

ISSUE 3

WINTER 2023

SPORT & FUN

PEOPLE

PLACES

SUSTAINABILITY

STORIES FROM THE DOLOMITES

ENG

MYTHS



LEGENDARY TALES
THE DOLOMITES'
MYTHS AND LEGENDS

RISING STARS
YOUNG ATHLETES
WITH A BRIGHT FUTURE

HIDDEN GEMS
DISCOVERING
COMELICO

GREAT FUN
VISITING LOCAL
MUSEUMS

Dear readers,

3,000 km² – give or take – of land and mountains make for a diverse, sprawling landscape. A slice of Heaven on Earth, where the four seasons bless locals and visitors alike with a variety of natural light, temperatures, and weather. The Dolomites, where no two mountains or valleys are quite the same, are a UNESCO World Heritage Site, and for very good reasons. The autumn/winter edition of the “Myths” magazine showcases people who were born and brought up in the Dolomites, whose helix-shaped DNA may, if you look closely, resemble the jagged, rocky walls of the Alps. They live for their mountains.

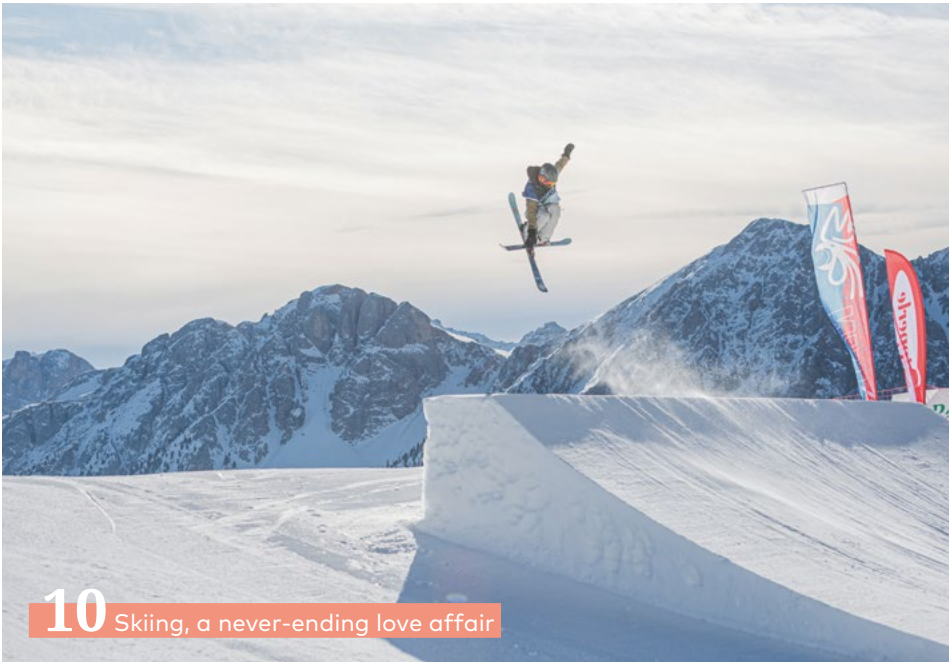
These pages offer an insight into the lives and stories of athletes, meteorologists, chefs, pioneering lift facility entrepreneurs. They’ll share how they founded a lift facility company, how to smoke wild salmon in the Dolomites, if it’s true that in the past there was more snow, and how to win an Olympic medal as a downhill skier. Maybe, by the end of it, even the most geographically challenged of readers – no judging – will be able to find Val Comelico on a map, as this edition showcases this small mountain valley, located to the far east of the Dolomites.

The aim of the magazine is to be entertaining as well as informative. A section will contain news and events from the over 50 towns and villages to ensure you won’t miss out on anything during your stay. It will be a personal shopper of sorts, as we recommend exclusive and original items and souvenirs – we’re sure something will pique your interest.

“Myths” awaits – read about famous and everyday people from the Dolomites. Our hope is for one or two of these stories to awaken your curiosity and to leave you wanting more.
Happy reading!

Diego Clara
“Myths” coordinator
Dolomiti Superski





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WHAT'S NEW IN THE SKI DESTINATION

Happy birthday, South Tyrolean autonomy!

It's not every year you get to celebrate a 50th birthday, and the 2022 anniversary of the South Tyrolean autonomy is quite special. Many events have taken place across the entire province, including an official ceremony at the local Parliament, concerts, webinars, film screenings, and many other activities.

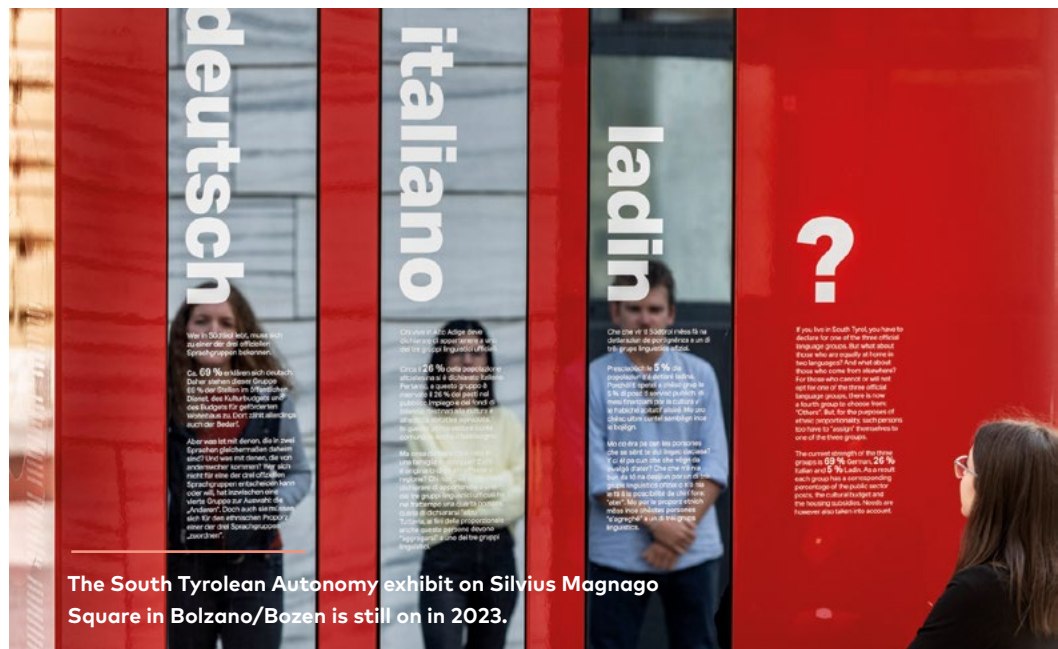
For our international readers, here's a quick cheat sheet: for centuries, South Tyrol/Südtirol belonged to the Habsburg Empire. However, in 1919, after World War I, it was given to Italy. The region was run from all the way down in Rome, the seat of the national government. Things changed when the second statute of autonomy took force in 1972. From then on, South Tyrol became an autonomous province of Italy, with decentralised powers from Rome. The statute also guarantees the protection of the German- and Ladin-speaking communities which live here.



Ice cream parlours celebrate "Gelato Day"

24 March has been European Artisanal Gelato Day since 2013 – artisanal ice cream is the first food to which the EU Parliament decided to dedicate a special day. This day is rather important in Val di Zoldo and the province of Belluno, as artisanal, handmade ice cream is something of a long-standing tradition here. Local ice cream makers believe that nothing stands in the way of creating delicious ice cream... as long as they use the right – meaning seasonal – organic, and fresh ingredients. The whole process plays a key role, too – you've got to continuously stir the ice cream to ensure it acquires the right texture.

Ice cream making machine from the 19th century: ice producer Maurizio De Pellegrin, Val di Zoldo, still uses it to this very day.



The South Tyrolean Autonomy exhibit on Silvius Magnago Square in Bolzano/Bozen is still on in 2023.

Air as pure as at the polar circle

According to the new weather station on Col Margherita, in the San Pellegrino ski resort, the air there is as clear as it is at the polar circle in Norway. The station measured the air quality on the summit of Col Margherita at 2,520 m: ozone levels here were even a fraction lower than those in Ny-Ålesund. The CNR (Italian national research council) is currently studying the chemical composition of the atmospheric aerosols in the Eastern Alps.

You can enjoy the clean and crisp air and the view of mesmerising mountains during a break or aperitivo at the new InAlto mountain restaurant, located in the mountain station of the Col Margherita cable car.



Ski and win

“Rewarding”, the Dolomiti Superski competition, is back! A number of prizes will be given out at the end of the 2022/23 winter season including ski equipment, skis, and season passes for Dolomiti Superski. Want to join? Simply download the Dolomiti Superski app, enter your skipass information, and agree to be part of the prize draw at the end. Done – now what? Well, time to ski! If you want to try and win, you need to collect points. Activities on the slopes will unlock up to 23 badges in three categories: Rookie, Expert, and Legend. For further information, visit www.dolomitisuperski.com/en/Landingpages/Rewarding

DOWNLOAD THE APP

MY DOLOMITI

- GPS positioning
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REWARDING COMPETITION 2022 - 2023

Become a **Legend** and win great prizes.

Are you ready?



A scenic viewpoint on Col Margherita



The Marcialonga's golden anniversary

Pros and amateurs will flock to Val di Fassa and Val di Fiemme on the weekend between 26 and 29 January 2023 to celebrate the Marcialonga's 50th anniversary. This cross-country event is the largest in Europe and takes place across the two valleys. The main event is on Sunday: running the entire original Marcialonga – that's a good 70 km! – using the classic technique. It all starts in Moena and ends in the centre of Cavalese, and the trail boasts a difference in altitude of 1,030 metres.



The 2022 Marcialonga. In the middle, on the right: the winner of the Women's category, Ida Dahl.



