022 | 29.06.2022 | 13.07.2022 | 27.07.2022 |
10.08.2022 | 24.08.2022 | 07.09.2022 | 21.09.2022 | 05.10.2022**

★ ★ ★ ☆ ☆

The excursion takes you first through woods, then on mountain meadows of the Munt d'Adagn alp with its numerous ancient huts and its typical flora. Where the meadows are not mowed, the meadows are used as pasture. The walk leads from the Medalghes fork to the Rifugio Genova hut and then returns to the Val di Murins valley.

- 📍 Lungiarü (1,422 m) – Passo Medalghes (2,293 m) – Passo Furcia – Rifugio Genova hut – Pares – Lungiarü
- 📍 9.00 a.m. Lungiarü – centre
- 🕒 approx. 5.00 p.m.
- ↔ approx. 13 km
- 👤👤 approx. 880 m
- 🕒 approx. 6 hours
- 🍷 packed lunch or break in a mountain hut
- 👟 trekking shoes, mountain wear and mountain sticks
- 👤 Gerhard
- 💰 € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



LA NATÖRA TE SO GRAN SPLENDUR

THE ANTERSASC ALP AND THE CRËP DALES DODESC PEAK

08.06.2022 | 22.06.2022 | 06.07.2022 | 20.07.2022 | 03.08.2022 |
17.08.2022 | 31.08.2022 | 14.09.2022 | 28.09.2022

★★★☆☆

The Antersasc alp is placed in a green valley at the foot of the peaks that surround the Puez-Gherdenacia plateau. Two old abandoned buildings, once used by shepherds, reflect an image of peace and a unique landscape, far away from the tumult of civilization. From here, a narrow path leads us to the Crëp dales Dodesc peak with its breathtaking view.

- 📍 Cialdires (1,590 m) – Crëp dales Dodesc peak (2,384 m) – Cialdires
- 📍 9.00 a.m. Lungiarü – center
- 🕒 approx. 4.00 p.m.
- ↔ approx. 10 km
- 🧭 approx. 794 m
- 🕒 approx. 5 hours
- 🍱 packed lunch
- 👟 trekking shoes, mountain wear and mountain sticks
- 👤 Gerhard
- 💰 € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



LA VITA SÖN MUNT EXCURSION ON THE ALP FARM MUNT PLANFISTÍ FROM 22.06 TO 14.09.2022

★ ★ ☆ ☆ ☆

Easy excursion to discover the authentic life and work on the alp. We will visit the Planfistí alp farm admiring its beautiful, typical and rural architecture. The owner Maria will show us how to prepare the butter and how to milk goats.

- 📍 Passo Campolongo (1,875 m) – Bec de Rocas (2,160 m) – Munt Planfistí alp (1,990 m) – Passo Campolongo – Corvara (1,568 m)
- 📍 8.50 a.m. Corvara Tourist Office (by bus to Passo Campolongo – for a fee)
- 🕒 approx. 5.00 p.m.
- 📏 approx. 10 km
- 📏 approx. 285 m
- 📏 approx. 600 m
- 🕒 approx. 4 hours
- 👉 Munt Planfistí alp (not included)
- 👉 trekking shoes and mountain wear
- 👉 Igi
- 💰 € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



LE LOVÉ DL SORĚDL
SUNRISE ON THE GRAN CIR PEAK
13.07.2022 | 03.08.2022 | 17.08.2022 | 14.09.2022*
 ★★☆☆☆

Experiencing a sunrise, where an extraordinary show of lights throws the limelight on spectacular rock towers is an unforgettable experience. This hike leads to the Gran Cir peak to admire a breath-taking scenery.

- 📍 Passo Gardena (2,121 m) – Forcela Gran Cir notch – Piza Gran Cir peak (2,592 m) – Forcela Gran Cir notch – Passo Gardena
- 🕒 time details directly at reservation – Passo Gardena parking area
- 🕒 approx. 8.00 a.m.
- ↔️ approx. 3.1 km
- 🧭 approx. 470 m
- 🕒 approx. 2 hours
- 👟 trekking shoes, mountain wear and headlamp (climbing equipment included)
- 🧑 alpine guide
- 💰 € 25.00 (only for adults)
- P.S.: For trained people who do not suffer from vertigo (equipped trail).
- ✂️ on 14.09.2022: * breakfast at the Jimmi hut after the descent from Piza Gran Cir peak
- 💰 € 35.00 breakfast included (only for adults)



JUN A PE CUN I LAMA Y ALPACA
LAMA AND ALPACA TREKKING
29.06.2022

★☆☆☆☆

A unique occasion for children and adults to experience a new adventure with these lovely animals. You will accompany the llamas and alpacas on an easy and fascinating walk and finally, you can feed the animals.

