



**ALTA
BADIA**[®]
Dolomites • Italy

NOSTES ESCURJIUNS

WALK WITH US

Summer 2023





NOSTES ESCURJIUNS – WALK WITH US

THE BEAUTY OF WALKING

The landscape of the Dolomites, a UNESCO World Heritage Site, is an incredible gift that Mother Nature has given to all those who know how to appreciate it and enjoy its immense benefits. Come and discover it by walking with our guides: a packed and varied programme of excursions awaits you.

SIGN UP AND OFF YOU GO!

To take part in our excursions, just sign up (including the day before departure: places are limited) at www.altabadia.org or at any Alta Badia tourist office.

ALTA BADIA GUEST CODE

Ask your host for the Alta Badia Guest Code. If you stay in accommodation that is part of the Alta Badia Tourism Cooperative you can take part in our excursions at the price printed on the brochure.

FREE TO KEEP GOING

WHAT KIND OF HIKER ARE YOU?



EXPERIENCED

If you're pretty fit, love being surrounded by nature and reaching peaks and notches to enjoy a spectacular view of our mountains, we have trips and treks that are fairly demanding and are extremely satisfying.



CURIOUS

If you like discovering, observing, learning, and seeing how things are done, we have special itineraries along geological routes and through alpine pastures, together with expert guides who will help you discover the secrets of the forest, the herbs and the shapes of the Dolomites' landscape.



ENTHUSIASTIC

If you have countless interests, love culture, tradition and the history of our Ladin community we have special visits and stimulating encounters involving art, cuisine, habits, language and mountain living, full of pleasant and tasty surprises.



GREEN

If you love nature and have a keen awareness, want to discover, be active and lend a helping hand in protecting our UNESCO world heritage, we have events and excursions linked to themes of environmental sustainability and mental and physical wellbeing.

MONDAY



THE KINGDOM OF FANES

**CROSSING THE LEGENDARY FANES PLATEAU: MAJESTIC ROCKS AND
FLOWER-FILLED MEADOWS**
FROM 19.06 TO 02.10.2023

★★★★☆

The Kingdom of Fanes retains all its fairy-tale charm. Thanks to the amazing karst phenomena, you can walk amongst enchanting sculptures carved by water into the rock. There are also expanses of mountain pines, spectacular streams, lakes and pastures. This paradise has it all, including marmots and chamois grazing in the summer sun. Got your backpack ready?

- 📍 Capanna Alpina (1,726 m) – Col de Locia (2,069 m) – Fanes (2,104 m) – Pederù (1,545 m)
- 📍 8.00 a.m. La Villa Tourist Office (8.12 a.m. by bus to Sciaré / San Cassiano – for a fee)
- 🕒 approx. 6.00 p.m. (by bus from Pederù – for a fee)
- 📏 approx. 15.5 km
- 📏 approx. 320 m
- 📏 approx. 720 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





NATURE WILL THANK YOU! BECOME AN ALTA BADIA ECO-HIKER

★☆☆☆☆

Lend a helping on an eco-friendly hike. Our guide will accompany you along paths, meadows and woods to collect not the fruits of nature, but the trash and waste that irresponsible people scatter in our wonderful environment. The Dolomites are a fragile ecosystem: become an eco-hiker and help us preserve them. We'll give you a bio-degradable bag and gloves, we'll make you a snack and thank you with a smile that's as big as our mountains.

10.07.2023 | 07.08.2023 | 04.09.2023

- 📍 Sciaré – Malga Valparola Alp – Sciaré
- 📍 4.00 p.m. San Cassiano – Sciaré parking area
- 🕒 approx. 6.30 p.m.
- ↔ approx. 4.5 km
- ⬆ ⬇ approx. 120 m

24.07.2023

- 📍 La Villa Tourist Office – sports area – Verda – La Villa church – Lech da Sompunt lake – La Villa Tourist Office
- 📍 9.30 a.m. La Villa Tourist Office
- 🕒 approx. 1.30 p.m.
- ↔ approx. 10 km
- ⬆ ⬇ approx. 130 m