The next phase in our sustainability project

The objective of the “DS Responsibility” sustainability project created by Dolomiti Superski in 2018 isn’t to obtain certificates, but to develop strategies it can implement. These strategies aim to greatly reduce the skiing destination’s CO₂ footprint. Some projects are already underway. Which ones? The top-up My Dolomiti Card, for example, which means we no longer have to print lift tickets. Other measures and modernisation processes will also apply to snow-making systems, which will use even less water and energy in the future; and new lifts will be built to reduce motorised traffic on our mountain passes.

A brand-new digital guest pass for your holiday in South Tyrol

Guests in South Tyrol have always had the opportunity to make the most of the offers that come with their dedicated pass, such as using public transport for free. The new guest pass will be active as of 2023 and its aim is to modernise the entire guest pass system. This new digital card will ensure the usage data helps develop sustainable tourism offers and tailored offers for subscribing guests. Currently, only around half of all holiday-goers in the region have access to the guest pass. In the future, everyone will be able to enjoy its benefits, and a knock-on benefit will be incentivising guests to favour public buses and trains over their cars. The new guest pass will also include free admission to numerous South Tyrolean museums among other things.



World Cup Calendar, 2022/23 winter season

Dates	Resort	Village	Sport	Discipline	F/M
14–17/12/2022	Val Gardena	Selva	Alpine skiing	Super G/Downhill	M
15/12/2022	Carezza	Passo Carezza	Snowboard	Parallel-Giant slalom	F/M
17/12/2022	Cortina d’Ampezzo	Cortina	Snowboard	Parallel-Giant slalom	F/M
18–19/12/2022	Alta Badia	La Villa	Alpine skiing	Giant slalom	M
21–22/12/2022	3 Zinnen Dolomites	Innichen	Freestyle	Ski Cross	F/M
6–8/1/2023	Val di Fiemme	Cavalese	Cross-country	Sprint/15 km/9 km	F/M
18–22/1/2023	Cortina d’Ampezzo	Cortina	Alpine skiing	Super G/Downhill	F
19–22/1/2023	Kronplatz	Antholz	Biathlon	Sprint/Pursuit/Relay	F/M
24/1/2023	Kronplatz	San Vigilio	Alpine skiing	Giant slalom	F
28/1/2023	Cortina d’Ampezzo	Cortina	Snowboard	Snowboard Cross	F/M
3–5/2/2023	3 Zinnen Dolomites	Toblach	Cross-country	Sprint/10 km/Relay	F/M

New ideas in the Dolomites

We all know what a Ted Talk is – what you may not know is what TEDx is. This format gives local communities and people the opportunity to organise events – in line with the tried-and-tested TED format – to think outside the box thanks to exchanging ideas and stimulating contributions. This also happens in the Dolomiti Superski destination: TEDxCortina is a not-for-profit organisation which organises an event in the heart of the Dolomites every year. Here, experts and innovative thinkers share their ideas across a range of topics: arts, science, and much, much more. The next event will take place on Friday, 25 August 2023.



The TEDx Cortina team – August 2022.

IT'S SKI TIME





Freestyle is on the rise thanks to the numerous snowparks. Pictured: a Junior championship at the Kronplatz.



SKIING, A NEVER-ENDING LOVE AFFAIR

Everlasting love knows no age or gender.
Ski's die-hard fans tell us more about it.

Author: Sergio Colombi



The Dolomiti Superski slopes welcome thousands of tourists every winter. However, when you see skiers whiz down snow-covered pistes and valleys, don't mistake them all for guests – the locals make the most of the slopes on their doorstep, spending a couple of hours meandering across the mountains. Skiing with friends is great, but some have big dreams, and plan for a future as an international pro athlete.

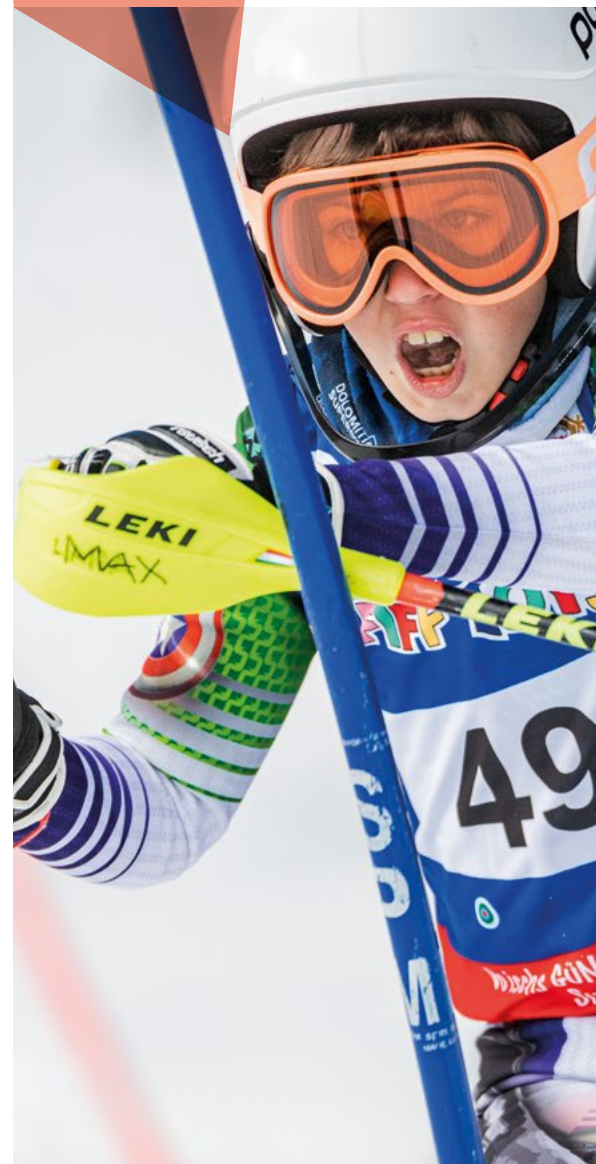
Don't get us wrong: living just a stone's throw from some of the most stunning slopes in the Alps (those belonging to Dolomiti Superski, of course) can give you that extra edge, but it's certainly not enough. You need to be passionate about winter sports, work at it night and day, and have an innate talent to finetune your skill with years of training and dedication.

Lidia Bernardi knows a thing or two about this. For years, she's been the President of the largest and most successful Italian team, Sci Club Gardena. Every year it welcomes dozens of children who want to get a step closer to the mesmerising world of skiing. "We're a point of reference for kids in the valley. Our teams cover Alpine skiing, Nordic skiing, biathlon, ski jumping, Nordic combined and even freestyle, a discipline which has been growing more and more thanks to the increasing number of snowparks. Our young athletes are followed by 38 trainers, and we have several dozen vehicles which bring them to training sessions and races."

Start them young: the Club follows this adage to the letter, and children as young as two or three are signed up. The role of a ski instructor isn't just to teach them their A-B-Ski, but also to find raw talent and see if they've got the potential to become champions.

"Plenty of our athletes have won races in the past. We win about 20 titles or so every year at national level. They compete across all levels, including the Olympics. How do we mould our athletes into champions?"

// PLENTY OF OUR ATHLETES HAVE WON RACES IN THE PAST. WE WIN ABOUT 20 TITLES OR SO EVERY YEAR AT NATIONAL LEVEL.





We involve children as young as pre-schoolers until they reach the level required for professional training, with their first races happening when they're around ten." The President explains how choosing who to take on at a professional level is never an easy choice. But choose they must. "Regardless of their skills and technique – these are non-negotiable – what really makes someone stand out is their willingness to commit to the sport for many years, and be prepared to sacrifice something. A supportive family is fundamental. That's not so rare here, as the love for skiing in Val Gardena is something of a family affair."

The Dolomiti Superski destination is home to a good three ski colleges, which help the rising stars of skiing develop as athletes and continue

studying thanks to the flexible schedule of their classes. They're located in Urtijëi/Ortisei in Val Gardena, Falcade, and Pozza di Fassa. Until the age of 12/13, i.e. the end of middle school, going to a regular school and training works out quite well. However, after that, the higher number of hours required for skiing isn't compatible any longer with a regular school. These colleges, therefore, represent practical support which alleviates some of the burden of the future stars of skiing. Born in 2005, young skiers Sarah Shahini and Maria De Nardin tell us more about their experience.

Sarah Shahini smiles as she tells us, "I started skiing when I was three; and started training professionally when I was eight. I was brought up on the slopes. Skiing takes up most of my ▶

Up until the age of 13, regular schooling and training coexist.





Lidia Bernardi is President of the Sci Club Gardena. It trains the rising stars of winter sports, and it shows: the club wins cups and medals every year.

waking hours nearly all year round. Going to a ski college means we can study and ski, as training requires a dedicated effort and a number of sacrifices. For now, my love for skiing compensates the effort.”

Maria de Nardin chips in. “I was three and a half when I skied for the first time. It’s plenty of fun until you’re eight, and then the first ‘races’ kick in around ten. I picked up an interest in football at some point, but then my love for skiing won out. Skiing is an all-consuming passion, a lifestyle.”

Without their families, none of this would have been possible. Their parents are encouraging partners and provide practical support. Sarah says, “My parents back me through thick and thin; my dad prepares my skis, and mum is my rock: she takes care of me and supports me wholeheartedly. Everything is easier thanks to them.” “Skiing,” adds Maria, “is something of a family tradition. My mum is a ski instructor and gives me tips on technical aspects as well as giving me all the necessary support, so that I can continue training at a professional level without the required sacrifices taking too much of a toll on my everyday life.”

