

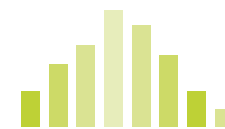
The background image of the cover is a photograph of a mountain landscape. In the foreground, there are wooden chalets with steep roofs. One chalet has white walls and blue shutters. In the background, a large, rugged mountain peak with patches of snow rises against a clear blue sky. A green diagonal overlay covers the bottom left portion of the image.

THE OFFICIAL GUIDE

CORTINA D'AMPEZZO

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We thank everyone who gave their contribution to create this guide.

DOLOMITES
CURIOSITIES
INFO



CULTURE
CRAFTSMANSHIP
HISTORY



EVENTS
FAMILY
SPORT

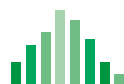


GASTRONOMY
LIFESTYLE
WELLNESS



THE DOLOMITES

THE PALE MOUNTAINS, A UNESCO WORLD HERITAGE SITE



250 million years ago, the Dolomites were a mass of shells, coral and algae submerged in a tropical sea. 70 million years ago they emerged, and after being eroded by time and the elements, they have become a geological treasure of uncomparable beauty. The Dolomites are named after the French naturalist Déodat de Dolomieu who, in the second half of the eighteenth century, was the first to study the particular type of rock predominant in this region. The unique mix of minerals present in the rock gives the mountains a special light shade, which is why they are also known as the pale mountains. At sunset and sunrise, the Dolomites are set ablaze by the rays of the sun in a spectacle of colours ranging from pink to fiery red. This is the effect of the famous Enrosadira, or Alpenglow phenomenon.

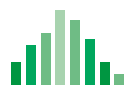
Cortina d'Ampezzo, whose mountains are part of the UNESCO World Heritage area and under protection of the Natural Park of the Ampezzo Dolomites, is the perfect place to wander and discover this uniquely beautiful world of immense vertical walls, spires and pinnacles, green valleys, high mountain pastures, forests, streams, beautiful lakes, canyons and waterfalls.

Professional mountain guides are available for adults and children, individuals and groups, to help visitors get to know the Dolomites, their story, and the flora and fauna that live here. Climbing and via ferratas, hiking, trekking and mountain biking are just a few of the outdoor options offered by our mountain professionals.



A UNIQUE DESTINATION

NATURE, TRADITIONS AND CHARM



UNESCO

On the 26th of June 2009, the UNESCO declared the Dolomites a World Natural Heritage Area for their unique and monumental beauty, thus recognising the unicity of these mountains. The World Heritage recognition is a testament not only to the beauty of the area, but also to the hard work to protect and enhance the unexampled environment surrounding Cortina.



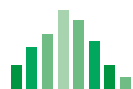
BEST OF THE ALPS

Cortina d'Ampezzo is part of the prestigious European association Best of the Alps, an international seal of quality uniting the 13 most famous and exclusive alpine resorts, appreciated for the quality of their services and facilities, admired for their striking landscapes and for their cultural, natural and environmental heritage. Best of the Alps stands for a long hospitality tradition that has paved the road for both winter and summer mountain tourism. In each of the 13 destinations, the beauty of the landscape and the uniqueness of the environment are perfectly combined with the requirements of modern tourism.



ENROSADIRA

STUNNING NATURAL LANDSCAPES



At sunset and sunrise, the Dolomites are set ablaze by the sunrays in a spectacle of colours ranging from pink to fiery red: this is the effect of the famous Enrosadira, or Alpenglow.

According to legend, once upon a time, the mountain tops were covered with flowers and inhabited by gnomes. One day, the prince of Latemar, stunned by the splendour of the beautiful flowers covering the mountains, decided to explore the area. This is when he first saw Ladina, the daughter of

ruler of this kingdom, King Laurino. After seeing her beauty, he fell in love with her and he thus captured and imprisoned her. King Laurino, desperate of losing her daughter, threw a spell on the mountains ordering all the flowers, which had betrayed their presence, to transform into rock all day and night. He did however forget about the twilight. Thus, still to this day, at sunrise and at sunset one can admire the red tinges of that enchanted flower garden.