21.08.2023

- 📍 Corvara Tourist Office – Boé valley station – Pisciadú Waterfalls – Colfosco – Pescosta – Corvara Tourist Office
- 📍 9.30 a.m. Corvara Tourist Office
- 🕒 approx. 1.30 p.m.
- ↔ approx. 13 km
- ⬆ ⬇ approx. 250 m

👟 trekking shoes and mountain wear

💰 Alessia
€ 5.00



AN ENDLESS PANORAMA TO THE COL PLÖ ALT SUMMIT IN THE PUEZ-ODLE NATURE PARK

27.06 | 11.07 | 25.07 | 08.08 | 22.08 | 05.09.2023

★★★★☆

First lush forests, then majestic peaks and flower-filled meadows. We are in the Puez-Odle Nature Park, a real paradise. From the Gherdenacia mountain hut you can admire the Marmolada, Sassongher and Para dai Gai. And as soon as you arrive on Col Plö Alt, a little-visited place that is easy to reach, endless magnificent, fragrant beauty opens up before you. Pure poetry.

- 📍 La Villa (1,433 m) – ascent by chair lift Gardenaccia (for a fee) – Gardenaccia hut (2,051 m) – Col Plö Alt (2,332 m) – Gardenaccia 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





AN ENDLESS SPECTACLE

THE PEAK OF PARA DAI GIAI, IN THE PUEZ-ODLE NATURE PARK

20.06 | 04.07 | 18.07 | 01.08 | 15.08 | 29.08.2023

★★★★☆

Para dai Gai, near Sassongher, is a mountain much-loved by locals, but you don't have to climb it to get to the top. From here you can enjoy a 360° view. What a sight!

- 📍 La Villa (1,433 m) – ascent by chair lift Gardenaccia (for a fee) – Gardenaccia hut (2,050 m) – Para dai Gai 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
- 🇮🇹🇩🇪



NATURE IN BLOOM

THE ARMENTARA-MEADOWS, A FLORAL SPECTACLE

15.06 | 22.06 | 29.06 | 06.07.2023

★★☆☆☆

'Ciüf' means flowers in Ladin and there are so many in the Armentara-meadows in June and July that it's totally normal to break into spontaneous applause at the beauty. Stand at the foot of Sas dla Crusc and let them take your breath away.

- 📍 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
- 🕒 9.15 a.m. Badia Tourist Office
- 🕒 approx. 4.00 p.m.
- 📏 approx. 14 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
- 🇮🇹🇩🇪



A JOURNEY BACK IN TIME
PAST AND PRESENT, LIFE IN LADIN FARMS
FROM 04.07 TO 29.08.2023
 ★☆☆☆☆

'Viles' are typical rural homes that have housed generations of Ladin people, and this walk is dedicated to them. It is an evocative immersion into the culture and tradition of our valley. You will visit the Lüch da Fussé farm run by four generations of the same family, tasting plenty of 100% organic fresh milk and cheese, with a typical lunch at the old Lüch Alfarëi farm, which dates all the way back to 1285. Ci bel! (How lovely!)

- 📍 Badia Tourist Office – Lüch da Fussé farm – Oies – Lüch Alfarëi farm – Badia Tourist Office
- 📍 9.15 a.m. Badia Tourist Office
- 🕒 approx. 3.30 p.m.
- ↔ approx. 5.5 km
- ⬆ ⬇ ⬆ approx. 230 m
- 🕒 approx. 1.5 hours
- 🍴 Lüch Alfarëi farm
- 👟 trekking shoes and mountain wear
- 👤 Anneliese
- 💰 € 30.00 | children from 5 to 12 years € 18.00 | free for children younger than 4 | Alta Badia Summer Card: € 24.00 | children € 14.40
- 🇮🇹🇩🇪🇬🇧



TRANSHUMANCE
ON THE CATTLE TRAIL OVER THE JU DE SANT ANTONE PASS TO THE
FANES PASTURES
18.07 | 08.08 | 22.08.2023
 ★★★★★



A narrow path across an impressive, wide scree desert. To this day, the farmers of La Val drive their cattle over this steep pass to the summer pastures of Fanes. On the other side of the pass, the landscape is different: limestone pavements predominate, interspersed with small and large patches of green – feeding grounds for cows and marmots.

