

Summer OUTDOOR PACKAGE

Hotels / Apartments / B&B
June - September 2020



Monday:



MY FIRST VIA FERRATA with Mountain Guides (from June 8th to September 21st)

The Mountain Guides will lead you and teach you the right approach to the via ferrata, starting from the easiest and most panoramic routes of the valley, such as the Roda de Vael, in the group of Catinaccio, or the Bepi Zach, at San Pellegrino Pass.

Meeting Point: 8.00 a.m. Sport Check Point Pozza or Moena. Expected return: about 4.00 p.m. Altitude gain: about 700m. Altitude loss: about 700m.

Price: 95€ per person, 90€ with Val di Fassa card.

Summer Outdoor Price: 60€ per person. (Min. 3 participants)

Notes: Price includes via ferrata kit hire and Guide for the whole day. Lift ticket included in the PanoramaPass or to be paid extra. Excursion with a limited number of participants (max 4/5 persons per guide).

Difficulty level: INTERMEDIATE - MIN. AGE 10 YEARS. **ACTION - FAMILY**



HIKING TOWARDS PORDOI with Territorial Guides (from June 8th to August 31st)

Panoramic excursion where we will both walk and use the lifts to support alternative mobility. The guide will accompany us on the beautiful paths of Belvedere area and tell us about the wonder that surrounds us. We will reach the famous Terrace of the Dolomites where we can stop and enjoy our packed lunch with a view that will leave us breathless!

Meeting point: 9.00 am departure Pian Frataces gondola at Lupo Bianco. Until first week of July meeting point by Sport Check Point Canazei. Expected return: about 3.30 pm. Altitude gain 300m. Altitude loss 400m. Maximum altitude: 2950 m.

Standard price: € 29 adults, € 15 children (8-12 years). € 27 adults and € 13 children with Val di Fassa Card. Summer Outdoor Price: € 15 adults and children FREE up to 12 years. (Min.4 people)

Notes: Bring packed lunch. Lift ticket and eventual buses included in the Panoramapass or to be paid extra.

Difficulty level: MEDIUM / EASY - MIN. AGE 8 YEARS. **EXCURSIONS**



MTB TEST DAY FOR CHILDREN AND YOUNGSTERS with MTB Instructors

(From May to November) Test day at the Skillpark in Canazei. Have fun with our instructors experiencing jumps, boardwalks and parabolics! Children and youngsters can decide to take part to the weekly MTB courses.

Meeting point: 9.30 am Sport Check Point Canazei. Return: about 12.00 pm

Price: 22€, 20€ for Val di Fassa card owners.

Summer Outdoor Price: 10€ FREE for Bike Hotel's guests (Min.3 people)

Note: Children must be able to ride a bike without training wheels. Children who want to learn riding without training wheels can take specific private lessons.

Difficulty Level: EASY - MIN. AGE 6 YEARS. **BIKE - FAMILY**



MTB TEST TOUR ADULTS with MTB Instructors (from May to November)

Easy/intermediate MTB excursion along forest roads and single tracks with MTB instructors, who will evaluate your skills and suggest you the most appropriated excursion to do during the week. Elevation gain: about 400m to pedal.

Meeting point: 9.30 am Sport Check Point Canazei. Return: about 12.00 pm

Price: 22€, 20€ for Val di Fassa card owners. Summer Outdoor Price: 10€ FREE for Bike Hotel's guests. (Min.3 people).

Note: Please come to the meeting point with your own or rented bike (hire service available on request). Helmet compulsory.

Difficulty Level: EASY/INTERMEDIATE - ADULTS. **BIKE**

EVENING YOGA with Tania Detomas (from April to November)

Suitable for all those who want to find the well-being and physical harmony and acquire better mental clarity.

Meeting point: 5.30 pm in Pera di Fassa. Duration: about 1 hour and a half.

Price: 20€ per person including mat rental. Summer Outdoor price: 10€.

Note: wear comfortable clothes. Difficulty Level: EASY. MIN. AGE 10 YEARS **VITALITY**

Tuesday:

CROSSING THE CATINACCIO with Territorial Guides

(from June 9th to September 22nd)

Spectacular and easy walk at high altitude in the Catinaccio Group, from Roda di Vael to Ciampedie. Overcoming the major altitude drop with the lifts we will go through the ancient and suggestive "Trail of the sheep" once crossed by the shepherds in grazing cattle.