- 📍 La Poza farm – Janin – Luianta – Pisciadú waterfalls – Luianta – La Poza farm
- 📍 4.00 p.m. Colfosco – La Poza farm parking area
- 🕒 approx. 6.00 p.m.
- ↔ approx. 3.2 km
- 👤 Daniel
- 💰 € 20.00 | children younger than 14 € 15.00



LA VAL DI MORINS
THE MILLS' VALLEY AND VISIT TO THE MUSEUM– NATURE AND CULTURE
IN THE DOLOMITES
FROM 06.07 TO 07.09.2022

★☆☆☆☆

A unique visit to the Val di Murins/ Mills'Valley in Lungiarù. During this guided visit, you can admire eight different watermills. Finally, you will have the possibility to have a look at the traditional farmhouse Lùch de Oriana. In the afternoon: visit to the Ladin Museum Ciastel de Tor.

Morning: Visit of the Mills'Valley

Afternoon: Visit of the Museum Ladin









- 📍 9.30 a.m. Lungiarù – parking area near the church (by car to the Mills' Valley)
- 🕒 approx. 1.00 p.m.
- 👤 trekking shoes and mountain wear
- 👤 Anneliese
- 💰 * € 10.00 visit to the Mills'Valley | free for children younger than 17 € 15.00 visit to the Mills'Valley and the Ladin Museum Ciastel de Tor



**JUN A CHIRÍ LE TESUR
GEOCACHING
FROM 29.06 TO 31.08.2022**

★☆☆☆☆

Geocaching is the treasure hunt you have always dreamed of! Modern, high-tech, sophisticated – only the smartest will win!

-  Piz La Ila – Piz Sorega
-  10.30 a.m. La Villa – cable car mountain station Piz La Ila
-  approx. 123 m
-  approx. 201 m
-  approx. 2 hours
-  trekking shoes and mountain wear, GPS will be provided at the starting point
-  Team Movimënt
-  * € 8.00



**CO SE É PA FORMÉ NOSC PAESAJE?
GEOLOGY WEEK – DOLOMITES LANDSCAPE GENESIS**

13.07.2022

★ ★ ☆ ☆ ☆

Excursion with the province's expert geologists to learn about the origin of the Dolomite landscape in Val Badia and the natural phenomena such as landslides that sculpt and shape it.

- 📍 ascent by chair lift La Crusc 1 (for a fee) – Lech dlá Lé lake – Oies – Badia
- 📍 9.00 a.m. Badia – valley station chair lift La Crusc 1
- 🕒 approx. 3.00 p.m.
- 📏 approx. 100 m
- 📏 approx. 550 m
- 🕒 approx. 3 hours
- 🍱 packed lunch
- 👟 trekking shoes and mountain wear
- 🏢 Office for Geology (Province of Bolzano)
- 🗣️ **Free of charge participation!**



SÖN LES PEDIES DLA LAURS
EXCURSION TO THE SPECTACULAR CONTURINES CAVE
FROM 07.07 TO 15.09.2022
 ★★★★★

At 2,750 meters above sea level, a 200 meters long bear's cave was found in 1987. The cave contained fossilized skulls and bones. Investigations revealed that the Conturines bears were a new species that had never been recorded before, they were called "Ursus ladinicus", the Ladin bears. In order to reach this unique cave, you have to overcome 1,000 meters of high altitude crossing in part a steep scree slope.