Skiers who are their age train every day, throughout the year – or nearly. If there’s no snow in Val Gar-

dena, they train on a glacier in Val Senales, or in Switzerland, or what Sarah and Maria call “the shack”. This covered structure in Germany contains a ski slope which is always ready and available for training sessions. During summer, barring a small break, they do dryland training to build up their physique which, considering their age, is still developing.

This lasts for years. Ideally, it all leads to something – a dream and a goal: the World Cup. Sarah says, “It’s a long, obstacle-ridden road. Not everyone makes it. What matters is you face things with a smile, without ever losing your passion, and keeping your focus. We’ll see what happens. As you age and get more wins, the pressure grows. My idol? Mikaela Shiffrin – she’s an incredibly strong allrounder.” The World Cup is also Maria’s dream, who says, “Skiing is so enticing because you get to travel, meet plenty of people, set goals and try to reach them. You need to work hard, work on your technique and mindset, which is fundamental, if not the most important aspect. I admire Federica Brignone, I think we have similar styles. Will any of this lead to results? We’ll see.”

Sarah and Maria are two young and promising skiers. At sixteen, their career is just starting. Alan Perathoner, on the other hand, is a veter-

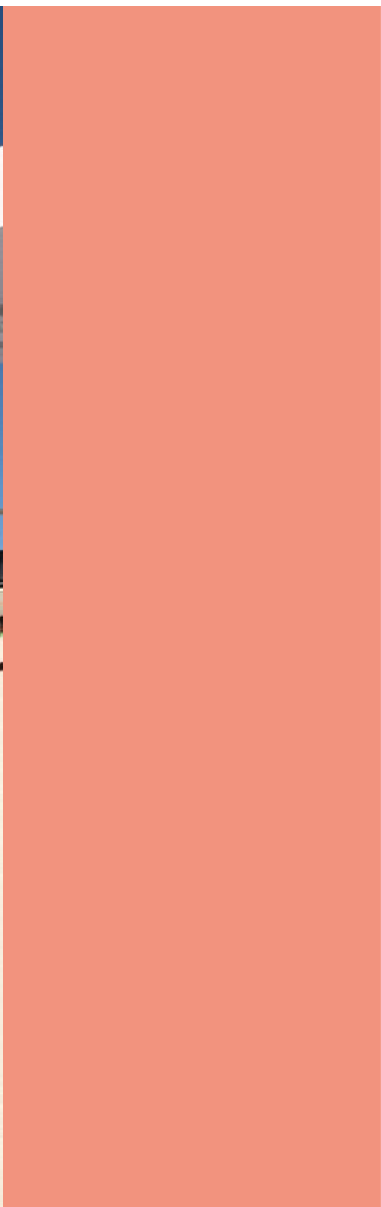


Maria De Nardin and Sarah Shahini (from left) train at Sci Club Gardena and go to the ski college in Urtijĕi/Ortisei.



IT'S A LONG, OBSTACLE-RIDDEN ROAD. NOT EVERYONE MAKES IT. WHAT MATTERS IS YOU FACE THINGS WITH A SMILE.

an of professional skiing. He was born in 1976 in Val Gardena and his career has spanned various Europe Cup podiums, as well as World Cup slopes, and he also took part in the 2002 Salt Lake City Olympic Games. A champion whose journey doesn't differ too much from today's rising stars. "The key to success is always the same: willingness, sacrifices, consistency 365 days a year, never giving up. In recent years, skiers have changed physically, and so has their training regime. Despite that, a successful professional career is based on personal drive, that extra something which pushes them and keeps them focused. It's not easy – I see that in my son, who's also already doing races. A family's support is fundamental, but you need to have the drive to compete. Despite everything, your passion for skiing and having fun will never leave you – during and after your career. The races help you weather the fatigue but, once you hang up your skis – at least as a pro skier – they'll still be there to remind your inner child about the times you skied, not a care in the world. I wore my first pair of skis when I was two and I still ski down a slope with my family and friends every weekend without fail. It's a never-ending love affair." —



The 2022 World Cup final in Courchevel/Méribel. The 2023 World Championships will take place here.



SPEED

EQUALS

FREEDOM

In Nadia Delago's veins flows the blood of a ski champion. She went down a slope for the first time at three and, as a child, supported her idols as they raced down the Saslong. Now 24, she's finally joined the crème de la crème, too, after winning a bronze medal in downhill skiing at the Beijing Winter Olympic Games. What's the secret behind her success?

Interview: **Marianna Kastlunger**

Do you still remember when you skied for the first time?

Nadia Delago: My memory isn't great, to be quite honest, so I can't recall the details. What I do know, however, is that I started on Monte Pana in Val Gardena – and I was just three years old. The slopes are literally on our doorstep, and our family is passionate about skiing. Take my dad, for example: he's a ski instructor. I started taking lessons really early, joined a ski club, then signed up to the South Tyrolean team, followed by the Italian national team. As the slopes were just outside my front door, I could

rush home after school, eat, and train without wasting time travelling. A privilege I only truly became aware of when I joined the Italian team. Other teammates – from Milan and thereabouts – always had to travel a couple of hours to reach the slopes. Being so close to the mountains was a huge advantage for us.

Do you often train in Val Gardena?

I train every day, mornings and afternoons, during summer. We have dedicated hiking, climbing, cycling, and running sessions, as the area has lots of sports on offer. I love to be ►

able to get to it as soon as I close my door behind me. At 1,600 m above sea level, we get used to training at even higher altitudes compared to most people. During winter, we tend to travel a lot as it's race season and, when we're back home, we take that time to relax.

What has always fascinated you about skiing?

I clued pretty early on what my older sister Nicol [also a pro skier] did, and I wanted to do the same. I tried it, and liked being outdoors, taking in the view of the Dolomites, enjoying the feel of fresh powder snow in the company of other people, and to have a blast. I always had ski instructors and trainers who were passionate about their job, and that's incredibly motivating!

You went to a high school specializing in sport. What was that like?

I'd finished middle school and was very much on the fence about what to do next. I was toying with the idea of training as a chef, as cooking is my second great love after skiing. My dad pushed me towards skiing. He told me, "Ortisei has a sports high school, give it a shot. If you don't like it, you can still transfer." Well, turns out I liked what they offered: a combination of lessons and ski training. It was ideal, although it became extremely challenging during the last few years, especially before the end of school. I was competing a lot, which meant skipping days from school with barely any time to study, and learning by heart was difficult for me. Luckily enough, my teachers were amazing, they really supported me. I decided to power through and to complete my final year. The environment, which is a supportive one, understands the needs and the

rhythms of an athlete – which is at the heart of its success. As an aside, parties as a teenager? Yeah, they didn't happen. But that's no biggie, as I trained to reach my goals. I became part of the "Fiamme Oro" police squad, where I keep on training – so sport has become my job.

That was a huge leap for you...

Absolutely! Having said that, I had to compete in the Slalom during the Europe Cup – not that I was that bad at it, mind you [laughs]. However, I soon scored important FIS points, securing starting numbers among the first 30 skiers, especially in speed competitions, so I stuck at it.



I WANTED TO GIVE IT MY ALL AND HAVE FUN. I NEVER EXPECTED TO CROSS THE FINISH LINE, SEE NUMBER 1 LIGHT UP, AND WIN A BRONZE MEDAL!

Your World Cup debut took place in 2019. You placed an impressive 32nd at the Super G in Cortina. Fast-forward two years, and you're 15th during the Downhill World Cup in Cortina: what has happened since then?

It's been a rather busy period! I was taking part in the Europe Cup and had won three downhill races. Then, ►



Nadia Delago, born in 1997, took part in her first World Cup race in 2019. Her strongest discipline, Downhill skiing, saw her win a bronze medal in Beijing (I.). During the summer she can be found training with her sister, Nicol Delago, also a pro skier, in their home valley of Val Gardena.



all of a sudden, someone said, “Take part in the Super G in Cortina!” And all I could think was, “Uh, say what now?!” But someone told me that the Super G would be structured similarly to a downhill and offer space for manoeuvre. So I decided to give it a shot. And it was a great race – and in Cortina, to boot, where I’d never competed before. I loved the vibes, my friends and family came to support me, it was a perfect debut. After that, I joined the Italian team where I trained with my sister Nicol. She’d already competed on all World Cup slopes, so she gave me tips and was a massive help. I developed my skills, and gained more and more confidence and experience.

And then the Beijing Downhill in 2022 – talk about uncharted territory...

The downhill slope was brand-new! Nobody knew what to expect. I got race bib number 1 during the trials: I was the first woman who went down that slope, as it were. I was all a-jitters. I had a chance to look at the guys before, and their jumps went far – it looked really hard. But all went well during my test trial. I loosened

up and could enjoy my first Olympic Games. I wanted to give it my all and have fun. I never expected to cross the finish line, see number 1 light up, and win a bronze medal!

You live a stone’s throw from the legendary Saslong slope: was it a source of inspiration?

Absolutely. As kids, we looked at training sessions and then went on the hunt for autographs. Around Christmas, I often take the first cable car to the top and don my downhill skis for a couple of rounds. That slope is always out of this world. In 2018, the women’s race in Val d’Isère was cancelled, and was then organised on the Saslong. That’s when my sister Nicol won the silver medal. If I could get a chance at that, on our home slope, that’d be amazing.

Final question: you’re a speed specialist – so how do you deal with the adrenaline rush?

If it gets too quick at times, or there are big jumps, it’s quite the challenge! And yet I do love me some speed, and always look to overcome my limits. Speed makes me feel free. —

Nadia Delago in 2022 at the World Cup Downhill in Crans-Montana (l.) and at the finish line at the downhill race of the Beijing Olympics (r.).






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LEGENDARY PICTURES

The German name of this massif, the Rosengarten, can be traced back to the legend of a rose garden located right here. The garden, however, was enchanted: no human eye would be able to see it during day and night. And so today, the only trace of the roses' colours can be seen during the *enrosadira*, a natural phenomenon which bathes the mountains' walls in pink and red hues at dawn and dusk.





