

MONDAY

Beginners' course in Classic Cross-Country skiing in the Val Casies Valley

As in any sport, technique must be learned correctly from the beginning in cross-country skiing in order to ski effortlessly and safely on cross-country trails. The Val Casies Valley cross-country ski school teaches the correct basic technique and offers beginners the opportunity to familiarize themselves with this healthy sport. **Difficulty:** easy. **Time:** 10.45 am.-12.45 pm. **Meeting point:** 10.45 am. at the ski school in Val Casies Valley/S. Maddalena. **Costs:** S1) 0€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 10€ without Guest Pass Val Casies Valley-Monguelfo-Tesido; S2) 10€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 20€ without Guest Pass Val Casies Valley-Monguelfo-Tesido. Cross-country ski trail tolls included. The cross-country skiing equipment can be rented for 8€ at the ski rental Taschler Sports and Rental in Val Casies Valley/Colle and at Husky Sports Rentals in the Val Casies Valley/S. Maddalena. **Online booking** within Monday, 10.00 am. via www.gsieser-tal.guestnet.info or directly at the Tourist Office.

Beginners' course in Skating Cross-Country skiing in the Val Casies Valley

With its many health benefits and the opportunity to explore breathtaking nature, cross-country skiing offers a unique combination of physical activity and mental relaxation. The skating course offers the perfect opportunity to get started in this dynamic winter sport. The Val Casies cross-country ski school teaches the right basic technique. **Difficulty:** easy. **Time:** 1.15 pm.-3.15 pm. **Meeting point:** 1.15 pm. at the cross-country ski track entrance by the Binta Pub restaurant in the Gsieser Tal Valley/Colle. **Costs:** S1) 0€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 10€ without Guest Pass Val Casies Valley-Monguelfo-Tesido; S2) 10€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 20€ without Guest Pass Val Casies Valley-Monguelfo-Tesido. Cross-country ski trail tolls included. The cross-country skiing equipment can be rented for 8€ at the ski rental Taschler Sports and Rental in Val Casies Valley/Colle and at Husky Sports Rentals in the Val Casies Valley/S. Maddalena. **Online booking** within Monday, 10.00 am. via www.gsieser-tal.guestnet.info or directly at the Tourist Office.

Introduction to Snowshoeing Basics in Val Casies Valley

The route is especially suitable for beginners without special previous knowledge. A relaxing hike on an easy trail through the winter landscape at the end of the Val Casies Valley, without steep climbs, discovering the magical winter world at your own pace. **Difficulty:** easy. **Time:** 1.30 pm.-3.30 pm. **Walking time:** 2 hours. **Altitude difference:** 200m. **Meeting point:** 1.30 pm. at the bus stop at the end of the valley in Val Casies Valley/S. Maddalena. **Costs:** S1) 0€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 10€ without Guest Pass Val Casies Valley-Monguelfo-Tesido; S2) 5€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 15€ without Guest Pass Val Casies Valley-Monguelfo-Tesido. **Online booking** within Monday, 10.00 am. via www.gsieser-tal.guestnet.info or directly at the Tourist Office.

TUESDAY

Panorama snowshoe hike to the Uwald Alm in the charming Val Casies Valley

The winter atmosphere of snowshoe hiking is truly unique and creates a special bond with nature. The snowshoe hike passes through the Pfoialm hut, along the Almweg 2000 to the Uwald Alm hut 2042m. Breathtaking views of the Val Casies Valley and the majestic peaks of the Braies Dolomites. Refreshment stop. **Difficulty:** medium. **Time:** 9.30 am.-3.00 pm. **Walking time:** 4-5 hours. **Altitude difference:** 600m. **Meeting point:** 9.30 am. at the bus stop at the end of the valley in Val Casies Valley/S. Maddalena. **Costs:** S1) 5€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 15€ without Guest Pass Val Casies Valley-Monguelfo-Tesido; S2) 15€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 25€ without Guest Pass Val Casies Valley-Monguelfo-Tesido. **Online booking** within Monday, 5.00 pm. via www.gsieser-tal.guestnet.info or directly at the Tourist Office.

WEDNESDAY

Cross-country skiing trip from Monguelfo to the Nordic Arena in Dobbiaco

A dream. Guided cross-country ski tour, with the Dolomites always in view, from Monguelfo to the Nordic Arena in Dobbiaco. The cross-country stadium is unique in Europe in size and construction and is home to international World Cup races. In the Nordic Arena, participants can test their athleticism, track, get advice from cross-country ski instructors or simply glide gently. Possibility of returning by public transportation. Refreshment stop. **Difficulty:** medium. **Time:** 9.30 am.-3.00 pm. **Outward journey:** approx. 2 hours, **return journey:** approx. 1,5 hours. The rest of the route can be arranged individually. Knowledge of skating technique required. **Bring the Guest Pass with you!** **Meeting point:** 9.30 am. at the Hellweger Intersport at the train station in Monguelfo. **Costs:** S1) 10€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 20€ without Guest Pass Val Casies Valley-Monguelfo-Tesido; S2) 15€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 25€ without Guest Pass Val Casies Valley-Monguelfo-Tesido. **Online booking** within Tuesday, 5.00 pm. via www.gsieser-tal.guestnet.info or directly at the Tourist Office.

