

# ACTIVITIES' WEEKLY PROGRAMME

## WINTER 2018/19

### Monday:

- **Freeride in Val Mezdi!** First freeride experiences through the most famous off-piste skiing in the Dolomites.  
Price: starting from 90€ per person safety kit included. Duration: whole day.  
10% discount for Winter Outdoor hotels and apartments' guests.



- **Discovering the snowy woods** Afternoon easy snowshoes excursion with tea break in the forest  
Price: 30€ per person including snowshoes, poles rental and hot tea-break. Duration: from 3.00 to 6.00 pm  
Special price 10€ for Winter Outdoor hotels and apartments' guests.

**Yoga exercises: awareness and physical harmony.** Suitable for all those, beginners and advanced, who want to find the well-being and physical harmony and acquire better mental clarity.

Meeting point: 10.20 am at Planet Gym in Canazei. Duration: about 1 hour. Available lessons on other days on request.  
Price: 20€ per person including mat rental. 10€ for Winter Outdoor hotels and apartments' guests.

### Tuesday:

- **Ski-tour Gourmet!** A whole day skiing on the most beautiful slopes of the Dolomiti Superski area. Accompanied by our expert Alpine Guides you'll have the opportunity to taste the typical Ladin products. The best Refuges are waiting for us first for a morning-snack, then for lunch and at the end with an aperitif specially prepared for us!  
Starting from Fassa Valley we will move towards the sunny area of Seceda or towards the majestic Marmolada.  
Price: 95€ per person including all gourmet tastings (drinks not included). Min. 5 people. Duration: 8.30 - 16.30.  
Special price 75€ for Winter Outdoor hotels and apartments' guests.



- **Whole day excursion with lunch break at the mountain hut.** Different itineraries all along the Valley such as: Passo Fedaia, Passo Sella, Gardeccia and Ciampedie, Val Monzoni, Passo San Pellegrino, Passo Costalunga...  
Price: 50€ per person including snowshoes and poles rental. Lunch is not included in the price.  
Duration: from 9.30 am to 3.30 pm. 10% discount for Winter Outdoor hotels and apartments' guests.

- **Approach to ski mountaineering.** Enchanting itineraries where you can learn the right technique to ascend with this special skis and have first experiences off-piste. Duration: full or half day, it depends on the requests.  
Price: starting from 60€ per person including lesson, guide, safety kit (avalanche beeper, probe and shovel). Possibility to rent equipment extra. 10% discount for Winter Outdoor hotels and apartments' guests.

### Wednesday:

- **Freeride: Sella - Pordoi - Marmolada.** Some of the best off-piste itineraries in the Dolomites, between Sella and Pordoi couloir and majestic skiing on Marmolada glacier. Different itineraries available for all levels.  
Price: starting from 65€ (half day) or 100€ (whole day) per person, safety kit included (avalanche beeper, probe and shovel). 10% discount for Winter Outdoor hotels and apartments' guests.

- **Ice climbing approach.** Test day to learn how to use the equipment and to do the first easy ascents on small ice falls. Price: starting from 60€ per person, equipment included (harness, helmet, ice axes and crampons). Duration: half or all day long. 10% discount for Winter Outdoor hotels and apartments' guests.



- **Afternoon excursion at sunset and happy hour cocktail/aperitivo!** To experience the magic of a sunset in the snow.  
Price: 35€ per person including snowshoes and poles rental and cocktail/aperitivo.  
Duration: from 5.00 to 7.00 pm. Special price 15€ for Winter Outdoor hotels and apartments' guests.



#### Thursday:

- **Whole day ski mountaineering excursion** to reach the most famous Dolomites peaks and enjoy amazing off-piste skiing! Different itineraries such as: Forcella Demetz, Cima Vallaccia, Passo delle Selle and more.

Price: 100€ per person, safety kit included (avalanche beeper, probe and shovel). Duration: whole day.

Possibility to rent equipment extra. 10% discount for Winter Outdoor hotels and apartments' guests.



- **Whole day excursion with lunch at a mountain hut!** Different itineraries every week such as: Passo San Pellegrino, Fuciade, Val Monzoni, Val San Nicolò, Gardeccia, Val Duron, Passo Sella, Passo Pordoi, Pian Trevisan and more.