- 📍 Spëscia (1,629 m) – Ju de Sant Antone/Sant Antone Pass (2,466 m) – Fanes – Pederü (1,544 m)
- 📍 8.30 a.m. Pederoa/La Val – parking area Posta Pederoa (by taxi to Spëscia – included)
- 🕒 approx. 6.00 p.m. (by bus from Pederü – included)
- ↔ approx. 13.5 km
- ⬆ ⬇ ⬆ approx. 890 m
- ⬆ ⬇ ⬆ approx. 980 m
- 🕒 approx. 5 hours
- 🍴 packed lunch or break in a mountain hut
- 👟 trekking shoes, mountain wear and mountain sticks
- 👤 Alfred
- 💰 * € 20.00
- 🇮🇹🇩🇪



THE ORIGINS OF THE DOLOMITES

AT SAS CIAMPAC AMID FOSSIL FOOTPRINTS AND ENCHANTING VIEWS

14.06 | 28.06 | 12.07 | 26.07 | 09.08 | 23.08 | 06.09 | 20.09.2023

★★★★☆

From Passo Gardena to the easily reached summit of Sas Ciampac, amidst splendid varieties of flowers and on the trail of fossilised shells that remind us that the Dolomites originated from the sea millions of years ago. The Cir pass and the Puez plateau make this excursion to the Ciampac, which at 2,672 metres above sea level offers a view that is nothing short of spectacular, even more fascinating.

- 📍 Passo Gardena (2,121 m) – Forcella Cier notch – Forcella Crespèina notch (2,528 m) – Sas Ciampac peak (2,672 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. 10 km
- 📏 approx. 550 m
- 📏 approx. 1,000 m
- 🕒 approx. 5 hours
- 🍱 packed lunch
- 👟 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



FROM LAGAZUOI TO FANES

A GEOLOGICAL HIKE OF RARE BEAUTY

21.06 | 05.07 | 19.07 | 02.08 | 16.08 | 30.08 | 13.09.2023

★★★★☆

Walking through time, in a stunning landscape dating back millions of years. You are between Lagazuoi and Fanes. Here the peaks are majestic rock spires and the magnificent turquoise lake that lies below the Forcella DI Lech notch is a sight to behold. You'll be able to understand and admire the natural significance of the Dolomites and feel small in Mother Nature's presence.

- 📍 Capanna Alpina (1,726 m) – Ütia Scotoni hut – Lech de Lagació lake (2,182 m) – Forcella Lech de Lagació notch (2,486 m) – Gran Plan – Col de Locia – Capanna Alpina
- 🕒 8.45 a.m. San Cassiano – Capanna Alpina
- 🕒 approx. 5.00 p.m.
- 📏 approx. 10 km
- 📏 approx. 780 m
- 🕒 approx. 4.5 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





LIFE IN AN ALPINE HUT
MUNT PLANFISTÍ, MILKING GOATS
FROM 21.06 TO 13.09.2023
 ★★☆☆☆

An easy walk takes you to the Planfistí mountain pasture, where time seems to stand still. In this beautiful country landscape you can watch the goats being milked, butter being made by farmer Maria and other work that is usually done at high up on the pastures. Mountain life surrounded by nature seen up close. An exhilarating experience.

- 📍 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. 4.00 p.m.
- ↔ approx. 15 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
- 🇮🇹🇩🇪



THE ARTISTS' PATH
TRU DI ARTISC, AN OPEN-AIR GALLERY
12.07 | 26.07 | 09.08 | 23.08.2023
 ★☆☆☆☆

Tru di Artisc, the artists' path, is a route that winds between La Villa and San Cassiano opened in 2011, which is enhanced by new works every year. It's an easy walk along the river where you can admire works by artists from the Ladin valleys dotted along the path. In 3.5 kilometres, you reach the Museum Ladin Ursus ladinicus, the perfect place to end your walk. Not only sculptures and works of art: along the way there are poetic installations with verses in the Ladin language. It's a wonderful stroll!