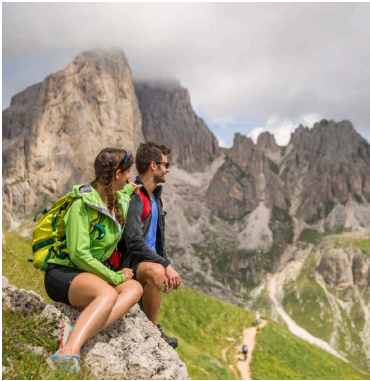
Meeting point: 8:45 am Vajolet chair lift in Pera di Fassa, departure by private bus at 9:00 am. Arrival at 9:20 am to start the crossing. Expected return to Pera di Fassa: around 4:00 pm. Altitude gain about 400 m. Altitude loss about 500 m. (from Rifugio Paolina to Prà Martin). Maximum altitude: 2.300 m.

Price: 29€ adults, 15€ children (up to 12 years old). 27€ adults and 13€ children with Val di Fassa Card. (Min. 4 participants)

Summer Outdoor Price: 15€ adults, and children for FREE up to 12 years.

Notes: Bring a packed lunch. Lifts included in the Panoramapass or to be paid extra. Private bus to be paid extra 5€.

Difficulty level: MEDIUM - MIN. AGE 10 YEARS. **EXCURSIONS**



LET'S BUILD OUR LITTLE SHELTER IN THE WOODS! with Territorial Guides

(from June 9th to September 22nd)

Activity for children to learn how to build a little hut in the woods, discovering and developing manual skills in contact with nature. After a short walk starting from Pozza, we will stop in a small corner of woods next to the adventure park where we will learn how to build a small wooden hut that will be our shelter for a break and a snack.

Activity in collaboration with Rasom Wood Technology

Meeting point: 9.30 a.m. Sport Check Point Pozza. Expected return: about 12.30 p.m.

Price: 20€ children. 18€ for Val di Fassa Card owners. (Min. 4 participants)

Summer Outdoor Price: 10€ children.

Note: This activity is reserved to children from 7 to 14 years old, bring your own snack.

Difficulty Level: EASY - MIN. AGE 7 YEARS. **FAMILY**



THE "GREAT WAR" THE AUSTRIAN GUNNER

with territorial Guides (from June 16th to September 8th)

Visit to the Austrian gunboats, the trenches of the First World War and the Observatory in the Colvere Alpe di Lusia area.

Meeting point: 8.30 a.m. at the departure of Alpe Lusia lift in Moena

Return: 12.30 a.m. Altitude gain and loss: about 300m

Price: 18€ adults, 9€ children. 16€ adults, 8€ children for Val di Fassa Card owners.

Summer Outdoor Price: 9€ adults and children FREE.

Note: Lift ticket included in the PanoramaPass or to be paid extra.

Difficulty Level: EASY/INTERMEDIATE - MIN. AGE 8 YEARS. **EXCURSIONS**



Wednesday:

WITH HEADLAMPS IN THE TRENCHES OF PADON with Mountain Guides

(From June 10th to September 23rd)

We will explore the First World War Trenches in the area of Padon equipped with headlamps. We will enjoy our lunch in front of Marmolada glacier and, in the afternoon, we will walk on the panoramic path on the opposite side of the refuge to visit other locations before returning to Lake Fedaia.

Meeting point: 9.00 am Sport Check Point Canazei or 9.30 am departure of Padon chairlift at Fedaia Pass (Capanna Bill).

Expected return: about 3.30 pm. Altitude gain and loss: about 180m.

Price: 29€ adults, 15€ children (8 - 12 years old). 27€ adults, 13€ children with Val di Fassa Card. Summer Outdoor Price: 15€ adults, children for FREE (up to 12 years old). (Min. 4 people).

Notes: Lift ticket included in the PanoramaPass or to be paid extra. Possibility to have lunch at the refuge. Difficulty Level: EASY/INTERMEDIATE.

MEDIUM when the lift is closed (June and September) MIN. AGE 8 YEARS.

