PRESS RELEASE

**ALTA BADIA**

**MUNTS DL ALTONN – FROM THE VALLEY TO THE PEAKS**

**From September 14 to October 5, “Munts dl altonn” takes place: three weeks to experience autumn in the Dolomites through colors, flavors, and silence.**

**Alta Badia (South Tyrolean Dolomites/Italy)** – Autumn in the mountains is a season to rediscover: colors become more vivid, the landscape transforms, and the rhythm of life slows down. From September 14 to October 5, 2025, Alta Badia invites you to immerse yourself in this special time of year with “Munts dl altonn – From the valley to the peaks,” a program of authentic experiences designed to explore the mountains in a conscious, deep, and sensory way. The initiative spans three weeks, each dedicated to outdoor activities at different altitude levels: valley floor, mid-mountain, and high-altitude. The goal is to rediscover the mountains in their seasonal nuances, listening to their silence and savouring their identity, in a journey that unfolds step by step—from the woods to the Dolomite peaks. “Munts dl altonn” is more than just a hiking program; it's a new way to experience the mountains in autumn: slower, more respectful, and more mindful. It’s an invitation to make space for observation, silence, and connection with nature. The mountain becomes a teacher, showing us how to embrace change with balance and harmony.

**VALLEY FLOOR AND LOWER MOUNTAIN EXPERIENCES**

The journey begins among forests and gentle trails, where autumn reveals itself through intense scents, moist moss, and colourful foliage. Walks here are slow and contemplative, inviting participants to explore the undergrowth and the hidden life of the forest.

Mountain wine tasting

On Sunday, September 14, a tasting of mountain wines from South Tyrol will take place at mountain hut Rifugio Lé. The wines come from various wineries and small producers in the region, shaped by sunny days, cool nights, and a perfect harmony between soil, climate, and craftsmanship. Each sip tells the authentic soul of the mountains. The tasting will be guided by the hut’s manager and sommelier, Stefan.

The larch trail: Exploring the roots of the forest

On Tuesday, September 16, Alfred will guide guests along the Larch Trail—a path rich in stories, scents, and roots. In autumn, the larches turn vibrant shades of red, yellow, and orange, creating a stunning natural display. An experience for both adults and children.

Zero-waste cooking

On Tuesday, September 23, at the Sompunt farmhouse, chef Davide will lead a cooking class using local ingredients with a zero-waste approach. Participants will learn how to use every part of the ingredient, blending taste, awareness, and sustainability.

Autumn-coloured outdoor yoga

On Tuesday, September 30, an outdoor yoga session with Alexandra will take place, immersed in autumn colors. A moment to reconnect with oneself in close contact with nature.

**MID-MOUNTAIN ACTIVITIES**

Moving up to pastures and alpine meadows, traces of the summer grazing season still remain. Here, participants can explore alpine biodiversity, visit nature parks, and learn about the ecosystems typical of the mid-altitude zone. A chance to meet those who live and work in the mountains.

Legends and mountains in the Fanes-Senes-Braies Nature Park

On Thursday, September 18, a hike through the Fanes-Senes-Braies Nature Park—UNESCO World Heritage Site—will take guests into the legend of the Kingdom of Fanes, filled with queens, warriors, and hidden worlds beneath the mountains. Mattia, the guide, will share the secrets of this legend in a journey between reality and fairytale.

Sounds of the alpine pasture and mountain cheeses

On Sunday, September 21, traditional alpine cheese will be celebrated at mountain hut I Tablá on the Alta Badia plateau. Produced in high pastures and old mountain farms, this cheese has an intense, savoury taste. Local producers will be present to share stories and flavours.

Hike to the Santa Croce church

On Thursday, September 25, hikers will follow Igi along a peaceful trail through woods and meadows, across the Armentara fields, to the Santa Croce church—an ancient pilgrimage site rich in spirituality, where nature, tradition, and silence meet at the foot of the mountains.

Mushroom discovery and tasting

On Sunday, September 28, mushrooms will take centre stage at mountain hut Ütia Bioch. Mycology expert Andrea will explain their properties and how to safely identify them. The hut’s chef will prepare mushroom-based dishes for the guests.

Panoramic hike with a geologist

On Thursday, October 2, a guided hike will be offered in the Puez-Odle Nature Park, a UNESCO World Heritage Site. Accompanied by a geologist, participants will learn about the formation of the Dolomites and the traces of geological time found in the rocks.

**HIGH-ALTITUDE ADVENTURES**

The final weekly chapter is dedicated to panoramic high-altitude trekking, along ridgelines and spectacular trails. The views here are breathtaking, with rocky peaks, deep silence, and crystal-clear air.

High-altitude alpine plants

On Sunday, September 14, participants will discover the world of alpine herbs with Helga, an expert in wild and medicinal plants. The event takes place at mountain hut Ütia L’Tamá and highlights the mountain pine, which grows above 2,200 meters and is rich in scent and properties.

Forgotten Trails: The old hunter's path

On Saturday, September 20, Giorgio will guide a hike along the old hunter’s path—a nearly forgotten trail where nature, history, and solitude come together for a powerful experience, far from the usual routes.

Via Ferrata Vallon at sunset  
On Saturday, September 27, expert alpine guides will lead an adventurous climb along the Via Ferrata Vallon during sunset. Participants (without fear of heights) will witness the Enrosadira—the magical alpenglow that turns the Dolomites red at dusk.

Via Ferrata Tridentina during the Enrosadira

On Saturday, October 4, guests will have the chance to climb the iconic Via Ferrata Tridentina at sunset, guided by experienced Alta Badia mountain guides. The dramatic vertical passages are made even more unforgettable by the Enrosadira, painting the Dolomites in hues of red and gold as the sun sets.

Advance booking is required for all activities and can be done online at [www.altabadia.org](http://www.altabadia.org) or at the Alta Badia Information Offices. Places are limited.

**For further information:** Alta Badia Tourist Information Offices – [www.altabadia.org](http://www.altabadia.org) – Tel.: +39 0471/836176-847037 – Email: [info@altabadia.org](mailto:info@altabadia.org)

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