- 📍 La Villa – Tru di Artisc – San Cassiano – visit to the Museum Ursus ladinicus (included in the price)
- 📍 9.00 a.m. La Villa Tourist Office
- ↔ approx. 3.5 km
- ⤴ approx. 100 m
- ⤵ approx. 1 hour
- 👟 trekking shoes and mountain wear
- 👤 Christian
- 💰 € 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
- 🇮🇹🇩🇪🇬🇧






THE BARK BEETLE, A TREE-EATING INSECT INTO THE WOODS WITH A FOREST GUIDE

05.07 | 19.07 | 02.08 | 12.09.2023

★ ★ ☆ ☆ ☆

After the Vaja storm, which destroyed millions of trees in late 2018, a terrible insect spread through our forests, finding an ideal habitat amongst the fallen trees. This extremely educational hike is accompanied by a forestry guide, offering clear, practical and interesting information on the blight that has been plaguing our forests for several years. Awareness of what is happening around us is the first step to finding effective solutions to our problems.

-  Circular tour through the "Bosch de Ciaulunch" forest
-  9.30 a.m. Corvara – Planac parking area
-  approx. 12.30 p.m.
-  approx. 4.5 km
-  approx. 250 m
-  approx. 2 hours
-  trekking shoes and mountain wear
-  Roland
-  € 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









AMIDST THE MILLS OF THE PAST THE VALLEY OF THE MILLS AND THE LADIN MUSEUM CIASTEL DE TOR FROM 05.07 TO 06.09.2023

A beautiful walk through the nature and culture of the Dolomites. We will take you on a guided tour to Val di Murins, the Valley of Mills, to see eight perfectly preserved water mills and explain how they work. One of these mills was once used to grind the barleycorns, thanks to a set of stones piled on each other. Finally, in the afternoon, we visit the Ladin Museum Ciastel de Tor in San Martino in Badia. A journey into the past.

Morning: Visit of the Mills' Valley

Afternoon: Visit of the Museum Ladin

-  9.30 a.m. Lungiarü – parking area near the Seres chapel
-  approx. 12.00 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





IN THE BEAR CAVE

CONTURINES, AN INCREDIBLE CAVE

06.07 | 27.07 | 03.08 | 10.08 | 17.08 | 24.08 | 30.09.2023

★★★★★



The Conturines cave, discovered in 1987, is 200 metres long and located at 2.750 metres above sea level. The bones of a previously unknown species of bear – Ursus Ladinicus – were found in the cave. It is the highest find in the world. To reach this fascinating place, you have to climb one thousand metres of altitude difference, some of it on steep scree, but the sight is well worth it.

- 📍 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

P.S.: Good physical condition and experience in the mountains is required!
Cave temperature: 0°C



THE VALLON GLACIAL BASIN

AT THE FOOT OF THE DOLOMITE MOUNTAINS

13.07 | 20.07 | 31.08.2023

★★★☆☆

The Valun glacial basin is definitely an incredible place. A loop route takes you to the beautiful, majestic, overhanging walls of Dolomia Cassiana, which are very popular among climbers, with a stop at the Kostner mountain hut. You then descend to the turquoise waters of Lech de Boé lake where you can decide to return to Corvara by cable car or on foot along the old path. It's great!

- 📍 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. 4.5 hours
- 🍗 packed lunch or break in a mountain hut
- 👤 trekking shoes and mountain wear
- 👤 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





HEALING PLANTS

DISCOVERING THE HEALING PROPERTIES OF ALPINE PLANTS

06.07 | 20.07 | 27.07 | 03.08 | 10.08 | 24.08 | 31.08 | 07.09 | 21.09 |

28.09.2023

★☆☆☆☆

Nature offers precious gifts and treasures everywhere. Together with an experienced guide, you'll learn about mountain herbs and plants that have soothing, healing, cosmetic and culinary properties. On this easy walk, your guide will reveal a few tricks for transforming the plants you collect into delicious dressings and natural healing products. A sweet-smelling walk!