EXCURSIONS





VAL SAN NICOLÒ'... AS YOU HAVE NEVER SEEN IT! with GOURMET LUNCH IN A LODGE with Territorial Guides (From July 1st to September 9th)

Easy and regenerating excursion in the peace of Val San Nicolò. Walking through alternative hidden paths we will visit the sources of the waterfalls listening to their roar. In a unique paradise for beauty and quiet we will visit the typical mountain huts used for the mountain pasture and among the tales of the past we will let ourselves be pampered by a tantalizing gourmet lunch in a mountain lodge prepared with passion by the Chef Elena!

Meeting point: 8.30 am Sport Check Point Pozza di Fassa. Return: around 3.00 pm. Altitude gain and loss: about 300 m. Length about 6 km.

Price: 80€ per person, 75€ with Val di Fassa Card. Summer Outdoor price: 60€. (Min. 5 people) Included accompaniment with a local expert, gourmet lunch in a lodge and toast with Trento DOC.

Notes: Pozza-Val San Nicolò shuttle train to be paid extra.

Difficulty level: MEDIUM / EASY - MIN. AGE 12 YEARS. **EXCURSIONS**



ELECTRIC MTB TOUR with the MTB Instructors (from May to November)

Half-day excursion to discover gravel roads and scenic forest trails. We will learn to make the best use of the comfortable e-bike engine thanks to the support of the mtb instructors who will also give us some important advices on the descent technique. Meeting point: 9.30 am Sport Check Point Pozza or Campitello every other week. Return: around 12.30.

Price: 27€ per person. Summer Outdoor price: 15€. (Min 5 people)

Notes: Electric MTB rental not included in the price (about 30€ for 1/2 day)

Difficulty level: MEDIUM / EASY - MIN. AGE 12 YEARS. **BIKE**



Thursday:

PANORAMA TREK with Territorial Guides (from June 11th to September 24th)

Panoramic excursion at high altitude that will take us, through the most beautiful hidden paths from the top of Col Rodella down to the valley. We will stop for a snack in the beautiful tiny village of Soracrepa where we will admire its noisy waterfalls.

Meeting point: 9.30 am at the ticket office of Col Rodella cable car.

Return: around 4.00 pm.

Price: 29€ adults, 15€ children (10-12 years old). 27€ adults, 13€ children with Val di Fassa Card. Summer Outdoor Price: 15€ adults and children FREE. (Min 5 people).

Notes: Bring lunch packet. Lift ticket included in the Panorama Pass or to be paid extra. Difficulty level: MEDIUM- MIN. AGE 10 YEARS. **EXCURSIONS**



COOKING COURSE IN THE FARM (from May to November)

The pleasure of spending an authentic day at the farm. First we will visit the fields of the Ghetta family, full of organic and genuine products at km 0. We will need some of these to cook a typical dish of the Val di Fassa together with our Chef Elena.

We will taste it together in the quiet of the Agritur Soreie in Vigo di Fassa.

Meeting point: at 10.00 am at the Agritur Soreie. Duration: about 4 hours.

Price: 60€ adults and 25€ children up to 12 years.

Summer Outdoor Price: 40€ adults and 15€ children.

Notes: The price includes the cooking course and lunch. Limited number of participants. (Min. 5 max. 15 people).

Difficulty level: EASY. **FAMILY - VITALITY**



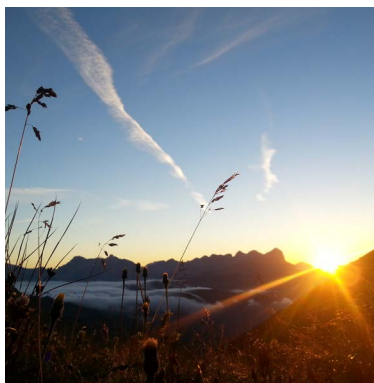
SASSOLUNGO MTB TOUR anticlockwise with the MTB teachers

con i maestri MTB (From June 11th to October 1st)

On mountain bike around the magnificent Sassolungo massif. We will first reach Col Rodella by cable car, from there we will ride through the "City of rocks", we will reach Monte Pana and then climb the Duron pass to descend through the homonymous valley. Length: about 36 km. Altitude gain: about 700 m, Altitude loss: about 1300m. Meeting point: 8.30 am Sport Check Point Canazei or Campitello. Return: about 3.00 pm. Price: 45€ per person. 40€ for Bike Hotel's guests. Summer Outdoor price: 20€ (min 5 people).