- 📍 Capanna Alpina (1,726 m) – Col de Locia – Conturines cave (2,750 m) – Capanna Alpina
- 📍 8.30 a.m. San Cassiano – Capanna Alpina
- 🕒 approx. 4.00 p.m.
- ↔️ approx. 9 km
- ⚡️ approx. 1,100 m
- 🕒 approx. 7 hours
- 🍱 packed lunch
- 👟 trekking shoes, mountain wear, mountain sticks and headlamp
- 🧭 alpine guide
- 💰 * € 20.00 | children younger than 12 € 12.00
- P.S.: Good physical condition and experience in the mountains is required! Cave temperature: 0° C.



LA MAIESTÉ DI PARÈIS DL VALUN
THE VALLON GLACIAL BASIN
FROM 09.06 TO 06.10.2022

★ ★ ★ ☆ ☆

A circular walk in the Vallon glacier basin gives you a unique opportunity to see the extraordinary shapes of the rocks up close. The beautiful and majestic walls of the Dolomia Cassiana rock are a beloved destination for mountaineers. After a stop at the Franz Kostner hut, you will descend to the turquoise "Lech de Boé" lake. At the Boé mountain station, you can decide whether to return to Corvara by cable car or on foot.

-  Corvara – ascent by cable car Boé (for a fee) – Vallon glacial basin – Franz Kostner hut (2,500 m) – Lech de Boé lake – Boé (2,224 m) – Corvara (optional descent by cable car – for a fee)
-  9.30 a.m. Corvara Tourist Office
-  approx. 4.30 p.m.
-  approx. 10.5 km
-  approx. 435 m
-  approx. 1,095 m
-  approx. 4.15 hours
-  packed lunch or break in a mountain hut
-  trekking shoes and mountain wear
-  Renate
-  € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



NOSTES ERBES, SAUS CHE VARÈSC
DISCOVER THE MOUNTAIN HERBS, HEALING FLAVOURS
FROM 09.06 TO 29.09.2022 (EXCEPT ON 30.06.2022)

★☆☆☆☆

Together with an expert local guide we will discover the various medical plants that grow on our meadows and learn about their healthy, cosmetic and culinary benefits. Finally, Helga will show you how to prepare delicious condiments and natural healing products with your picked herbs.



Badia – Oies – Rainé – Badia



9.00 a.m. Badia – church parking area



approx. 1.00 p.m.



approx. 3 km



approx. 150 m



approx. 1 hour



trekking shoes and mountain wear



Helga



€ 15.00 | children from 5 to 12 years € 9.00 | free for children
 younger than 4 | Alta Badia Summer Card: € 12.00 | children € 7.20



LE LÜCH DA PAUR
AGRICULTURE AS GUARDIAN OF THE LANDSCAPE AND BIODIVERSITY
DIDACTIC ACTIVITY ON THE ARCHEHOF LÜCH DA MURIN FARM
FROM 07.07 TO 01.09.2022

★☆☆☆☆

The Nagler family will tell you about life on the farm, including work and animals. You will get to know some old breeds of domestic animals and enter a characteristic barn full of hay harvested from the meadows of the farm. On a walk around the Murin farm you will discover the mountain agriculture and get to know the naturalistic and geological beauties of Val Badia. A healthy homemade snack will conclude the visit.



9.30 a.m. Badia – Lüch da Murin farm



approx. 12.00 p.m.



approx. 30 minutes



Lüch da Murin farm



trekking shoes



Rossana










€ 20.00 | children from 5 to 12 years € 12.00 | free for children
 younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



BÖRZ – DANTER CIÜF Y CORÈC
BÖRZ – AMONG FOSSILS AND FLOWERS
FROM 21.07 TO 25.08.2022

★☆☆☆☆

Naturalistic hike focusing on the geology and the montane ecosystems. At Passo delle Erbe, sited in the Puezz-Odle Nature Park, we walk among conifers, shrubs and meadows while observing the fossilized sea of the Dolomites. Thus, hikers can discover the geological history of the Dolomites getting at the same time an insight into the tight relationships between rock, vegetation and fauna. By participating, you will receive a discount on the entrance ticket to the Museum Ladin Cialstel de Tor.









