



Alta Badia Daily News

Wednesday 30.07.2025

### Your holiday weather

Wednesday	Thursday	Friday
20   6 °C	20   7 °C	19   9 °C

### Mobility Info

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



### Events

**31.07.2025**

#### Marcé - Market in La Villa

Time: 8 am - 2:30 pm  
Location: La Villa

#### At Sas Ciampac amid fossil footprints and enchanting views

Time: 8:30 am - 5 pm  
Location: Colfosco  
Registration required: Yes. Alta Badia Tourist Offices or online

#### Walk between the farms in La Val

Time: 9 am - 3 pm  
Location: La Val - Hiking Village  
Registration required: Yes. Alta Badia Tourist Offices or online

#### Guided E-MTB tour

Time: 10:30 am - 1 pm  
Location: La Villa  
Registration required: Yes. Tourist Offices Alta Badia or online

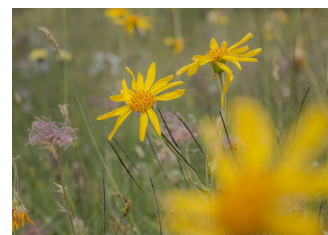
#### Kidshour

Time: 1:30 pm - 5 pm  
Location: La Villa  
Registration required: Yes. Tourist Offices Alta Badia or online

### Healing plants - Discovering the healing properties of alpine plants

**Thursday, 31.07.2025**  
**from 9:15 am until 11:30 am**  
**Badia**

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! And finally, a small tasting of Helga's products.  
Difficulty: easy  
The guide speaks Italian and German.  
Information and reservation at the tourist offices or online by the day before (limited places).



### Alta Badia Summer Card



The Alta Badia Summer Card is a personal ticket that gives users the possibility of an unlimited number of passages on the lifts in Alta Badia.  
Prices:

DAYS	ADULTS	JUNIOR (from 8 to 16 years)
1 day	€ 46,00	€ 32,00
3 days of 4 at choice	€ 70,00	€ 49,00
5 days of 7 at choice	€ 90,00	€ 63,00
12 days of 14 at choice	€ 160,00	€ 112,00

## Museum Ladin Ursus ladinicus

### The museum of the sleeping bear from the Conturines cave's

In the Museum Ladin Ursus ladinicus museum in San Cassiano you can visit the fossil remains of the prehistoric bear of the Conturines cave as well as learn more about the origins of our Dolomites mountains. Upstairs, the exhibition starts with the formation of the Dolomites and includes particularly impressive fossils which are typical for the region around San Cassiano. Subsequently, the Conturines cave's formation as well as its discovery and the excavations are being documented. All the relevant aspects in the lives of the Ursus ladinicus bear and its environment are being explained using the original finds (dated between 60,000 and 40,000 years ago). On the basement floor, you find yourself in a reconstruction of the bear's cave, where you can also see the sleeping bear.

**Disabled access:** The Museum Ladin Ursus ladinicus is fully accessible to wheelchair users.

**Opening hours:** Tuesday - Sunday, from 10 am to 6 pm. Monday closed. Tel. +39 0474 524020.



## Via Ferrata Brigata Alpina Tridentina in the Sella Group

The via ferrata Tridentina in the Sella Group is no doubt one of the most famous and beloved climbing routes in the Dolomites.

The Dolomites, which many people regard as the most beautiful mountains in the world, are an awesome challenge that climbers and mountaineers shouldn't miss. Vertical rock faces and steep towers guarantee plenty of climbing challenges. Doubtless, one of the most famous fixed-rope routes in the Dolomites is the via ferrata Pisciadù (also known as the Via Ferrata Tridentina) in the Sella massif. The via ferrata, easily reachable from Colfosco, has some intriguing vertical sections and a suspension bridge.



Turn-by-turn directions

Set off from the large car park just outside Colfosco (on the road towards the Gardena Pass). After a short section secured with cables and a short walk, you reach the start.

There are fixed cables to help you overcome the rocky obstructions in the forest. Head between two massive blocks of rock and continue on the trail to the bottom of the Sella massif. Climb up the cable-secured route to the Torre Exner mountain, which you leave at the top via a little suspension bridge. A fixed-cable route and a trail lead up to the mountain hut Pisciadù.

The descent is via trail no. 666 (the normal route to the mountain hut Pisciadù) through the Val Setus valley and straight down to the car park.

Difficulty: difficult

Duration 2:45 h

## Recipe for Grestl - Potato fry-up

**Ingredients:** 250g meat / roast, 500g potatoes, 1 onion, butter / oil, salt and pepper, fresh chives

**Preparation:** Boil potatoes with peel. Allow to cool. Once cold, peel and slice. Cut the meat into pieces / slices and finely chop the onions. Add the potatoes in hot butter (if you prefer you can use oil instead of butter), season with salt and pepper. Add the onion and toss until golden brown. Add meat (with some sauce if available) and cook until the potatoes are crispy. Arrange on the plates and sprinkle with chives before serving.



## 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.

Contact: tel. +39 0471 836176 / +39 0471 847037

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