HISTORY OF CORTINA

FROM MYTH TO THE QUEEN OF THE DOLOMITES



The history of Cortina d'Ampezzo is touched by legend and drama. There are testimonies of ancient Roman settlements as well as traces of the Barbarians. The valley was originally a land of farmers, thanks to its protected and safe location in the Dolomite mountains. However, it was forestry and timber trade that drove the economic development of Cortina d'Ampezzo.

Due to its strategic geographical location on the national border, Cortina was part of the Republic of Venice to be later annexed to the Austrian Empire, of which it was part for 400 years.

Towards the mid-1800s, the railway arrived at Cortina's borders, bringing the first wealthy Anglo-Saxon, German and Russian travellers to discover these beautiful mountains. The first hotels and tourist facilities opened, transforming Cortina d'Ampezzo into the true capital of the Dolomites.

The First World War, from 1915 to 1918, was the event that more than any other devastated Cortina, leaving scars still visible today. The defeat of the Austro-Hungarian army

had Cortina become part of the Kingdom of Italy, and in the following years the town opened up to the world and to sports, rapidly becoming the Queen of the Dolomites. Hosting the 1956 Winter Olympics, the first games broadcast live on television, firmly established Cortina d'Ampezzo as a prestigious location for winter sports and a privileged stage for La Dolce Vita.

Ever since, Cortina d'Ampezzo is an international tourist destination and venue for many international sport events, having hosted over 25 editions of the Women's Alpine World Cup, numerous Nordic skiing events, the Snowboard FIS World Cup, the Freeride World Cup, as well as many other major events.

Today, the town has approximately 6,000 inhabitants, swelling to nearly 50,000 in high season. Its reputation as a world class tourist destination is the result of a tenacious and conscious development with emphasis on preserving its natural landscapes and traditions.





PLEASURES OF THE PALATE

MOUNTAIN DELIGHTS



Because of Cortina's location and history, the local cuisine is a blend of Italian and Tyrolean flavours. The traditional dishes of the area and more can be savoured in the many restaurants, pizzerias, cafes, bars, mountain refuges and mountain farms combining the atmosphere and the panoramas of the Dolomites with the pleasure of good food. Cortina d'Ampezzo is a paradise for food lovers and gourmets, with several excellent restaurants, a discerning clientele and award-winning chefs able to satisfy even the most demanding palates.

The restaurant scene offers fine dining and genuine local food, Italian cuisine and top-quality wine lists.

The most famous local dish is casunziei, half-moon shaped ravioli that are red if stuffed with beetroot, or green if stuffed with spinach or with cheroute, a local wild herb. Try also the traditional caneder-

li (knödel), bread dumplings with cheese, speck or spinach, and spätzle, speck-flavoured gnocchi. Polenta, served in combination with cheese, mushrooms, sausage or goulash, is another must of the local cuisine. Main courses are usually meat-based, consisting frequently of typical local products like speck and flavoured game dishes like deer and roe deer. Cured or seasoned pork dishes feature frequently on the menu, in the form of pork shank or sausage with polenta. Those with a sweet tooth should go for an apple strudel or Sacher cake. Other local treats that simply must be tried include wonderful tarts filled with berries, ice-cream with hot raspberries, and pancake/omelettes made with flour and egg batter and served with cranberry jam. Nighele are local deep fried sweets, served with a dusting of icing sugar.

WINES

Cortina d'Ampezzo is blessed by its proximity to the Piave valley to the south and the Isarco valley to the west, both prominent wine regions. The Piave valley offers a great variety of white and red wines including Cabernet Sauvignon, Merlot, Pinot grigio

and Pinot nero, and of course Prosecco, a veritable national pride and a key ingredient in most local aperitifs; the Isarco valley produces Gewürztraminer, Müller-Thurgau, Kerner, Sylvaner, Riesling and Lagrein.

MOUNTAIN FLAVOURS

PUCCIA A typical local bread prepared with a blend of rye and wheat flours, and perfumed with cumin and fennel seeds. It comes in two versions, either as a soft loaf, or dry and crispy. In its soft form, it is the base for the most typical local panini, stuffed with cold cuts and cheese.