-  2.30 p.m. Antermëia – Passo delle Erbe parking area
-  approx. 5.00 p.m.
-  approx. 100 m
-  approx. 2 hours
-  trekking shoes and mountain wear
-  Herwig/Matteo
-  * € 10.00 | free for children younger than 17



I JUN A SALTÉ
TRAIL RUNNING
14.07.2022 | 28.07.2022 | 11.08.2022 | 25.08.2022 | 08.09.2022 | 22.09.2022

★★★★☆

Trail running is a mountain running sport through natural surroundings and beautiful landscapes.

-  La Villa Tourist Office – Lech da Sompunt lake – Lech Dlá Lunch lake – Maso Runch farm – Lech da Sompunt lake – La Villa Tourist Office
-  5.00 p.m. La Villa Tourist Office
-  approx. 7.00 p.m.
-  approx. 10.5 km
-  approx. 520 m
-  running shoes and water flask
-  Team Dolomite Biking
-  * € 15.00





DORMÍ TE ÛTIA
THE LIGHTS OF THE GHERDENACIA ALP: FROM SUNSET TO SUNRISE
14.07-15.07.2022 AND 25.08-26.08.2022
 ★★☆☆☆

Together with the guide Igi, you will hike up to the Gardenacia hut where a delicious dinner will await you, surrounded by the magic of the Enrosadira: a spectacular phenomenon that, at sunset, colours the peaks in warm shades of pink, orange and red. You will spend the night in the mountain hut and wake up early in the morning to go watch the breathtaking sunrise at a panoramic point. After the morning hike, you will enjoy a rich breakfast at the hut. A unique experience that will remain in your heart and mind forever.

- 📍 La Villa Tourist Office – Gardenacia hut (2,050 m) – Para dai Gai peak (2,497 m) – Gardenacia hut (2,050 m) – La Villa Tourist Office
 - 📍 4.00 p.m. La Villa Tourist Office
 - 🕒 approx. 10.00 a.m.
 - 📏 approx. 707 m
 - 🕒 approx. 5 hours
 - 👟 trekking shoes, mountain wear and headlamp
 - 👤 Igi
 - 💰 € 110.00
- Included in the price: guide, dinner, breakfast and overnight stay in the mountain hut



ODÜDA DAL SASSONGHER

EXCURSION TO THE SASSONGHER PEAK

01.07.2022 | 15.07.2022 | 29.07.2022 | 12.08.2022 | 26.08.2022 | 09.09.2022

★★★★★

The Sassongher mountain is the emblem of Corvara. This moderately difficult alpine tour, equipped in parts, leads to one of the most breathtaking panoramic points in Alta Badia. At 2,665 m the summit terrace of Sassongher offers a 360° view over the Dolomites.

📍 Colfosco (1,645 m) – Edelweiß valley – Forcela Sassongher notch (2,435 m) – Sassongher peak (2,665 m) – Val de Juel – Gardenacia hut (2,050 m) – La Villa

↔ approx. 11 km

⤴ approx. 1,014 m

⤵ approx. 1,230 m

🕒 approx. 6-7 hours

📍 Colfosco (1,645 m) – ascent by cable car Col Pradat (for a fee) – Forcela Sassongher notch (2,435 m) – Piza Sassongher peak (2,665 m) – Val de Juel – Gardenacia hut (2,050 m) – La Villa

↔ approx. 10.5 km

⤴ approx. 672 m

⤵ approx. 1,230 m

🕒 approx. 5-6 hours

📍 8.30 a.m. Colfosco – church parking area

🕒 approx. 4.00 p.m. (by bus from La Villa – for a fee)

🍱 packed lunch

🎒 trekking shoes and mountain wear (climbing equipment included)

👤 alpine guide

💰 € 30.00 (from 12 years) | Alta Badia Summer Card: € 24.00

P.S.: For trained people who do not suffer from vertigo (equipped trail).



AMESA LES DOLOMITES CUN N GEOLOG
WALKING IN THE DOLOMITES WITH A GEOLOGIST
FROM 24.06 TO 16.09.2022

★ ★ ★ ☆ ☆

Hike at the foot of the imposing walls of the Sella massif. What will the rocks, the geometry of the layers and the shapes of the landscape tell us? A journey through time and space to discover our past and read our present together with the geologist Rossana.