In the past, everyone knew local witches would fly astride their brooms to the Schlern/Sciliar. They landed atop this imposing mountain to dance, celebrate their rituals, and conjure powerful storms.





The "Aguana" are mythical creatures of the Dolomites. These spirits live near springs and brooks and protect them. In many a tale, the Aguanas would teach people valuable crafts.



OFF TO THE MUSEUM WE GO!

Culture vultures can explore the summits, cities, and villages of the destination and find a myriad of museums. Some small and quaint, others big and flashy: a selection of the museums in and around the ski resorts of Dolomiti Superski.

Text: Daniela Kahler

1 Hofburg Brixen

Location: Brixen/Bressanone

Theme: The museum is in the former residence of the Brixen prince-bishops. The diocese museum is filled with art from the Romanesque period all the way through to modern art, a collection of nativity scenes, and special exhibitions.

Highlight: the rooms – from the elegant Renaissance cloister to the pomp of the living quarters. An exciting insight into how people used to live in the past.

Time required for a visit: approx. 2 hours

Information and opening hours:
www.hofburg.it

2 School Museum

Location: Siror in the Primiero Valley

Theme: back to school – in the 1930s and 1940s

Highlight: “Gino il Manichino”, the damaged anatomy doll – some of its removable organs were damaged when pupils filled them firecrackers.

Time required for a visit: approx. 1–1 ½ hours

Information and opening hours:
piccolimuseiaprimerio.it



3 Museum of the Great War

Location: Punta Serauta cable car (2,900 m), Marmolada

Theme: The museum lies on the frontline of World War I and pays homage to the soldiers who fought and died here.

Highlight: a model of the City of Ice – this was a unique fortress. Austro-Hungarian soldiers built a network of tunnels 12 km long inside the glacier: its aim was to protect them from attacks by the Italian forces as well as from the cold and avalanches.

Time required for a visit: from a quick 10 minutes to guided tours of 1 ½ hours

Information and opening hours:
www.museomarmoladagrandeguerra.com

4 Museum Ladin "Ursus Ladinicus"

Location: San Cassiano, Alta Badia

Theme: a museum dedicated to the prehistoric cave bear and the Dolomites' geology

Highlight: finds from the Conturines cave (2,750 m): this is the most elevated site reporting the existence of cave bears and cave lions in the whole world. Other highlights? A stone slab with *Pachypes dolomiticus* (pareiasaur) footprints, as well as a complete cave bear skeleton.

Time required for a visit: approx. 1 hour

Information and opening hours:
www.museumladin.it



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3



3

5 Museum Gherdëina

Location: Urtijëi/Ortisei, Val Gardena

Theme: the nature, art, and history of Val Gardena: from fossils through wood carving to alpinist filmmaker Luis Trenker

Highlight: a fossilised marine dinosaur from Secèda and the virtual experience of its marine habitat in the primordial Thetis Ocean. A winter highlight? Val Gardena's oldest nativity scene.

Time required for a visit: approx. 1–2 hours

Information and opening hours:
www.museumgherdeina.it

6 MMM Dolomites

Location: Monte Rite, between Pieve di Cadore and Cortina

Theme: This is one of six Messner Mountain Museums, with a focus on rock, on the exploration of the Dolomites and the people who made Alpine history with their discoveries and first ascents.

Highlight: an original copy of “The Dolomite Mountains”, published in 1864, written by J. Gilbert and G.C. Churchill. The book which gave the Dolomites their name.

Time required for a visit: approx. 45 min.–1 hour

Tip: MMM Dolomites is only open during summer. In winter, head to the MMM Corones (Mountaineering) on Kronplatz, and MMM Ripa (Mountain peoples) in Brunico/Bruneck, which are also part of the Dolomiti Superski destination.

Information and opening hours:
www.messner-mountain-museum.it

7 Geology museum Predazzo

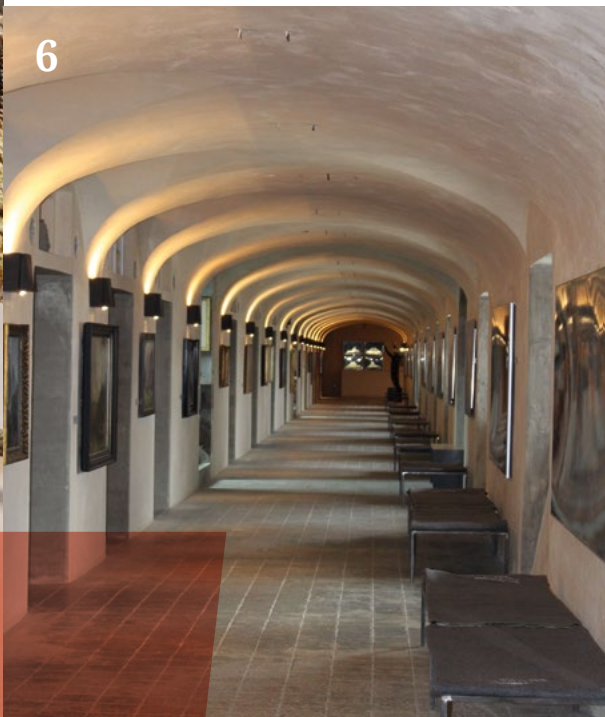
Location: Predazzo, Val di Fiemme

Theme: the geology of the Dolomites, and its countless rocks and fossils. Itinerant exhibitions and events.

Highlight: an extensive collection of fossils from the cliffs of the Middle Triassic, when the Dolomites were still an ocean. An impressive collection, which has grown to 12,000 items over the 120 years since this museum first opened.

Time required for a visit: approx. 1–1 ½ hours

Information and opening hours:
www.muse.it





THE ONE-SKI SOLUTION FOR ALL PISTE CONDITIONS

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A CHAT WITH THE WEATHERMAN

Snow-capped mountains and retreating glaciers.
A look at how things work in the Alps.

Interview: Sergio Colombi

The weather is on everyone's lips, regardless of age or social background. If you prefer basking in the sun, the arrival of winter could be postponed for eternity, for all you care; if you suffer during the summer's heatwaves, you keep on refreshing the weather app, hoping to see the temperatures drop. Farmers pray for rain, skiers for snow. We all have some old saying or another that – to us – is infallible when it comes to predicting if we'll be wearing a short-sleeved shirt or wellington boots.

Meteorology and climatology, however, aren't ruled by old wives' tales and almanacs but by science, forecasting models, and algorithms. When planning our days out and about, common sense and knowledge of some basic facts can go a long way. To this end, we spoke with Gianni Marigo. He's Head of the Environment at ARPAV, the Regional Agency for Environmental Protection and Prevention of Veneto, specifically at the Regional Office for Land Safety and the Avalanche Alert Service in Arabba, Belluno.





Gianni Marigo works at the Environmental Protection Department for the Veneto Region in the Arabba field office.

Weather and the climate: what's the difference?

Gianni Marigo: Weather refers to the present, while climate covers a longer timeframe. Weather forecasts are only trustworthy, to a certain degree, for up to two or three days. If we were to predict the weather five days from now, the accuracy would be significantly lower. Climate, however, embraces decades, or even longer. The current narrative on the climate talks about a period that can go up to the end of this century. And, of course, climate can also be interpreted on a geological time scale. When we speak of climate change, remember we're talking of changes occurring on a decades-long timeline – sometimes even centuries.

When people speak of the hottest winter in 50 years, or the wettest summer since 1990 – does that make any sense?

It all depends on your point of view. In other words: if we look to the snowfall on the Dolomites, snow, on average, has been constant over a 10-year-period. Some years it snows more, others less, but these fluctuations all end up giving us a neat average. The winters of 2019/20 and 2020/21, for example, registered exceptionally heavy snowfalls, while winter 2021/22 was incredibly dry. If we take a step back and look at the last 30 years, your average snowfall hasn't really changed that much. ▶





Our snowdays as children weren't "whiter" than they are today, then?

On average? No. Then again, there's a psychological aspect we shouldn't underestimate, as it influences our memories. We tend to remember exceptional events, say, a heavy snowfall in a specific year, and snow generally is associated with happy moments. If there's no snow, we immediately see that as negative. What has changed because of temperatures rising is that snow will only fall at higher altitudes, such as here in Arabba, or melt sooner. In the lower valleys, though, there's been less snow compared to the past.

The climate is changing – how are glaciers dealing with all this?

Badly. There's no saving smaller glaciers, or those at lower altitudes. Their higher counterparts don't suffer as keenly – for now – from the temperature rising. What is undeniable is that climate change produces real phenomena, the effects of which can already be seen by everyone. Stopping or slowing it quickly will be difficult, as the industry is the main source of greenhouse gases, and it will take time to become CO₂-neutral.

Snow continues to fall at high altitudes, yet glaciers suffer due to global warming.



WEATHER FORECASTS ARE ONLY TRUSTWORTHY, TO A CERTAIN DEGREE, FOR UP TO TWO OR THREE DAYS. AFTER THAT, THE ACCURACY IS SIGNIFICANTLY LOWER.



What about the weather? How do you forecast it?

Weather stations, radiosondes, or meteorological satellites gather data. These data are interpreted using specific mathematical models and algorithms. What truly makes the difference is the knowledge of a specific area. An area's morphology can determine how much snow falls in two places which are relatively close to another. Hands-on experience – what we do here in Arabba – really carries weight when it comes to the accuracy of our forecasts. The same applies to avalanche forecasts and a snow's composition once it has fallen. Nothing can replace one's direct experience with a specific area.

Your tip for our skiers?