CASUNZIEI Ravioli in a crescent-moon shape, red when filled with beetroot – a strictly local variety – or green when made with spinach or with the wild herbs that abound in the springtime meadows.

CANEDERLI Bread dumplings filled with cured speck meat, spinach or cheese, and served in broth or garnished with melted butter and parmesan cheese.

SPÄTZLE Small green gnocchi of wheat flour and spinach, served either with speck and cream or with gorgonzola.

BARLEY SOUP Soup made with pearled barley, chopped vegetables and smoked meat.

GOULASH SOUP Local version of the famous Hungarian recipe based on beef, spices and potatoes.

PATATE ALL'AMPEZZANA Stir-fried potatoes with abundant onion and intensely flavoured local cured speck.

RASPBERRIES AND ICE CREAM Hot raspberries with vanilla ice cream.

BUCKWHEAT CAKE A cake with a rustic taste, sweetened with cranberry jam.

APPLE STRUDEL Chopped apple, raisins and pine nuts, perfumed with cloves and cinnamon and wrapped in flaky pastry. Served hot with a sprinkle of icing sugar and occasionally a dash of vanilla sauce, cream or ice cream.

FARTAIES Spiral-shaped fritters sprinkled with icing sugar and served with cranberry or blackcurrant jam.

KAISERSCHMARRN Literally meaning 'the Emperor's omelette', this is essentially a thick crepe with apple and raisins, cut into pieces, sprinkled with icing sugar and served with cranberry or blackcurrant jam.

THE PERFECT DRINK FOR EVERY OCCASION

ENJOY YOUR STAY TO THE LAST SIP



Cortina d'Ampezzo offers restaurants, wine-bars, pubs and cafes to suit all tastes. From trendy wine-bars and Viennese cafés to mountain farms and traditional refuges, visitors to Cortina d'Ampezzo are spoilt for choice. From sunrise to sunset, breakfast to dinner, the options are endless, in town

as well as on the mountain. An aperitif before dinner is a well-established tradition in Cortina d'Ampezzo: nobody misses this opportunity to relax with friends at the end of the day over a drink, accompanied by some mouth-watering local delicacies. Here's what a local would likely get:

PROSECCO

White sparkling wine normally drunk as an aperitif.

SPRITZ

Aperitif with Prosecco, Aperol and soda water.

BICICLETTA (BICYCLE)

A light aperitif for two people, with prosecco and gingerino (it's called triciclo – try-cicle – when ordered for three).

HUGO

White wine, Prosecco and elderberry syrup, with mint leaves. Typically drunk in the summer.

AFTER DINNER

GRAPPA

A spirit with roughly 40° alcohol, distilled from wine marc. There are countless variants of grappa, from the purest to the mostly intensely aromatised with fruit or herbs.

SGROPPINO

A fruit-flavoured ice cream (usually lemon or tangerine) blended with Prosecco or vodka.

ON THE SLOPES

HOT CHOCOLATE WITH CREAM

Don't be so sure to know this classic: you may be surprised by how thick and creamy hot chocolate is in Italy.

BOMBARDINO

A warming, eggnog-based drink with cream and brandy or rum (recipes vary according to local areas). When coffee is added, it's called a calimero.

Normally, restaurants observe the following opening hours: lunch 12 – 2 pm / dinner 7 – 11 pm. Show cooking and tasting events with wines, grappa or local products are available on request.



© Lorenzo Gambato

AGRITURISMO AND MOUNTAIN FARMS

TRADITIONAL FLAVOURS, LOCAL INGREDIENTS,
GOURMET CUISINE



Cortina's many mountain farms offer the chance to experience and interact with nature. Some such structures raise cows producing dairy or beef products, foraging their livestock with hay grown in the Ampezzo

AGRITURISMO CALDARA

The Caldara Agritourism is only 1 km from the centre of Cortina d'Ampezzo. Located between Crignes and Mortisa, it is easily reached on foot or by public bus.