- 📍 Passo Gardena (2,121 m) – Pisciadú waterfall – Val Mezdi valley – Colfosco (1,645 m)
- 📍 9.30 a.m. Colfosco Tourist Office (by bus to Passo Gardena – for a fee)
- 🕒 approx. 4.00 p.m.
- 📏 approx. 6 km
- 📏 approx. 120 m
- 📏 approx. 610 m
- 🕒 approx. 2.5 hours
- 🍱 packed lunch
- 👟 trekking shoes and mountain wear
- 👤 Rossana
- 💰 € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



L'ANDER DLA NĒI
THE ARMENTARA MEADOWS AND DISCOVERY OF THE SNOW CAVE
FROM 03.06 TO 07.10.2022

★ ★ ☆ ☆ ☆

During the excursion, we will cross fields covered in a great variety of flowers and we enjoy the magnificent view on the Sas dla Crusc. At the foot of the enchanting Sas dla Crusc mountain, a natural cave is magically reborn each year. Season after season, the cave is dug out by the snow and by the subsequent melting of the glaciers that come down from the walls of the Piza dales Diesc and the Sas dla Crusc mountains.

-  Furnacia (1.568 m) – Armentara – La Crusc/ Santa Croce (2.045 m) – snow cave – Armentara – Furnacia
-  9.00 a.m. La Val Tourist office – by private car to Furnacia approx. 4.00 p.m.
-  approx. 13 km
-  approx. 600 m
-  approx. 5 hours
-  packed lunch
-  trekking shoes, mountain wear and mountain sticks
-  Gerhard
-  € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60





**LE PICE IAGHER
DOLOMITI RANGER – WILDLIFE OBSERVATION AT SUNRISE WITH A
HUNTER**

FROM 24.06 TO 30.09.2021

★ ★ ☆ ☆ ☆

A new and exciting experience guided by a local hunter. During an early morning excursion, you can go in search of deers, chamois and wild animals. Finally, you can enjoy a delicious breakfast in a mountain hut, where you can ask the hunter about everything regarding wild animals that live in the Dolomites.

24.06.2022 | 15.07.2022 | 05.08.2022 | 26.08.2022 | 16.09.2022

📍 Spëscia (1,595 m) – Ciampplorët – Ûtia da Rit hut (2,009 m)

📍 5.00 a.m. (June/July) 5.30 a.m. (August/September) La Val Tourist Office – by private car to Spëscia

↔ approx. 6 km

🧭 approx. 400 m

🕒 approx. 2 hours










🏠 Ûtia da Rit hut

👉 trekking shoes and mountain wear, binocular










👉 hunter and mountain guide

💰 € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60

01.07.2022 | 22.07.2022 | 12.08.2022 | 02.09.2022 | 23.09.2022

-  Valgiarëi (1.593 m) – Armentara meadows – Ranch da André hut (1.855 m)
-  5.00 a.m. (June/July) 5.30 a.m. (August/September) Badia Tourist Office – by private car to Valgiarëi
-  approx. 6 km
-  approx. 300 m
-  approx. 2 hours
-  Ranch da André hut
-  trekking shoes and mountain wear, binocular
-  hunter and mountain guide
-  € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60

08.07.2022 | 29.07.2022 | 19.08.2022 | 09.09.2022 | 30.09.2022

-  Passo Gardena (2,121 m) – Ciampac meadows – Jimmi hut (2,222 m)
-  5.00 a.m. (June/July) 5.30 a.m. (August/September) Passo Gardena – parking area
-  approx. 6 km
-  approx. 200 m
-  approx. 2 hours
-  Jimmi hut
-  trekking shoes and mountain wear, binocular
-  hunter and mountain guide
-  € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60



**LE SPORT DL BOSCH
ORIENTEERING
FROM 01.07 TO 02.09.2022**

★ ★ ★ ☆ ☆

Orienteering is known as the „forest sport“, an outdoor adventure in areas of unspoilt natural beauty.

📍 You set off from Piz Sorega and with the help of the map and compass provided, you have to try and identify a precise course in the shortest time as possible, with check points called “lanterns”, located in the nearby meadows and woods.

📍 10.30 a.m. San Cassiano – cable car mountain station Piz Sorega
⬆️ approx. 800 m

🕒 approx. 2 hours

👟 trekking shoes and mountain wear, a map and compass will be provided at the starting point

👤 Team Movimënt

💰 * € 7.00



SMACH.