- 📍 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



PLANAC – FOOD FOREST

A FOREST YOU CAN EAT

13.07 | 17.08 | 14.09.2023

★☆☆☆☆

What is an edible forest? It's a multifunctional crop of trees, plants, medicinal and healing herbs, berries and other forest fruits. Our Food Forest, created in 2001, is based on a production system that permanently captures CO₂ and increases Alpine biodiversity, improving soil fertility at the same time. The woods are near the Campolongo Pass and Helga, the guide, will accompany you along the trails to discover wild herbs, berries and more of nature's bounty, together with their properties and uses in the kitchen.

- 📍 Planac – Food Forest – Planac
- 🕒 9.30 a.m. Corvara – Planac parking area
- 🕒 approx. 12.30 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





LA VAL – A VALLEY TO DISCOVER
DISCOVERING LADIN IDENTITY
06.07 | 20.07 | 03.08 | 17.08 | 31.08.2023
 ★☆☆☆☆

La Val embodies how the harmonious relationship between humans and the landscape is one of the most important features of Ladin culture. As you climb the bell tower of the old church in La Val and stroll through the 'Viles', the ancient farmsteads, you'll be able to grasp our historic identity, from our language to more enjoyable aspects like our cuisine with its traditional dishes. A combination of beauty and flavour.

- 📍 La Val – Tolpëi – Ciablun – Biei – La Val
- 🕒 9.30 a.m. La Val Tourist Office
- 🕒 approx. 4.00 p.m.
- ↔ approx. 5 km
- ⬆ ⬇ ⬆ approx. 285 m
- 🕒 approx. 2 hours
- 🔪 Ciablun (included)
- 👟 trekking shoes and mountain wear
- 👤 Anneliese
- 💰 € 30.00 | children from 5 to 12 years € 18.00 | free for children younger than 4 | Alta Badia Summer Card: € 24.00 | children € 14.40
- 🇮🇹 🇩🇪 🇬🇧



FOREST BATHING
SURROUNDED BY NATURE
13.07 | 27.07 | 10.08 | 24.08.2023
 ★☆☆☆☆

Forest Bathing began in Japan and is based on contact with nature that produces physical and mental benefits like lowering toxins and reducing stress. It also has a positive effect on the immune system. In partnership with Etifor, we offer the opportunity to experience a powerful detox effect on a walk starting from the sports field in La Val along a twenty-minute route to a sulphurous water spring in the Al Bagn area. Here, the idea of well-being and peace becomes very real. Try it and see.

- 📍 La Val sports ground – Al Bagn – La Val sports ground
- 🕒 3.30 a.m. La Val – Sports ground
- 🕒 approx. 5.30 p.m.
- ↔ approx. 3.8 km
- ⬆ ⬇ ⬆ approx. 100 m
- 🕒 approx. 57 m
- 🕒 approx. 1 hour
- 👟 trekking shoes and mountain wear
- 👤 Alexis
- 💰 € 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
- 🇮🇹 🇩🇪 🇬🇧



PASSO DELLE ERBE, FLOWERS AND FOSSILS
WALKING THROUGH ALPINE GEOLOGY AND ECOSYSTEMS
 20.07 | 27.07 | 03.08 | 17.08 | 24.08.2023
 ★☆☆☆☆

Flowers and fossils are known as 'Ciüf y corëc' in Ladin. We are at Ju de Börz, Passo delle Erbe with a magnificent view over Sas de Pütia. You can see the fossilised sea of the Dolomites on a pleasant walk, amidst conifers, shrubs and meadows. It is a way to discover the history of the Dolomites through the connection between rocks, vegetation and fauna. If you take part, you'll receive a discount on entry to the Ladin Ciastel de Tor Museum in San Martino. It's all waiting to be discovered.