AGRITURISMO DEGASPER GIORGIO FATTORIA MENEGUTO

The Meneguto farm and pizzeria can be reached by taking a short walk along the Dolomites Bike Road from the town centre.

AGRITURISMO EL BRITE DE LARIETO AND PICCOLO BRITE DAIRY FARM

At the Agritourism El Brite de Larieto you can eat in or picnic on in-house dairy products in the sun in nearby meadows, and watch milking time in the cattle stalls.

Valley. On request, visitors and guests can visit the barns where the cattle are housed and watch the milking process and the making of local dairy products.

Those same products can be purchased in Alverà at the Piccolo Brite, the first cheese boutique in Cortina.

AGRITURISMO JÄGERHAUS

The Jägerhau Agritourism, just 2 km from the centre, can be reached by public transport and offers a terrace facing onto the green meadows of Cadin di Sotto and views towards the Tofana massif.

MALGA FEDERA

It is located at the foot of the Becco di Mezzodì, in one of the most beautiful pastures of the Ampezzo Valley. It can be reached from Lake Pianozes or from Campo walking or by shuttle service.



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ARCHITECTURE AND CRAFTSMANSHIP

THE ART OF TRADITION



The Ampezzo valley has carefully protected artisan techniques that were instead forgotten elsewhere. These are regularly updated and supported thanks to the cooperation of local artisans and architects. Since the foundation of the Industrial School at the beginning of the 1900s, Cortina has always strived towards excellence in the field. The Industrial School later became an Art School, a one-of-a-kind educational institution, to collect the experience of the local workers, through which it has trained generations of excellent artisans. The development of tourism and of the construction sector found fertile ground here, stimulated by the high quality of execution that has always been demanded to local artisans. Here, home is a typical example of well-being, quality and harmony to which the best artisanal skills are applied. There has recently been a return to traditional techniques and materials from the Dolomites, reinvented with creativity and great precision and applied to furniture,

decorations, objects made with the marquetry technique called tarkashi or with carved horn, wood, wrought iron, stoves, glass and fabrics. Typical traits of local craftsmanship include mountain charm and harmony, the Alpine element, simplicity and a love for tradition.

The work of generations on the toulàs, the traditional barns with typical decorations, on the cedar chests, and on the stue, traditional living rooms with engraved ceilings, has led to unmatched design and artisanal skills.

Designers and craftsmen from the Ampezzo valley work not only throughout the Dolomites, but all over Italy, in Switzerland and all the way to Moscow and Dubai. Great international figures such as Edoardo Geller and Luigi Vietti visited the valley and were fascinated by it, thus deciding to create buildings of great historical and cultural value here.





HIKING PARADISE

TAKE IN THE **REGENERATING BEAUTY** OF **NATURE**



Hiking is one of the best ways to get in contact and take in the regenerating beauty of nature. Mountain refuges can be the arrival point of the trekking, where to try out the local gastronomy, or a comfortable stop for longer treks lasting several days. Families with children and those seeking relaxing itineraries in peaceful surroundings will find plenty of shaded, relatively flat walks in forests or along rivers, whereas experienced

hikers have a rich choice of more challenging high-altitude hiking routes. There are many beautiful peaks that are guaranteed to satisfy the ambitions of even expert hikers, including 6 peaks over 3,000 m (Tofana di Mezzo, Tofana Terza, Tofana di Rozes, Cristallo, Sorapis and Croda Rossa d'Ampezzo). In addition, lift facilities offer easy access to high altitude areas with extraordinary views, such as the peak of Tofana di Mezzo, Lagazuoi, Faloria and 5 Torri.

THEMED HIKES AND NEWS

Cortina d'Ampezzo boasts over 400 km of signposted trails, maintained and cared for by the Regole, the local mountain guides and volunteers from the local section of the Italian Alpine Club (CAI). The great number and variety of itineraries satisfy the needs and abilities of most excursionists. However, we strongly advise to check the trails on

detailed maps and to consult local mountain or nature guides for more information on each route. In Cortina, there are several spots not to miss, such as the largest open World War Museum in the areas of 5 Torri and Lagazuoi, the Dolomieu Trail, lake Fosses and the new Gores de Federa trail.