THURSDAY

Monte Piana: A panoramic snowshoe tour in the Sesto Dolomites

Snowshoe hike from Lake Antorno (1866m) to the plateau of the Monte Piana (2324m). The imposing mountain was once the scene of conflict during World War I. The 360-degree panoramic view of the Three Peaks, Mount Paterno, Cadini Group, Sorapis, Cristallo and Croda Rossa is an unforgettable experience for nature and mountain lovers. Backpack provisions. **Difficulty:** medium. **Time:** 8.30 am.-4.00 pm. **Walking time:** in ascent 2,5 hours. **Altitude difference:** 470m. **Departures:** at 8.30 am. at the bus stop at the head of Val Casies Valley/S. Maddalena, 8.35 am. Val Casies Valley/S. Martino, 8.45 am. Val Casies Valley/Colle, 8.55 am. Tesido, 9.00 am. Monguelfo bus station in Via Stazione (opposite the Bar Parkcafé). **Costs:** S1) 10€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 20€ without Guest Pass Val Casies

Valley-Monguelfo-Tesido; S2) 15€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 25€ without Guest Pass Val Casies Valley-Monguelfo-Tesido. **Online booking** within Wednesday, 5.00 pm. via www.gsieser-tal.guestnet.info or directly at the Tourist Office.

FRIDAY

Ski Tour in Val Casies Valley

Comfortable backcountry ski tour (also for beginners – skiskills), accompanied by a mountain guide, in Val Casies Valley. Good skiing skills required. Backpack provisions. **Difficulty:** medium. **Time:** 9.00 am.-4.00 pm. **Walking time:** in ascent 2,5-3 hours. **Altitude difference:** 800-1000m. **Meeting point:** 9.00 am. at the bus stop at the end of the valley in Val Casies Valley/S. Maddalena. **Costs:** S1) 90€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 100€ without Guest Pass Val Casies Valley-Monguelfo-Tesido; S2) 175€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 200€ without Guest Pass Val Casies Valley-Monguelfo-Tesido. **Online booking** within Thursday, 5.00 pm. via www.gsieser-tal.guestnet.info or directly at the Tourist Office.

Lantern Walk with mulled wine around the campfire in Monguelfo

A special winter snowshoe hike. You traverse the rustic winter forest by lantern light, listen to stories from the hiking guide, and then enjoy pure winter romance by the warm bonfire. The steaming hot homemade mulled wine warms and tastes simply delicious. Suitable for children ages 10 and up. **Difficulty:** medium. **Time:** 9.00 pm.-11.00 pm. **Walking time:** in ascent 1 hour, descent: 30 min. **Altitude difference:** 200m. **Meeting point:** 9.00 pm. at the Tourist Office in Monguelfo. **Costs:** S1) 5€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 15€ without Guest Pass Val Casies Valley-Monguelfo-Tesido; S2) 15€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 25€ without Guest Pass Val Casies Valley-Monguelfo-Tesido. **Online booking** within Thursday, 5.00 pm. via www.gsieser-tal.guestnet.info or directly at the Tourist Office.

SATURDAY

The classic two-peak snowshoe hike in Tesido

After about 1.5 hours of easy ascent, you reach the destination of the first stage, Mount Lutterkopf 2145m. A magnificent view of the Dolomites, a UNESCO World Heritage Site, is guaranteed. Continue in open terrain to Mount Durakopf 2275m and descend through the hut Taistner Vorder Alm to the starting point. Refreshment stop. **Difficulty:** medium. **Time:** 9.00 am.-3.00 pm. **Walking time:** 4,5 hours. **Altitude difference:** 525-655m. **Meeting point:** 9.00 am. at the parking above the mountain inn Mudler in Tesido. **Costs:** S1) 5€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 15€ without Guest Pass Val Casies Valley-Monguelfo-Tesido; S2) 15€ with Guest Pass Val Casies Valley-Monguelfo-Tesido, 25€ without Guest Pass Val Casies Valley-Monguelfo-Tesido. **Online booking** within Friday, 5.00 pm. via www.gsieser-tal.guestnet.info or directly at the Tourist Office.

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S1) 08.12.–24.12. | 08.01.–28.01.

S2) 25.12.–07.01. | 29.01.–02.03.