Notes: Bring your own or rented mtb. Lifts to be paid extra.

Difficulty level: MEDIUM - AGE MIN. 12 YEARS. **BIKE**



Friday:

HIGH ALTITUDE BREAKFAST AT SUNRISE with Territorial Guides

(from July 3rd to September 4th).

A unique opportunity to experience the sunrise on the Marmolada and other Dolomites peaks from up above. Walking at dawn we will reach the Refuge at Belvedere where we will enjoy a delicious breakfast and a pleasant break into the quiet of the morning before facing the day.

Meeting point: 4.30 - 5.00 - 5.30 am (the meeting time varies according to the period) at the parking of Sass Pordoi cable car.

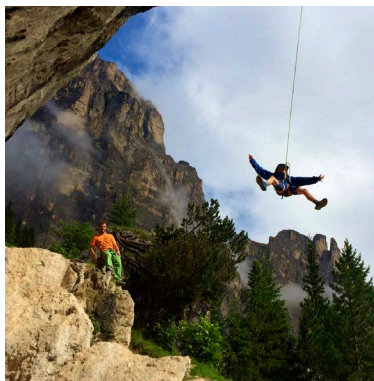
Expected return: about 9.00 am Altitude gain and loss: about 200m

Price: 37€ adults, 27€ children (up to 12 years old). 35€ adults, 25€ children for Val di Fassa card owners. Summer Outdoor Price: 22€ adults and children.

Rich buffet breakfast with Dolomites view included in the price.

Difficulty level: INTERMEDIATE/EASY - MIN. AGE 8 YEARS.

EXCURSIONS - VITALITY



DOLOMYTHICAL ADVENTURE! with the Mountain Guides

(from May to November)

Touch the water of the waterfalls between easy rock climbing passages, equipped sections and adrenaline abseiling. For an unforgettable day accompanied by our Mountain Guides in the heart of the Dolomite rock.

Meeting point: 8.45 am Check Point Canazei. Return: about 3.00 pm

Standard price: 95€ per person. Summer Outdoor price: 60€ (min. 3 people).

Notes: Maximum 5 people per guide. Bring a packed lunch.

Difficulty level: MEDIUM - CHILDREN HEIGHT MIN. 1.40m. **ACTION - FAMILY**

ON THE MOUNTAINS WITH MTB with the MTB instructors

(from June 6th to September 24th)

Learn or improve how to ride your mountain bike on downhills. We will get on the top of Col Rodella (one of the most panoramic points in the valley) by cable car. From here we will go down to the valley through beautiful gravel roads and trails.

Altitude loss: about 1000m.

Meeting point: at 9.00 am at the Sport Check Point Canazei. Duration: about 3 hours.

Price: 30€ per person, 27€ for Val di Fassa Card owners.

Summer Outdoor Price: 15€ (min. 4 people)

Note: Bring your own or rented full suspension mtb, helmet and protections. Lift ticket not included in the price.

Difficulty level: MEDIUM - min. age 12 years old. **BIKE**



Saturday:

“GENTE DI TRINCEA” LIFE IN THE DOLOMITES DURING THE FIRST WORLD WAR with the Territorial Guides

(From June 20th to September 12th)

Visit to the Great War front line and trenches in the area of Fanch/Fango at San Pellegrino Pass, an open-air museum.

Meeting point: 9.00 am at Fango (along the road leading to San Pellegrino Pass).

Return: about 12.30 am. Altitude gain: about 300m

Price: 18€ adults, 9€ children (8 - 12 years). 16€ adults, 8€ children for Val di Fassa Card owners. Summer Outdoor price: 9€ adults, children for FREE.

Difficulty level: EASY - INTERMEDIATE. AGE MIN. 8 YEARS. **EXCURSIONS**

SELLARONDA MTB TOUR clockwise or counter-clockwise

with MTB instructors. (from June 13th to September 26th)

Super famous panoramic tour around the monumental Sella Group, in the heart of the Dolomites, UNESCO's World Heritage. You will ascend with the lifts and ride across Gardena, Campolongo, Pordoi and Sella passes: exciting single tracks, breathtaking descents and unique landscapes await you!