Always check the weather forecast before leaving for the day. Local weather forecasts for one or two days are reliable. They prove excellent tools for making the most of your days on the slopes. But the most important tools are common sense and being vigilant at all times. —

Keep an eye on the weather forecast when planning your day on the slopes.

A NEW ERA

Alessandro Marzola, Managing Director of Plose Ski AG, tells us why the new cable car on the Plose mountain was built to be functional, comfortable, and accessible to everyone.

Author: **Debora Longariva**

The Plose cable car is one of the oldest lifts of its kind still in use. This valiant 36-year-old structure will be replaced by the brand-new Plose I and II cable cars to meet the rising demands involved with this kind of transport. It all started in 2010, when decision-makers started pushing the development of the summer season on the Plose, the mountain located east of Brixen/Bressanone. Alessandro Marzola, Managing Director of Plose Ski says, “The same number of guests visits the Plose both during the winter and the summer; the existing cable car couldn’t meet the demands of the guests all year round. It was also failing to meet a number of necessary functions.” The solution was to order a ten-people-cabin cable car from Leitner AG, based not far away in Sterzing/Vipiteno. It features high speeds of 6.5 m/s and reaches peak capacity with 2,400 people transported per hour. Thanks to the modern DirectDrive engine developed by Leitner, it uses less energy and is therefore greener.

The new line runs parallel to the old cable car and one new feature in particular stands out: while the old cable car provided a direct connection between the valley and mountain stations, the new one features a midway station. If skiers want to whiz down the 9 km of the Trametsch – the longest downhill in South Tyrol/Südtirol – or guests who’d like to complete only the upper stretch of the Rudirun tobogga-

ning slope, they can do so by getting off at the new midway station. It also doubles as a storage area for the individual gondolas, and the over 1,600 m² of storage space is cleverly and elegantly hidden from sight.

The new, larger gondolas are a marriage of comfort and innovation: the 360° scenic window makes the trip – and the view – one you’ll never forget. Bikes are attached to the bike racks on the exterior of the gondolas – guests can attach them without lifting a finger, as “the conveyor system is completely automatic, and allows guests to place the bike below each gondola, instead of taking up space inside. This considerably reduces the duration of the loading and unloading procedure,” says Marzola.

The cable car will be able to work during summer and winter. On top of that, everyone will be able to use it. When developing the lift, developers paid special attention to how people would get on and off the cabin. That means disabled people, senior citizens, and families with a pram can enter and exit the lift without any trouble at all. Marzola says, “We’re planning on inaugurating the new structure in December 2023, providing guests with a completely new way to experience the mountains when visiting the Plose.” ▶



The Pfannspitz cable car on the Plose was renovated in 2016. The ski resort will now undergo a further modernisation process.

What's a DirectDrive, anyway?

The core of the new system will be a DirectDrive – which says what it does on the label. How does this direct drive work, anyway? We're glad you asked! Here's how to find out:

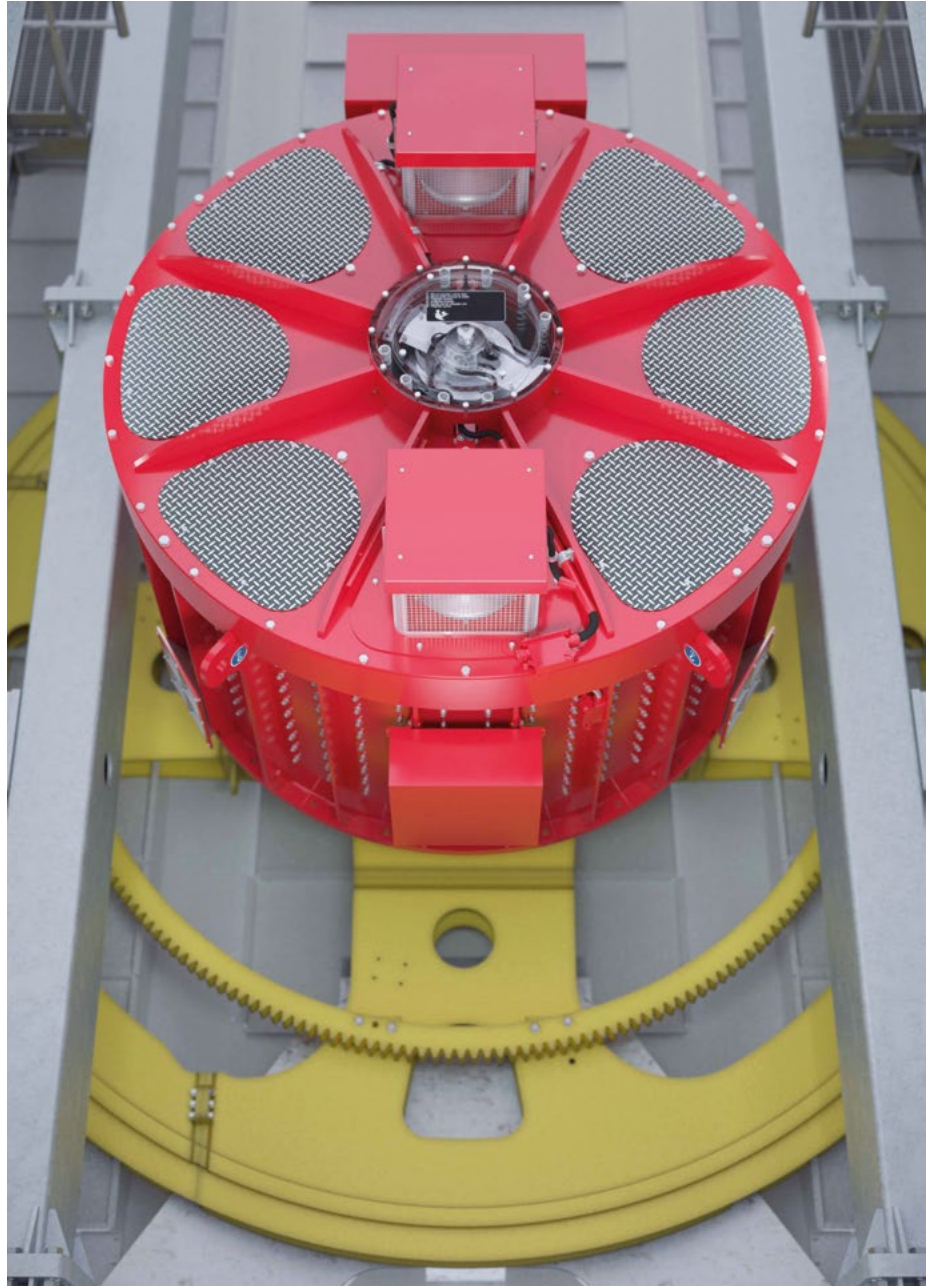
- » Scan the QR code with your smartphone
- » A picture of the drive will open on Instagram
- » Place the Instagram picture and the one of the magazine on top of each other

The highlight of this system?

It doesn't need a gearbox; the pulley (yellow) is directly connected to the drive (red). The drive barely emits a sound, saves energy, and requires little to no maintenance. If one of the two quiet coolers (red boxes on the top) fails, the other will keep on working. —



The Pfannspitz lift soars to 2,470 m; the new Plose lift will be built to the west of it.



DISCOVER

HERE WINTER IS FULL OF WARMTH

COMELICO: A HIDDEN TREASURE

Stunning peaks and centuries-old works of art, this valley at the edge of the Veneto region will sweep you off your feet.

Author: Sarah Franzosini





Padola village against the backdrop of the majestic Croda da Campo summit (2,712 m).

Few people know where Val Comelico is. And that's a shame, for this hidden jewel, located in the Dolomites of the Veneto region, is a world unto itself. Two local experts reveal all this valley has to offer, from hikes and picture-perfect views to works of art. Join us and discover this place, at the very northern edge of Veneto, bordering with Austria, nestled between Friuli-Venezia Giulia and South Tyrol.

Elena Cesco, Vice President of the Val Comelico Dolomiti Tourist Board

Val Comelico is the place to be if you want to delve deep into the mountains' natural side. Some of the most breathtaking itineraries in the area are those cresting the border with Monte Cavallino, Monte Rinaldo or Val Visdende, as well as the majestic Popèra group with its hikes for both seasoned and newbie ramblers – mountain guide optional. One thing which isn't optional is preparing well in advance and studying the trails on a map. The "Dolomiti

Trail" allows you to explore the stretch between Comelico and the Carnia by mountain bike or e-bike. Nature goes hand in hand with the arts, and Comelico won't disappoint: visit Palazzo Poli, a Venetian villa from the 17th century located in San Pietro di Cadore, boasting stunning work by fresco artist extraordinaire, Girolamo Pellegrini; San Nicolò Church, located in the same-named community, with frescoes from the 15th century; and the Santissimi Rocco and Osvaldo Church in Dosoledo with its unique wooden altar.

Rinaldo Tonon, lift facility manager and ski instructor

A day out on your skis in Comelico is a great experience for everyone. The valley is part of the 3 Zinnen Dolomites resort and the Dolomiti Super-ski destination. Ski mountaineering fans won't be disappointed, regardless of their level. The Val Comelico ski area features two lift facilities, one ski lift in the training ground, and a cable car which covers approxi-

mately 15 km of slopes from Padola. Ski mountaineers can take an alternative when out and about on their excursions: the gentle, rolling hills (2,000 m), opting for the paths crossing forests and meadows, or reaching the local malghe. Cross-country skiing enthusiasts can explore tracks differing in level ranging between 2.5 and 15 km circuits; fresh snow junkies can pop on their snowshoes and walk their way across lush forests and the valley's other natural wonders. Hike to Rifugio Lunelli in Selvapiana or Malga Coltrondo, which is also open during winter. Ski mountaineers can head to Costone della Spina or cross into South Tyrol/Südtirol and continue towards Malga Nemes or Malga Klammbach. One hike you won't forget any time soon is the evocative ascent to Monte Zovo until Rifugio de Dòo, which can be reached on foot, by ski mountaineering, or snowmobile. From there you can enjoy a breathtaking view over the Comelico Dolomites.