**NATÖRA, ERT Y CULTURA
DISCOVERING VAL DL'ERT AND THE MUSEUM LADIN CIASTEL DE TOR
FROM 27.05 TO 28.10.2022**

★ ☆ ☆ ☆ ☆

From the Ladin Museum we set off together to discover Val dl'Ert (Art Valley), an open-air sculpture park. Along the path you will see more than twenty works of art set in an alpine forest, among the fir trees and pastures of a stretch of unspoilt nature. This is a permanent exhibition of sculptures acquired as a result of the SMACH art competition, the Dolomites Biennial. In the afternoon you can independently visit the Ladin Museum where you can immerse yourself in the history, culture and traditions of the Ladin people.

📍 Museum Ladin Ciastel de Tor – Val dl'Ert

📍 10.00 a.m. San Martino – Museum Ladin Ciastel de Tor
↔️ approx. 4 km

⬆️ approx. 260 m

🕒 approx. 2 hours

👟 trekking shoes and mountain wear

👤 Christine

💰 * € 15.00 | free for children younger than 17





JUN SÖ LA CRUSC
FROM LA VILLA TO SANTA CROCE
FROM 11.06 TO 08.10.2022

★ ★ ★ ☆ ☆

La Crusc/Santa Croce is one of the most beloved places of the inhabitants of Val Badia. This small corner, steeped in history, has been a popular destination for pilgrims from all over the world for many years. From La Villa, the trail leads to the typical Ladin hamlets, and then through the forest to the church of Santa Croce. On the way back, you will reach the idyllic Lech Dlá Lé lake, surrounded by the majestic walls of Sas dla Crusc.

- 📍 La Villa (1,433 m) – Cianins – Castalta – La Crusc/Santa Croce (2,045 m) – Lech Dlá Lé lake – Castalta – La Villa
- 🕒 9.00 a.m. La Villa Tourist Office
- 🕒 approx. 5.00 p.m.
- 📏 approx. 17 km
- 👣 approx. 900 m
- 🕒 approx. 6 hours
- 🍲 packed lunch or break in a mountain hut
- 👟 trekking shoes and mountain wear
- 👤 Igi
- 💰 € 20.00 | children from 5 to 12 years € 12.00 | free for children younger than 4 | Alta Badia Summer Card: € 16.00 | children € 9.60














GOOD TO KNOW

- > The participant is responsible for him/herself, is aware of the possible risks associated with participation in the hike and considers him/herself able to cope with them, has the necessary physical and mental conditions for participation in the hike.
- > The participant undertakes to follow the instructions of the guide.
- > Leaving the group is at the participant's own risk and excludes the guide from any liability towards the participant.
- > Ascent/descent by cable car, public transport and meals are not included in the registration fee (unless otherwise stated).
- > For safety reasons, the tour destination or route may be changed.
- > Registration for the excursion is confirmed upon payment of the registration fee.
- > Registration fee will only be refunded if the tour is cancelled by the Alta Badia Tourism Cooperative (e.g. due to bad weather) or if the participant provides a medical certificate.
- > Domestic animals are not allowed.
- > During the event photos or video footage may be taken for the purpose of documentation and promotion of the event and the region. The footage may be used and published on websites, on social networks and on media in compliance with the data protection regulations.

PRICES

The prices of the activities stated in this brochure are reduced by 50% and are valid only for guests of accommodation member of the Alta Badia Tourism Cooperative (* With the exception of prices marked with an asterisk).

LEGEND

	Itinerary
	Meeting point and time
	Return
	Distance
	Altitude difference in ascent
	Altitude difference in descent
	Walking time
	Meal
	Equipment
	Guide
	Price

★☆☆☆☆	easy
★★☆☆☆	easy-medium
★★★☆☆	medium
★★★★☆	medium-difficult
★★★★★	difficult

CONTACTS & IMPORTANT NUMBERS



ALPINE GUIDES

Alta Badia Guides

Tel. +39 0471 836898 | info@altabadiaguides.com
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Andy Schäfer