Elevation gap clockwise: gain 450 m, loss 3.730 m. Length: 58 km.

Elevation gap counter-clockwise: gain 900 m, loss 3.540 m. Length: 56 km.

Meeting point: at 8:30 am at the Sport Check Point office in Canazei. Return: around 4:30 pm. Price: 45€ per person. Summer Outdoor Price: 20€. (Min. 5 people). FREE for Bike Hotels' guests.

Bike rental and lifts ticket not included in the price. Bikepass prices: 1 day: 47€; 3 days out of 4: 110€; 5 days out of 7: 147€.

Difficulty level: INTERMEDIATE / DIFFICULT – ADULTS. **BIKE**





VITALITY DAY with Irene Deflorian (From July 4th to September 5th)

Exercises, breathing and meditations of Qi Gong, a system of exercises to increase and fortify our vital energy, learn to control its distribution and flow, to improve our health and harmony of the mind and body. Energy techniques of the Andean tradition, to encourage and rediscover the connection with Nature and all its elements. Our body is a microcosm of the earth and to live healthy it is essential to be in harmony with ourselves, with the environment, with all living beings and living energies within us, including Nature.

Meeting point: at 9.30 am, location will be communicated every week.

At 12.30 lunch break in group. Return: at 4 pm.

The exercises are suitable for everyone, from beginners to experts.

Price: 100€ per person. Summer Outdoor Price: 60€

Note: Lunch packet not included. Livello difficoltà: FACILE - ADULTI. **VITALITY**

Sunday:



LATEMAR LABYRINTH TRAIL with Territorial Guides (from May to November)

Through the green meadows of Costalunga Pass we will reach the so-called Latemar Labyrinth, a wide area of rocks that fell about 200 years ago from the Schenon wall. The gigantic landslide erased the third lake of Carezza (Lago di Sopra). The labyrinth is a path between rocks and tunnels that leads to the spectacular rainbow lake.

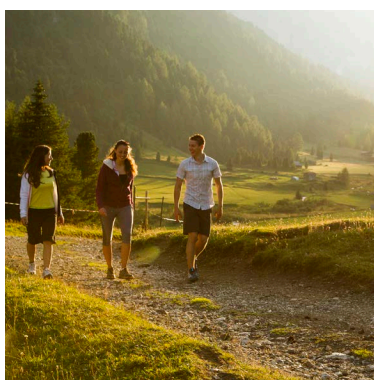
Price: 18€ adults, 9€ children (8 - 12 years). 16€ adults, 8€ children for Val di Fassa Card owners. Summer Outdoor price: 9€ adults, children for FREE. (Min. 5 people).

Meeting point: 9.30 at Passo Costalunga (bus stop). Return: around 1.30 pm.

Altitude gain: 250 m.

Note: Bring a snack. The bus you might take is included in the PanoramaPass or to be paid extra.

Difficulty Level: MEDIUM-EASY - MIN. AGE 8 YEARS. **EXCURSIONS**



SUNSET EXCURSION WITH DINNER AT THE MOUNTAIN HUT - Val Duron

with Territorial Guides (from June 14th to September 27th)

To live the mountain at night too...Evening excursion in the magic atmosphere of the Dolomites' sunset. You will enjoy a delicious traditional dinner in a Refuge and come back equipped with torches under a beautiful starry sky.

Meeting point: 4.30 pm Sport Check Point Campitello. Expected return: about 9.30 pm.

Altitude gain and loss: 400m

Price: 50€ adults, 35€ children up to 12 years old (menù kid). (Min. 5 people)

Summer Outdoor Price: 35€ adults, 25€ children up to 12 years old (menù kid).

Notes: prices include guide, typical dinner at the Refuge and torches for the return (drinks not included). Difficulty level: INTERMEDIATE - MIN. AGE 8 YEARS.

EXCURSIONS - VITALITY

INFO & BOOKING: everyday from 9.00 to 12.00 am and from 4.00 to 7.00 pm

by our Sport Check Point offices:

- Canazei: tel. +39 340 1147382

- Campitello: +39 0462 750490

- Pozza: +39 331 2989721

- Moena: +39 331 9938100

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