- 📍 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
- 👤 Guide
- 💰 *€ 10.00 | free for children younger than 17 | € 15.00 guided excursion and visit of the Ladin Museum Ciastel de Tor



WALKING WITH A GEOLOGIST
THE DOLOMITES OF THE SELLA RANGE AS YOU'VE NEVER SEEN THEM
 FROM 23.06 TO 15.09.2023
 ★★☆☆☆

What can rocks reveal? And what about horizontal layers? Why does the landscape of the Dolomites have a particular shape? Its geometry is incredible to say the least. These and many other questions will be answered by Rossana, an expert geologist and connoisseur of the local area who will take you on a fascinating journey around the Sella range with hands-on experiments along the way. So much beauty!

- 📍 Passo Gardena (2,121 m) – Pisciadú waterfall – Val Mezdí 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





THE INCREDIBLE SNOW CAVE
DISCOVERING THE WONDER OF TRU DI PRA
FROM 02.06 TO 06.10.2023
 ★★☆☆☆

An easy ramble from the magnificent Armentara-meadows, carpeted in a splendid array of flowers, to the foot of the beautiful, striking and atmospheric Sas dla Crusc. Here you'll find a cave that is nothing short of amazing, reborn as if by magic every year thanks to winter snowfall, followed by the melting of ice from the walls of the Piza dales Diesc and Sas dla Crusc mountains. Pure magic.

- 📍 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 taxi to Furnacia – included)
- 🕒 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
- 🇮🇹🇩🇪



A BEAUTIFUL NOTCH
FORCELA SALARES, ENDLESS EMOTION
FROM 10.06 TO 07.10.2023
 ★★☆☆☆

What a sight ... surrounding by peaks, every way you look. When you reach Forcela Salares, one of the most beautiful notches in the whole area, you'll find edelweiss and the beautiful little Lagació lake, with its constantly changing colour. We are in the Fanes-Senes-Braies Nature Park with spectacular views over Lagazuoi and Conturines.

- 📍 Passo Valparola (2,168 m) – Forcela Salares (2,283 m) – Lech de Lagació lake – Scotoni hut – Capanna Alpina – Sciaré
- 📍 9.15 a.m. San Cassiano – Sciaré parking area (9.27 a.m. by bus to Passo Valparola – for a fee)
- 🕒 approx. 5.00 p.m.
- 📏 approx. 12 km
- 👤 approx. 550 m
- 👤 approx. 1,000 m
- 🕒 approx. 3.5 hours
- 🍱 packed lunch or break in a mountain hut
- 👤 trekking shoes, mountain wear and mountain sticks
- 👤 lgi
- 👤 € 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.
- > Strollers 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 and holding the Alta Badia Guest Code. (* With the exception of prices marked with an asterisk).

EXPLANATION

	Itinerary	★☆☆☆☆	easy
	Meeting point and time	★★☆☆☆	easy-medium
	Return	★★★☆☆	medium
	Distance	★★★★☆	medium-difficult
	Altitude difference in ascent	★★★★★	difficult
	Altitude difference in descent		
	Walking time	  	Languages spoken by the guide
	Meal		
	Equipment		
	Guide		
	Price		

CONTACTS & IMPORTANT NUMBERS



ALPINE GUIDES

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

HIKING GUIDES VAL BADIA

Renate

Tel. +39 333 7504808



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

COLMAR AND ALTA BADIA: IN CASE OF ADVENTURE

Made from sustainable materials, the Colmar Mountain Attitude SS23 collection combines sporty and elegant shapes inspired by the colours of nature. Perfect garments to be worn in layers and designed for all mountain activities, which Alta Badia also proposes for the spring-summer season.

The Colmar designs are definitely comfortable and efficient for sports, but also elegant. They are perfect for those who like to do sport but with style. The Alta Badia resort, with its panoramic views, hiking trails and refuges where you can eat dishes prepared by gourmet chefs or where you can find hidden wine cellars. It is the perfect place for those who wear the spring/summer collection.

COLMAR



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. Pecèi, 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. Micurà 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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