THERE ARE AS MANY RAVIOLI AS PEOPLE

Stuffed pasta is one of the stars of Italian cuisine. We visit Cortina and Val di Fassa to experience its savoury and sweet version: *casunziei di sciopetis* and *cajoncie da fighes*. Delicious morsels created respectively by Federica Apollonio and Roberto Anesi.

Author: Sarah Franzosini

If you know something, anything, about Italian cuisine, then you know the main course par excellence has to be pasta – and not just any type of pasta. We're talking of mouth-watering, delicious, stuffed pasta. *Tortellini*, *cappelletti*, *agnolotti*, *culurgiones*, *schlutzkrופן*... there's really no limit to the shape, size, and stuffings pasta can have in Italy, where ingredients and traditional dishes vary from village to village. Savoury and sweet – yes, sweet! – options abound, but there's two which represent the quintessence of Cortina and Val di Fassa. Two exemplary interpretations of stuffed ravioli, one savoury, the other sweet: *casunziei di sciopetis* and *cajoncie da fighes*.

Our journey into the magical world of pasta begins with the *casoncelli*, typical of the Ampezzo area, and the signature dish of Federica

Apollonio. The young, self-taught chef started working as a pâtissière, and, for the last three years has been Chef of the Rifugio Ospitale's restaurant. Traditionally, *casunziei* are stuffed with reed beets or *sciopetis*, a type of mountain herb. "Our menu features both versions, but we're the only ones who still cook the *sciopetis* variant. We gather the herbs between the end of May and start of June. Their bittersweet taste can be covered somewhat by adding ricotta cheese to the stuffing. Once cooked, *sciopetis* resemble spinach, which happens to be an excellent substitute if you don't have *sciopetis* on hand," says Apollonio.

If we step over into Val di Fassa, we'll meet pioneer Roberto Anesi, the master of *cajoncie da fighes*, patron of Canazei's El Pael restaurant, as well as best AIS 2017 Italian sommelier

and ambassador of Trentodoc. The recipe of *cajoncie* with dried figs, a sweet main course served during parties and weddings, has remote origins. Anesi says, "100 years ago, our men travelled to Switzerland, Austria, and Germany to work as painters; when they returned home, they brought back products which were easy to carry and preserve – such as dried fruit. The cuisine in Trentino is influenced by Central Europe, and *cajoncie da fighes* are a direct result of the marriage of two different cultures. The figs need to be softened in a steam oven, and we add rye breadcrumbs to the stuffing to give it extra texture."

Now excuse us while we go and cook these mouth-watering ravioli. Speaking of food has made us hungry!

Federica Apollonio's casunziei di sciopetis

Serves 6

Ingredients for pasta

600 g all-purpose flour
3 egg yolks
6 eggs
water
salt

Stuffing

400 g sciopetis (or spinach)
butter
salt
pepper
1 egg
250 g grated parmesan

Dressing

parmesan cheese
melted butter
chives

Preparing the pasta

Mix the flour, eggs, water, salt, and roll out into a thin, smooth layer.

Preparing the stuffing

To cook the sciopetis, finely chop them and fry them in butter. Add salt and pepper, one egg, and grated parmesan.

Instructions

Use a round cutter or a glass to cut out discs from the dough. Place a dollop on each disc, fold it, ensuring the edges stick shut by pressing gently but firmly down on them. Cook the *casunziei* in salted boiling water, then drain. Serve with grated parmesan, melted butter, and chives.



Roberto Anesi's cajoncie da fighes

Serves 4

Ingredients for pasta

240 g all-purpose flour
160 g rye flour
2 eggs
a splash of water
salt
poppy seeds
½ tbs. oil

Stuffing

200 g dried figs
40 g rye bread

Dressing

melted butter
poppy seeds

Preparing the pasta

Mix the ingredients until the dough is nice and smooth. Set aside for a couple of hours.

Preparing the stuffing

Soften the dried figs by placing them in a steam oven for a couple of minutes with the bread. Blend everything in a food processor.

Instructions

Roll out the dough, cut out discs, place a dollop of the stuffing on each, wet the edge of the dough and then close the raviolo and shape it as desired. Cook in plenty of salted, boiling water; drain and brush with melted butter. Serve around 5 ravioli per person and sprinkle with poppy seeds.

YOU'VE NEVER TASTED SMOKED SALMON LIKE THIS!

The Mittersteinerhof farm in Niederdorf, South Tyrol (background). The home of Benedikt Röser (bottom) and his family.

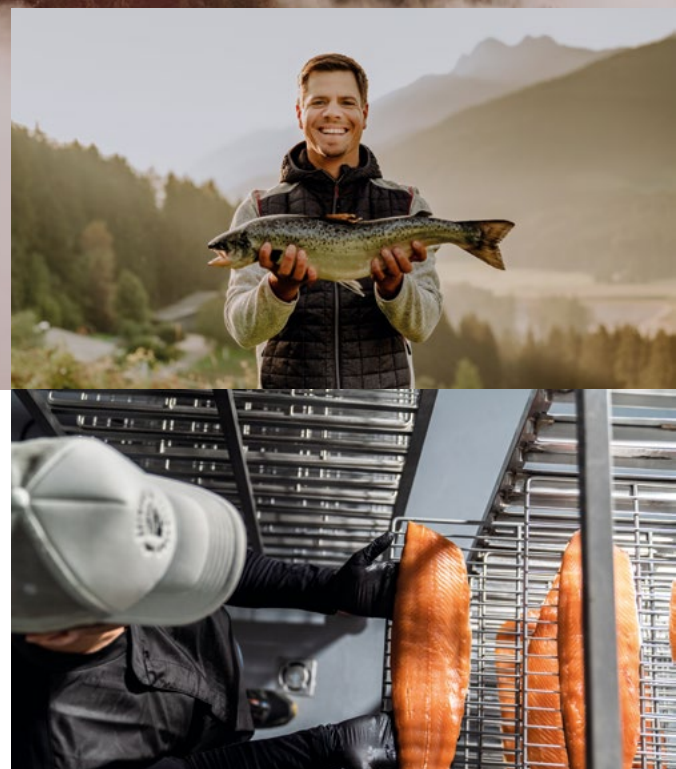
Benedikt Röser is German and has a thing for smoked salmon. Nothing odd there, right? The thing is, he produces Scottish smoked salmon in... wait for it... South Tyrol/Südtirol! Made in Italy goes international.

Author: **Cara Biank**

Welcome to the Mittersteinerhof in the Pustertal valley – hold on to your seats. Two years ago, Benedikt Röser moved here with his wife and children. Pretty ordinary move, really, if it weren't for the fact he opened his very own smoked salmon production unit in November 2020. And not just any old operation: soon his Salmone Dolomiti was awarded two stars at the 2021 Great Taste Award in the United Kingdom!

Benedikt Röser didn't just wake up one morning and decide he was going to dedicate his life to fish: he was brought up in Mannheim, right next to the Neckar River. His brother took him along to fish when he was a boy – he passed the angler's certification exam at 12, and has been smoking fish since age 14.

He imports his salmon from Wester Ross in Scotland – where, according to gourmands, you can farm the best



salmon there is. The fish are only fed organic feed, are caught fresh and sent off on Saturday and arrive on Monday morning in Niederdorf/Villabassa. Benedikt Röser doesn't waste any time and salts his batch immediately. The fish will lie in a bed of salt for two days, kept nice and cool. Only then will it be ready to be smoked over mountain apple and juniper. A second smoking process brings out the flavour, and the smoked salmon is then further enriched with regional Alpine herbs or a five-pepper mix. He packages the salmon in a recyclable package and sells it on the farm, at delis, or via his online shop. A smoking pro if there ever was one, he follows a sustainable approach wherever he can: he also sells regional fish besides the Scottish salmon, such as Arctic char from the Passeiertal valley or salmon trout from Trentino. A genuine Alpine tradition, wielded expertly by German hands in little old South Tyrol. —

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not only on the slopes.

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OH, WHAT, THIS?

... I bought it on my skiing holiday!
Our shopping tips in the Dolomites



A luxury bar cabinet
for valuable labels

Your new
favourite gloves



A delicate
beauty routine

The Tingola Fiemmese soap bar is made with the milk of the rare Tingola Fiemmese sheep. The animals are on the brink of extinction, and are cared for and protected at the Maso Piasina farm in Val di Fiemme. By means of a cold process, their milk is used to create this natural soap with a heady mountain pine scent. When wrapped in sterilised wool and applied to the body, the skin can benefit from a delicate peeling effect. One bar of soap costs €4; one bar in peeling wool costs €9. Purchase from www.sofficenatura.it.

The Kolskyr wine cabinet is a one-of-a-kind object, a hand-carved jewel made in Lajen/Laion, the first village you'll encounter upon entering Val Gardena. Made using hazelnut wood, steel, and brass, the cabinet can be used as a mini bar or coffee table. It stores hidden castors, drawers, and shelves. This statement piece will be the envy of your guests during your home dinners and soirees. Price available upon request. For further information, visit

www.andreamayrkondrak.com.

Gloves are meant to keep you warm on even the coldest of days, and the Reppucci gloves do just that – while looking exceptionally beautiful to boot. Choose from wild leather, buckskin, or napa leather. Each model sports pretty cotton or cashmere embroidery inspired by the Native American Navajo culture. Made in Cavalese and sold for €230, buy at www.reppuccilab.com.



