PRESS RELEASE

**ALTA BADIA**

**NOS LADINS – WE LADINS**

**STORIES FROM THE LADINS**

**Alta Badia, in the heart of the Dolomites, a UNESCO World Heritage Site – is an authentic place where ancient culture and traditions still thrive in everyday life. The inhabitants of these valleys, the Ladins, are deeply connected to their roots and eager to share them with those who visit the area. It is with this spirit that the initiative *Nos Ladins – We Ladins* returns for summer 2025, offering a unique opportunity to engage directly with local life.**

**Alta Badia (South Tyrolean Dolomites-Italy)** - Through engaging encounters and immersive activities, guests will have the opportunity to spend a few hours with five local personalities — authentic individuals who carry with them stories, life experiences, and a deep love for their homeland. Each of them embodies a different facet of Ladin identity, offering a unique perspective on the customs, traditions, and way of life that still define Alta Badia today.

Taking part in *Nos Ladins – We Ladins* means enriching your holiday with genuine emotions, discovering places, stories, and traditions that are part of the living history of the valley. No one can share this cultural heritage more authentically than those who live it every day.

The 2025 edition will also introduce new faces, ready to inspire and engage visitors through activities planned from June to September — each designed to make every encounter a truly special and unforgettable experience.

**ALL THE EVENTS**

**NEW: SUNSET PHOTOGRAPHY HIKE**

The experience with Gabriel, a 26-year-old local from Alta Badia, is an immersive journey that combines his passion for nature and photography. Each excursion follows a different trail and concludes with the breathtaking *Enrosadira*, the natural phenomenon that colours the Dolomites in shades of pink, orange, and red. Along the way, Gabriel shares practical tips on how to best capture the beauty of the mountains at sunset. The scheduled dates are July 10, August 13, and September 18, from 4:00 pm to 9:30 pm.

**NEW: COOKING CLASS IN THE MOUNTAINS**

A passion for cooking and a love for the mountains come together in the story of Davide, a personal chef who hosts culinary events at 1,850 meters, where each dish tells the story of Ladin tradition with a contemporary twist. After a guided hike through scenic mountain trails, participants reach a remote alpine hut, where Davide leads a cooking class focused on a traditional Ladin first course, revealing secrets and practical tips for perfect preparation. The most awaited moment follows the lesson: the tasting. Davide’s events will take place on July 9 and 23, August 6, and September 11, always from 9:30 am to 2:30 pm.

**NEW: VISIT TO THE DAIRY**

Fabian was born with a passion for cooking. After years of experience as a chef, he decided to dedicate himself to cheese production at his family’s farm. On June 26 and July 2, from 2:00 pm to 4:00 pm, participants in Nos Ladins – We Ladins can embark on a true journey into the heart of traditional cheesemaking. The visit begins with a tour of the farm, an authentic place where time seems to stand still. Guests are then introduced to the world of cheese production in an award-winning dairy, observing the various stages of processing and visiting the rooms where this exceptional product is made. The experience concludes with a tasting of artisanal cheeses, a delicious way to savour the genuine flavours of the mountains.

**THE WORLD OF THE WHITE CROSS**

La Villa is home to the headquarters of the White Cross, a voluntary association that provides first aid and public assistance. Lucas joined the volunteer group at the age of thirteen and has never stopped helping those in the valley who may be in difficulty. Being part of this group fills him with satisfaction and responsibility. To visit the headquarters with him is to enter a world of people with a big heart. During the sessions on July 30 and August 27, from 17.30 to 19.30, Lucas will explain what voluntary work is and what it means to do it in the mountains.

**A DAY ON THE FARM**

Spending a day on the farm together with Rosa and Tone is an experience that takes participants back to an ancient world, kept alive by people who love their land and tend it with tenacity and devotion. Rosa and Tone are old-fashioned farmers. Together they run the family farm, one of the oldest in Alta Badia, dating back to the 13th - 14th centuries. With simplicity they pass on their passion for the work they have always done, which is to take care of the land; a feeling they have also passed on to their four children. In addition to seeing the farmers at work, during the events of July 24 and August 28 from 9 am to 1 pm, you have the opportunity to lend a hand in getting the animals out of the cowshed or cutting the grass with a scythe. At the end of the morning, during lunch, you can taste the simple but genuine dishes of Ladin cuisine, freshly prepared by Rosa.

Inscriptions can be made online at [www.altabadia.org](http://www.altabadia.org), or by contacting the Alta Badia Tourist Offices.

**OTHER ACTIVITIES RELATED TO THE LADIN WORLD**

**A WHOLE WEEK DEDICATED TO THE LADIN LANGUAGE**

Ladin is one of the three official languages of South Tyrol, along with Italian and German. It is a Rhaeto-Romanic language spoken by around 30,000 people in the five Ladin valleys. The week from July 7 to 11 will be dedicated for the first time to this linguistic minority. During this period, activities and initiatives will take place in order to make this language and its peculiarities known to the guests of the valley. Ladin language courses, Ladin poetry and music evenings, as well as visits to the most important institutions of the valley and to the Ladin Museum Ciastel de Tor, which preserves the history and culture of the Ladin minority, will be organised.

**I JUN A MUNT. AN IMMERSION IN THE PEASANT WORK OF YESTERYEAR AND TODAY**

The event on the 17th of August takes place in La Val, a village in Alta Badia that has preserved much of its Ladin rural culture. The walking tour starts from the place of Spëscia and goes to the Ütia da Rit mountain hut and the Crusc da Rit viewpoint, before taking path 15 back to the starting point. Along the route, which is entirely on foot, the participants will come across various points of interest where they can discover the peculiarities of the work done by farmers on the mountain pastures during the summer months. At each stop, the participants will have the opportunity to carry out activities together with the farmers, to learn something new about this profession and, last but not least, to taste some typical Ladin dishes, a simple but genuine cuisine. During the itinerary you will meet the people who live in these places, you will be able to see the mowing of the meadows with ancient agricultural practices and modern techniques. The guides of the Fanes-Senes-Braies Natural Park will also tell you about the characteristics of mountain pastures which, thanks to the work of the farmers, are home to numerous species of flora and fauna. The visit is free of charge and no booking is required.

**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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