

### Your holiday weather



### Mobility Info

Find out how to get around Alta Badia in a sustainable way. Scan the QR code to get all the information!



### Events

**08.03.2022**

**March 8 De dl'ëra | Momënc**  
Time: 9:30 am - 4 pm

**09.03.2026**

**Nordic Balance – Iyengar® Yoga & Skiing**  
Time: 10:30 am - 12:20 pm  
Location: San Cassiano  
Registration required:  
<https://scuolafondo.it/nordic-balance>

**Snowshoe excursion in the Valparola wood**  
Time: 2 pm - 4 pm  
Location: San Cassiano  
Registration required: Yes. Tourist Offices Alta Badia or online

**10.03.2026**

**Excursion about the Ladin culture**  
Time: 9:30 am - 4 pm  
Location: Badia  
Registration required: Yes. Tourist Offices Alta Badia or online

### Breakfast with powder snow

#### Experience sunrise over the Dolomites and skiing on pristine slopes

After an adventurous ascent by snowcat, you will be greeted at altitude by a hearty breakfast with the best typical South Tyrolean products. Enjoy the awakening of the mountains, listen to the silence of the surrounding nature, and savour each bite with the gratitude of someone experiencing an extraordinary moment. Then, full of energy, glide down the slopes, ready to be the first to plough through the freshly groomed snow. It is the perfect way to start your day in the snow.

*Information and reservation: Las Vegas Lodge hut - San Cassiano/Piz Sorega - tel. +39 0471 840138  
Price: € 35 von San Cassiano, €40 von Corvara*



### The Forcelles ski slopes



The red Forcelles slope in Colfosco is a 'semi-hidden' treasure of Alta Badia. If you are coming from Corvara, simply take the Borest and Colfosco cable cars and finally the Forcelles six-seater chairlift. Once at the top, an extraordinary natural panoramic balcony opens up on one of the most spectacular sides of the Sella group: the scenic Val de Misdé gully is right in front of our eyes, but the view can

sweep over a good part of Alta Badia and then beyond to the Civetta, Pelmo and Sassolungo mountains. In front of us during the descent is the majestic Sassongher.

The descent begins at a slight gradient, but shortly after the refuge begins the first of a beautiful series of steeper sections and changes in gradient, the fastest and most enjoyable part of the track. The slope gradually becomes steeper but at the same time increases in width, until the long central section is reached. The latter leads to a fork, where you can choose whether to return to the start of the chairlift or descend to Colfosco.

## A taste for skiing 2025-26

The specialities of award-winning chefs await snow lovers in the alpine huts of the Dolomite.

Over the past fifteen years "A taste for skiing" has turned from a culinary highlight into an increasingly popular and well-attended event. Its format is as simple as delicious: the participating chefs design a dish to be matched to a mountain hut located on the slopes of Alta Badia and which will then be served to the skiers throughout the winter season. A FEAST FOR THE SENSES This year's theme is a celebration of pure pleasure – sensual, tangible, aromatic. An indulgence that awakens all five senses and lets you experience the mountains through flavour: refined, honest, essential.



Programme available at tourist offices or online.

## Walk through the farmhouses of La Val

The Dolomites, with the mountains of Sasso Croce on one side and the Pütia on the other one, provide the frame for the snow-covered meadows, old barns and farmsteads with the gardens of the 'viles', the traditional rural settlements in the oldest part of La Val. During this simple walk through the old farmsteads of the village, you will feel enveloped by the still living tradition and culture of the village. In addition, on your way you will see the little church of St. Barbara, the symbol of the village, and the bell tower of the old church of La Val. Along the trail, there are two agritourisms, the 'Ciablun' and the 'Lüch de Survisc', where you can stop to savour the authentic and genuine dishes of the Ladin cuisine.



*Start from the church of La Val along the road and arriving in the locality of Cians. From this group of houses begins a flat path passing through the meadows, which leads to the little church of St. Barbara. The path on the left continues to the farmhouses Ciablun, Runch and Biei. From here descend to the starting point.*

**Duration:** approx. 2 hours

Winter walking map available in the tourist offices.

## Ladin proverbs

Ladin proverbs preserve the ancient wisdom of the Dolomites, born from everyday experience and a close bond with nature. In just a few words, they tell of the values, traditions, and way of life of a community.

Here are some examples:

**Pan desdit é bun mangé** - Those who criticize end up buying

**Lat y vin é toser fat** - Milk and wine are poison

**Paziënza y tabach** - Patience and don't give a damn

**Jí a dormí cun les iarines** - To go to bed with the chickens (to go to bed early)

**Taié la corda** - To run away

**Avèi la löna** - To be in a very bad mood

**Avèi i dèic lunc** - To steal

**N bun gote de vin fej gní le cör ligherzin** - A good glass of wine adds joy to the heart

**Le laur é n bun dotur** - Work is a good doctor

**Ince na iarina vercia ciafa n bun bocun** - Even a blind chicken finds food

## Guestnet

The complete info guide for your holiday in Alta Badia. Events, excursions, itineraries, gastronomy, shops, services, mobility, weather: scan the code to access all contents and book your favourite activities!



We invite our guests to always check the information in the Daily News with the tourist offices to ensure that no unforeseen changes have occurred after printing.

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