You must be some kind of superstar

You don't want fashion off-the-shelf? Don't worry, because when you buy something from The Bernies, who sell their products on Instagram, they'll follow your exact instructions to make your piece unique. Opt for a summer or winter model, pick the right size, material, pattern and colours for you. This fashionable beanie from Cortina is made using exclusively Italian, high-quality threads. Even Chiara Ferragni's husband was seen wearing one! Prices vary between €50 and €60 depending on the model. For further information, visit www.instagram.com/the.bernies.



There's a hat for everyone

While we wouldn't want you to turn heads on the slopes – helmets and safety come first, after all! – nothing's stopping you from doing so when you're not skiing. Traditional, hip, or cool?

What does your ideal hat look like?



A casual yet elegant trilby

This timeless classic features a narrow brim and is made using high-quality fur felt. This felt is known for being especially smooth, soft, light, and resistant. These aren't piece goods, rather exquisite handmade items. Which means the Leopold trilby will last longer than most and be your faithful companion for many years. You can visit the Hutstübele in Brixen/Bressanone and Bruneck/Brunico for on-site purchases, or buy the trilby online at www.hutstuebele.com for €115.



A unique cap

Ew, David! We've all seen that meme but trust us, this cap is far from boring – quite the opposite. This cap is made in Selva di Val Gardena out of... regional wood! Choose from light cherry wood, dark walnut wood, or a mix of the two. The cap's pattern, which resembles a net, is created using filigree laser etching which guarantees its comfortable and light feeling. The "kapl" can also be personalised. Purchase for €189 at www.shop.kapl.fashion.it.

A SKI PIONEER'S TALE

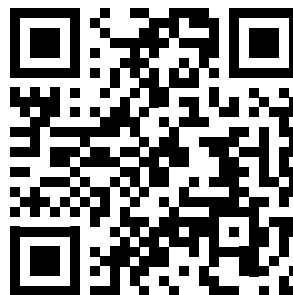
Stepping away from his family's hotel, leading Dolomiti Superski and the Società Incremento Turistico Canazei which celebrated its 75th anniversary in 2022.

Author: Sarah Franzosini

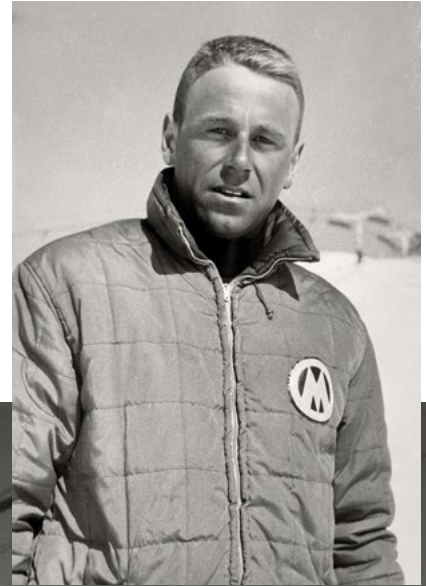
We've all read those inspiring success stories: a person who goes against their family's wishes, follows their passion, and tries out new ideas until they reach the peak of success. Fiorenzo Perathoner knows a thing or two about such things. He's a mover and shaker in the lift business in Canazei, Val di Fassa. He was President of Dolomiti Superski between 2000 and 2008, and of the SITC, the biggest lift company in Canazei, between 1993 and 2008 – which, incidentally, celebrated its 75th anniversary this year. One of the founding fathers of today's Sellaronda carousel – which makes him of one of skiing's biggest patrons and supporters – looks back on to a career which was quite different from his family's plans.

“My family run a hotel in Passo Pordoi, and my grandmother wanted me to carry on the torch. But that job just wasn't meant for me. I became a ski instructor and then, as of 1961, the Italian team's instructor for FIS, the Italian Winter Sport Federation,” reminisces Perathoner. Meeting Gustav Thöni is what really changed his life. The Alpine skier from Trafoi was already an established champion after his four World Cup wins. “They invited us from all over the world, asking us to show them how we skied – they thought we had that extra something.” The experience abroad – Japan, the United States, and Europe – gave him the opportunity to study the lift facilities up close (“that became my life's mission”) and bring some of his insights home. ▶

Fiorenzo Perathoner has captured countless moments on camera over the year. Scan the QR code to access a selection of his historical shots.



Fiorenzo Perathoner as a young ski instructor (r.) in Canazei. The SITC invested a lot of money in the new chair lifts in the 1950s (bottom).



An idea which changed everything

The mission back in the day was to ensure skiers could move from one ski resort to the other without having to spend money on a different ticket every time they used a lift facility. But an easy solution didn't seem possible. Thinking outside the box helps, and so Erich Kostner, co-founder of Dolomiti Superski, invited Perathoner to meet in Corvara together with other facility owners. They put their heads together to develop one single skipass for the entire Dolomites. All this happened in the spring of 1973. After countless research and calls

with turnstile suppliers, San Vigilio di Marebbe was the first to test the new system, developed by a company in Piedmont. Since then, the system has evolved thanks to Perathoner's trip to Silicon Valley where he studied the latest in tech which could be applied to their industry. The former President of one of the most important skiing consortia in the world adds, "Winter tourism changed overnight. Revenue doubled year-on-year. The single skipass became a world-first, and everyone wanted to see how it worked with their own eyes." This became the start of tourism as we know it today.



Local mountain guides (l.) were the first to work as ski instructors in the area.

Top: a chair lift above Canazei, 1960s. Further up: a historic snow-making machine. Fiorenzo Perathoner imported some of the first to Italy.

The Belvedere chair lift mountain stations built in the 1950s.



After 75 years, SITC still looks as young as ever

Perathoner has had a knack for following his gut and has always been passionate about his work. These traits have stood him in good stead at the helm of the SITC for over 30 years, split between the role of President and as part of the Board of Directors. SITC's evolution has always been fed by curiosity, and that trait also played a role. "If I caught wind of a new type of tech somewhere around the world, I rushed to that place. Like that time I heard about the first snow cannons and went to the USA. Naturally, we then imported some to Italy." SITC grew and grew and became an engine for the Val di Fassa economy and tourism industry – and in March 2022 celebrated its 75th anniversary. Perathoner is SITC's Honorary President, and he reminisces about the organisation's history. "We all worked hard. Some of our milestones included developing the Belvedere area; purchasing the Col Rodella's lifts from our Trentino and Val Gardena stakeholders; our support to Catinaccio di Vigo, Lusia di Moena, and Buffaure di Pozza by gradually acquiring important shares in the lift facility companies in the Ladin valley, which made SITC a top player in the industry in Trentino."

Success, however, isn't always smooth sailing. "When the Canazei-Pecol cable car was built in 1992, inflation went through the roof. We had massive money problems. Some of the Board's members put their own personal money on the table to cover the debts. Thanks to the support of other colleagues, we made it out of the storm – but it was a close call." Since then, the company has been in good economic health.

What concerns Perathoner today? The Alps' health in light of climate change. "Global warming reduces snowfalls and increases the speed at which snow melts – how long will we be able to go on like this?"

A concern shared by current SITC President, Daniele Dezulian: "We're facing a watershed moment. We're still recovering from the pandemic, and climate change keeps getting worse. A crisis we've been dealing with for decades: for the last 40 years, technical snow has been an integral part of our operations to guarantee the winter season. Skiing won't vanish but its future will be different to the one we expect, with less stable trends. The interest in this sport hasn't changed. We should be able to recognise and seize opportunities even in these complicated times we're living in." —

Fiorenzo Perathoner today looks back on a long and successful career in the world of skiing and lift facilities.



A LEGEND IS BORN

What can cure a bored soul, one entrenched in the confines of its couch, stuck to a computer and smartphone? Long-distance hiking, the last frontier of the 21st century, where time and nature acquire new meaning.

Author: **Katharina Brenner**

The Alta Via delle Dolomiti No. 2 takes long-distance hikers across more than 185 km and thirteen stages in South Tyrol/Südtirol, Trentino, and Belluno. The trail stops by nature reserves, crosses passes, and gives you plenty of views of the Dolomites, a UNESCO World Heritage Site. The trail is also a journey back in time, as hikers come across trenches used during World War I or fossils from a time long gone. The Alta Via is also nicknamed “The Path of Legends” – it unfolds across the landscape that played stage to many Ladin myths and tales.



The stages

Stage 1-4

Brixen/Bressanone – Plosehütte
– Schlüterhütte – Puezhütte – Pisci-
adùhütte

Highlight: The Puezhütte awaits in the heart of a green pasture surrounded by white, rocky walls – a truly magical setting. Legends abound around this place, which is also a geological treasure trove.

Stage 5-8

Pisciadùhütte – Castiglioni-Hütte,
Marmolada – Passo San Pellegrino –
Rifugio Volpi, Mulàz – Rifugio Pedrot-
ti, Rosetta

Highlight: Passo Pordoi – on the cusp of the Sella and Marmolada massifs, and between Trentino and Belluno.

Stage 9-13

Rifugio Pedrotti – Rifugio Pradidàli
and Rifugio Treviso – Passo Cereda –
Bivacco Feltre and Rifugio Bruno Boz
– Rifugio Dal Piaz – Croce d’Aune and
Feltre

Highlight: Boulders are scattered around Piazza del Diavolo, a round, empty area in the meadow. Hardly surprising, then, that the locals whispered of the devil dancing with his coven of witches here. The truth? The boulders are debris caused by a piece of the mountain detaching, while a small, circular glacier rested on the meadow – leaving this empty space when it melted.

Five tips for a successful hike

1. Time: The long-distance hike takes around two weeks; you can also take a shorter route, if you prefer.

2. Weather: The best weather conditions are between the end of June and the end of September. Plan your day based on the weather forecast the day before your hike and on the day, and keep your eyes peeled for sudden changes in the weather.

3. Know your limits: Each stage is different in terms of difficulty, but a good physical condition and experience with climbing are prerequisites.