Tel. +39 348 6713384 | info@schaeferandy.com
www.schaeferandy.com

Mountain Sport Resort Colfosco

Tel. +39 0471 836128 | info@bike-hike.it
www.msrc.it

HIKING GUIDES VAL BADIA

Renate

Tel. +39 333 7504808



- > MOUNTAIN RESCUE
- > FIRE BRIGADE
- > AMBULANCE
- > CARABINIERI

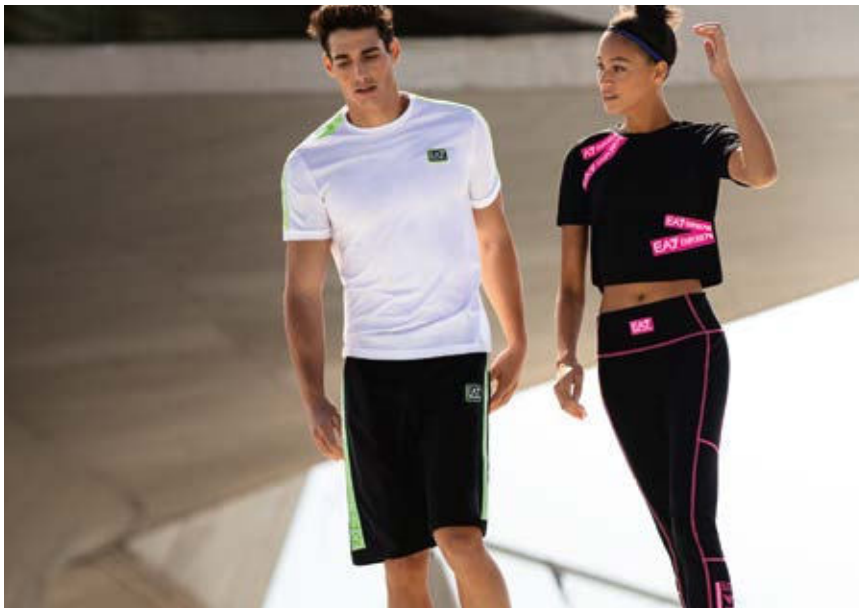
EA7 EMPORIO ARMANI AND ALTA BADIA – UNITED IN EXCELLENCE!

For several years now, EA7 has been Alta Badia's official partner. This partnership, which is based on the two brands' shared core values, has led to the realisation of several projects and aims to become even stronger in the years to come.

Alta Badia, thanks to its unique position in the heart of the Dolomites, a UNESCO World Heritage site, and thanks to its renowned hospitality, is one of the best known and sought-after winter destinations.

EA7 believes in the values of this area and has embraced the philosophy of placing high quality on every aspect: a perfectly-organised skiing complex, hotels and mountain huts with a unique style and design, high-quality food and restaurants rewarded with four Michelin stars.

EA7 is also the official partner of the La Villa Ski School which, with its expert instructors, represents yet another point of excellence for skiing enthusiasts. EA7 and Alta Badia are the perfect match to bind passion for mountains with the brand's Italian DNA.





EA7
EMPORIO ARMANI

LOCATION

Corvara 1.568 m

Str. Col Alt, 36 | I-39033 Corvara
Tel. +39 0471 836176 | Fax +39 0471 836540
corvara@altabadia.org

Colfosco 1.645 m

Str. Pecëi, 2 | I-39033 Colfosco
Tel. +39 0471 836145 | Fax +39 0471 836744
colfosco@altabadia.org

La Villa 1.433 m

Str. Colz. 75 | I-39036 La Villa
Tel. +39 0471 847037 | Fax +39 0471 847277
lavilla@altabadia.org

San Cassiano 1.537 m

Str. Micurá de Rù, 26 | I-39036 San Cassiano
Tel. +39 0471 849422 | Fax +39 0471 849249
sancassiano@altabadia.org

Badia 1.324 m

Str. Pedraces, 29/A | I-39036 Badia
Tel. +39 0471 839695 | Fax +39 0471 839573
badia@altabadia.org

La Val – Hiking Village 1.348 m

Str. San Senese, 1 | I-39030 La Val
Tel. +39 0471 843072 | Fax +39 0471 843277
laval@altabadia.org

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Print: Grafiche Stella
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Raiffeisen
Cassa Raiffeisen Val Badia

KARPOS