Price: 50€ per person including snowshoes, poles rental and hot tea-break. Duration: from 10.00 am to about 3.30 pm.

Special price 20€ for Winter Outdoor hotels and apartments' guests.

- **Climbing course** basic or advanced level by the ADEL climbing hall in Campitello di Fassa.

Price: 30€ per person including climbing hall entrance fee, equipment rental and lesson with the mountain guides.

Duration from 4.45 pm to 7.00 pm. 25€ for Winter Outdoor hotels and apartments' guests.

#### Friday:



- **"Fairy Night"**: starting by motorsledge from the village, we will enjoy an evening snowshoes excursion with headlamps and a typical dinner at a mountain hut. After dinner we will come back by sledge or motorsledge!

Price: 60€ per person including: snowshoes and poles rental, sledge/motorsledge and dinner at the mountain hut.

Duration: from 5.30 to about 10.00 pm. Special price 40€ for Winter Outdoor hotels and apartments' guests.

- **Winter Via ferrata!** Climbing on the famous vie ferrate of the Dolomites, even more spectacular during the winter.

Price: starting from 100€ per person (max 2 people) equipment included. Duration: 1/2 or full day, depends on the via ferrata. 10% discount for Winter Outdoor hotels and apartments' guests.

#### Saturday:



- **Excursion at Pordoi Pass** to enjoy, after that, an amazing 360° view from the famous Sass Pordoi: Terrace of the Dolomites. Price: 30€ per person including snowshoes, poles rental. Lift ticket to be payed extra. Duration: from 9.30 am to about 1.00 pm. Special price 15€ for Winter Outdoor hotels and apartments' guests.

- **Freeride skiing!** Learn how to ski off-piste in complete safety, basics on fresh snow and avalanche safety, use first aid equipment and first experiences in deep snow!

Price: starting from 95€ per person, safety kit included (avalanche beeper, probe and shovel). Duration: whole day. Possibility to rent equipment. 10% discount for Winter Outdoor hotels and apartments' guests.

#### Sunday:

- **Skiguiding tour on the whole Dolomiti Superski area!** Ex: Sellaronda ski tour, Lagazuoi and the Hidden Valley, First World War ski tour, Marmolada and more. Price: starting from 40€ per person, min. 5 people. Duration: whole or a half day, depending on requests. 10% discount for Winter Outdoor hotels and apartments' guests.



- **Discovering the snowy woods** Afternoon easy snowshoes excursion with tea break in the forest

Price: 35€ per person including snowshoes, poles rental and hot tea-break. Duration: from 9.30 to 12.30 pm

Special price 15€ for Winter Outdoor hotels and apartments' guests.

We organize private excursions/activities every day on request. Prices depend on the number of participants.

The programme can be changed, excursions always depend on the conditions of the snow, if few snow the excursions will be done anyway without using the snowshoes.

#### Other activities available every day:

- **Paragliding tandem flights!** To fly over the white Dolomites together with our expert pilots!

Price: classic flight 120€, long flight 170€. The place and the duration depend on the snow and the weather.

It is possible to fly every day (weather permitting), every hour from 8:20 am until 4:20 pm.

- **"Charlotte Horse Riding"**, the horse riding center in Campitello di Fassa in Ischia area near to the Col Rodella cable car station. Ponies for children, riding lessons, 1 or 2 hours horse trekking both for beginners or experts, and the winter news: "Equestrian Ski Dragging" an innovative sport, fun and suitable for everyone, consists of a horse, a knight and a skier or snowboarder on a snowy landscape ... come and find out yourself! Opening hours: 8:00 to 17:00.

- **Campitello's climbing hall ADEL:** top rope climbing and boulder hall.

Open on tuesdays, thursdays and sundays from 4.00 to 10.00 pm and on saturdays from 4.00 to 8.00 pm. Every day on request privat or group climbing lessons with the Alpine Guides for both beginners and advanced.



**INFO & BOOKING: 9.00 - 12.00 am / 4.00 - 7.00 pm**

**Sport Check Point Canazei - Mountain Guides Office**

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