4. Equipment: Good equipment is a must; when taking on a via ferrata, a helmet, carabiner, and climbing belt are also compulsory.

5. Stay hydrated: There aren't many springs and fountains along the trail as water tends to seep through the dolomite rock – so bring plenty of water with you!

Did you know...

You can also take the more traditional long-distance trail, the Alta Via No. 1: explore twelve stages across 125 km from the Prager Wildsee lake to the city of Belluno. The trail explores the legendary Kingdom of Fanes and leads past at the foot of the majestic Monte Pelmo and the Civetta Group, the highlight of this tour.

Pale di San Martino (l.) can be found along Alta Via delle Dolomiti No. 2, while Alta Via No. 1 takes you across the Lagazuoi (b.).



THE BEST OF THE SUMMER

Dolomiti Supersummer: six tips for an incredible experience

Author: **Katharina Brenner**



Always wear the right protective gear when cycling in the mountains.

Exploring the mountains by bike

Excursions that last more than one day are quite special, aren't they? The best thing about the Dolomites is that you can do so on foot or by mountain bike and e-bike. The Dolomiti Super-summer offer boasts a signposted network developed exclusively for cyclists – the Dolomiti Bike Galaxy. If you don't care too much for riding up steep hills, take one of the 120 lift facilities open during the summer and pedal away into the sunset at the top of the mountain.

Conquering mountain passes

Countless cyclists – especially racing bicycle enthusiasts – are enamoured with the idea of conquering one of the Dolomites' mountain passes. The huffing and puffing and sweaty climb is well worth it – you'll be rewarded by a stunning view and a breakneck descent. For those who aren't as adventurous, an e-bike alternative is, of course, also available. Some pass roads also have car-free days where cyclists can pedal up and down undisturbed.

Up close and personal with the mountains

Climbing enthusiasts will feel right at home in the Dolomites. Even newbie climbers will find the right via ferrata and experience a unique view and a sense of freedom. It's via ferrata galore, with a range of different levels from easy to demanding. Of course, good equipment and not being afraid of heights are a must. The best time for climbing? Between May and September.

Geological time travel

The Pale Mountains are a sight to behold – and a natural treasure trove. The Visitor Centres of the nature reserves and parks, as well as several museums dedicated to geology, display fossilised marine creatures, and explain how a piece of rock might not be all it seems to be at first glance. An answer to all your questions, whatever your age.

Oh, to be a king, just for one day

Many of the local castles and fortresses have been renovated with the utmost care and, today, are museums, hotels, or restaurants. Whatever the event, time seems to stand still inside the inner keeps of these bastions from a time long gone.

Mouth-watering cuisine for everyone

Eating in a mountain hut is the cherry on the cake for many people after a day out and about in the mountains. Traditional mountain cuisine is all about simple, seasonal dishes. A Ladin highlight? *Bales* (dumplings), while in Trentino and Belluno a meal without some polenta isn't worth ordering. And then deer goulash, mushrooms, and regional cheese. The excellent service? Well, that's on the house.



A WORLD OF SKIING AWAITS

The Ikon Pass just gets better and better: new ski slopes have joined the family, with now over 50 destinations awaiting skipass holders.

Close your eyes, spin the globe, and you'll most likely land on one of the Ikon Pass' locations. The group stretches from the Lake Louise skiing destination in western Canada all the way across the world to The Remarkables slopes in New Zealand. As of the last winter season, Dolomiti Superski is also one of these destinations – the first and only one in Italy. And what with the recent addition of the Lotte Arai Resort in Japan and the Panorama Mountain Resort in Canada, and the Vallée de Chamonix-Mont-Blanc in France and the Sun Valley and Snowbasin in the USA last spring, the Pass is going from strength to strength.

A passholder's bucket list, if they were ever to ski down every slope at least once they would have to whiz down a grand 21 slopes a day in one year. Don't be put off by it, however – though most of the slopes are located in North America and the pass was originally developed for Americans, there's now a select choice in Europe, too, with two or three slopes, including Dolomiti Superski. —

FACTS AND FIGURES

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54 SKI DESTINATIONS

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Dusk in Steamboat, Colorado – one of the 54 Ikon Pass destinations.

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What is Dolomiti Superski?

Dolomiti Superski consists of 15 ski resorts boasting 1,200 km of well-groomed slopes. This is the place to be for unique skiing experiences across Belluno, South Tyrol, and Trentino.

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SO WHAT DOES A... SHAPER DO?

**Dream jobs in the Dolomites, part 1:
three questions for Morris Ferrari, a
shaper working in Obereggen.**

Interview: **Marianna Kastlunger**

Your job as a shaper entails building and carrying out maintenance of the snowpark. What does a typical day in the life of Morris look like?

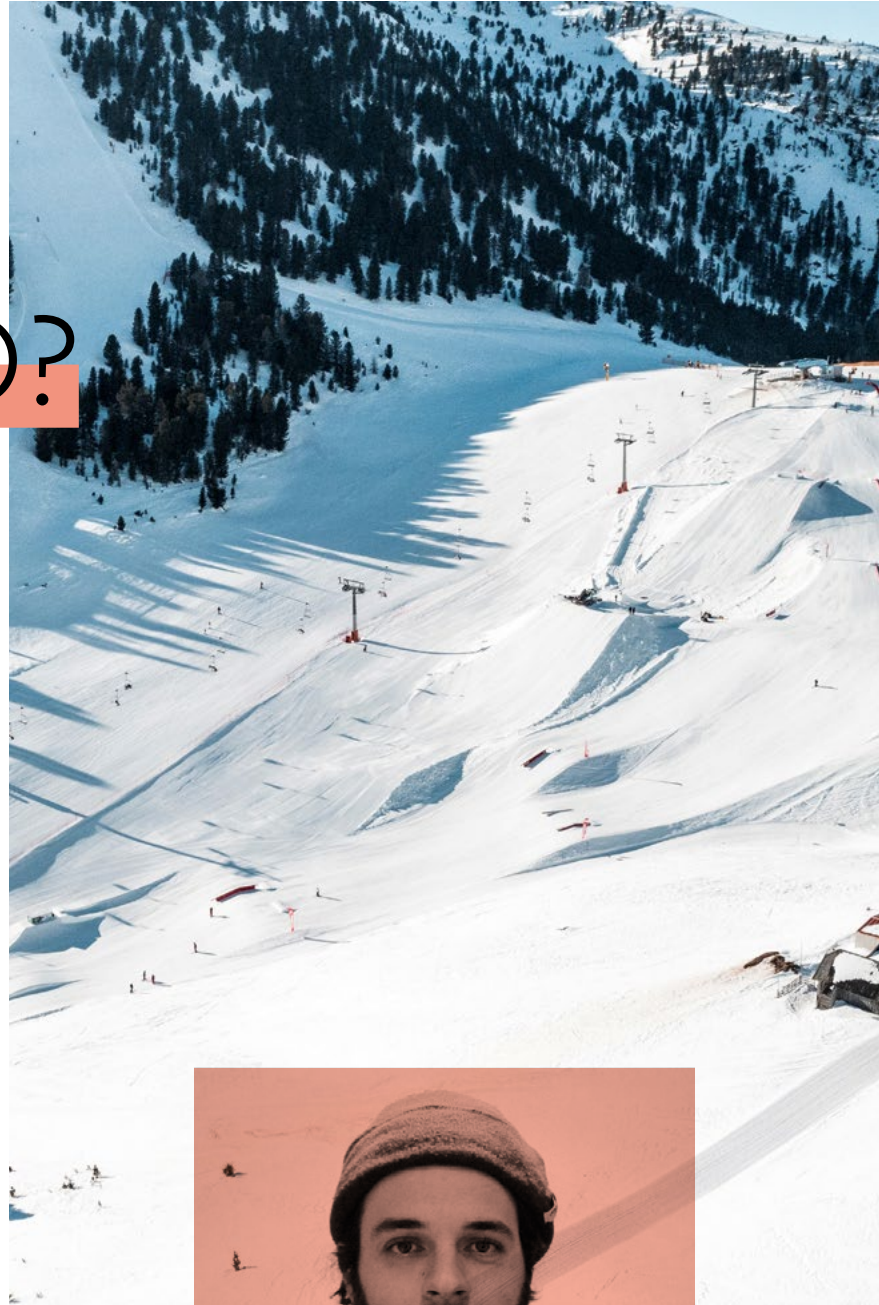
Morris Ferrari: My day kicks off by opening the snowpark. I hop on my snowcat, gather all the nets which enclose the park, and put out our sponsors' banners. I check the structures, one by one, see if everything is clean, and knock down any potential piles of snow which could be problematic. Come afternoon, I start shaping. What does that mean? I use a "shapetool", a special shovel, to remove any unsightly edges from the snow, and ensure the kickers and other hurdles are in tip-top shape. In other words, I'm Obereggen's snowpark caretaker.

What superpowers would be helpful for someone who's a shaper?

Ha! Most of all, a passion for freestyle sports, in this case winter ones, as you typically learn on the job. The facility itself was developed by F-Tech, one of the most important snowpark developers in the Alps. My role in this world is to understand the facility so I can guarantee that it does what it's meant to do. I take care of the hurdles and obstacles so people can enjoy the snowpark to its full potential. Which also means seeing to every guest's safety, whether they're families with small children or pro athletes.

You make it sound as though this is your dream job...?

It sure is! I work outdoors, meet plenty of people, and the winter seasons have that dreamy, untouchable quality you only see in films. Obereggen's snowpark boasts 27 obstacles and structures, making it the largest in all Italy. There's never a dull day. —



30-year-old **Morris Ferrari** works as a farmer in Laives/Leifers during the summer, while in winter you'll find the nature and sports enthusiast working at Obereggen's snowpark together with three other shapers.



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