CORTINA HIKING PASS

One pass for all the lifts and urban busses in Cortina.

- Free for children under 8, if accompanied by a paying adult
- Reduced price for 8 to 16 years old's.

With the Cortina hiking pass public bus transportation within the town is included. It can be purchased at the Skipass Office, at ticket offices of the cable cars Lagazuoi, Faloria and Freccia nel Cielo and at the chairlifts 5 Torri, Rio Gere – Son Forca and Taiarezze – Malon.



VIA FERRATAS

METAL CABLES, LADDERS AND SUSPENDED BRIDGES
THROUGH THE ROCKS



Via ferratas are equipped routes, prepared with metal cables, ladders or steps and other fixed features such as wooden walkways and

suspended bridges to facilitate passage in difficult points.

EQUIPMENT

In addition to the equipment recommended for any type of mountain trekking (suitable clothing, robust footwear, backpack, first aid kit, food and drink), to ensure your safety when moving along a Via ferrata route you need specific equipment. This consists of a protective helmet, a climbing harness, ferrata gloves and a ferrata set. The ferrata set consists of an energy absorber, two arms that connect to the cable with carabiners,

and a means of connecting to the harness. The energy absorber dissipates the energy triggered by a fall, reducing the risk of injury. You can rent ferrata sets in sport shops in Cortina d'Ampezzo. You may sometimes also need an ice-axe and crampons, depending on place and season, or a headlamp if you are planning to enter some of the numerous tunnels excavated during World War I.

LEVEL OF DIFFICULTY

The difficulty of a given ferrata depends on the sheerness of the rock faces and the amount of holds and supports. The easier ferrata routes are usually called sentiero ferrato (ferrata trail), while the more difficult ones are called via ferrata. However, even a very simple route can become extremely difficult and dangerous in icy or snowy conditions, and a sudden change in weather can create serious problems for trekkers. The length of the route can also influence the degree of difficulty of a ferrata excursion. This is why we recommend that mountain trekkers tackle via ferratas in the company of a mountain guide. Many

of today's via ferrata routes follow parts of the itineraries used by troops in World War I to approach the front.

There are currently more than 30 Via ferrata itineraries around Cortina d'Ampezzo, offering a variety of different features and difficulty levels.

The easiest ones – such as the Ferrata dell'Averau ferrata or the Ferrata Giovanni Barbara at the Fanes waterfalls – are suitable for children, if accompanied by an Alpine Guide or an expert. The more challenging, such as Ferrata 18 in Faloria, or the new variant on the Tofana di Mezzo, are conceived for expert mountaineers.



EASY

FERRATA AVERAU | Averau
GALLERIA LAGAZUOI | Lagazuoi
FERRATA RA GUSELA | Nuvolau
FERRATA RA PEGNA | Tofane
FERRATA GROTTA DI TOFANA | Tofane
SENTIERO ATTREZZATO ASTALDI | Tofane
SENTIERO ATTREZZATO GIRO DEL CASTELLETTO | Tofane
SENTIERO ATTREZZATO OLIVIERI | Tofane
FERRATA BARBARA E CASCATE DI FANES | Val di Fanes
FERRATA SOTTOTENENTE FUSETTI | Sass de Stria

MEDIUM

FERRATA RENÉ DE POL | Cristallo
FERRATA VERONESI | Fanis
FERRATA VIA DELLA PACE | Fanis
FERRATA STROBEL | Punta Fiammes Pomagagnon
FERRATA TERZA CENGIA | Pomagagnon
FERRATA FORMENTON | Tofane
FERRATA RA BUJELA | Tofane
FERRATA SCALA DEL MINIGHEL | Tofane

MEDIUM/DIFFICULT

FERRATA DEGLI ALPINI | Col dei Bos
FERRATA VARIANTE TOFANA DI MEZZO | Tofane

DIFFICULT

FERRATA BERTI | Cengia del Banco Sorapis
FERRATA VANDELLI | Sorapis
FERRATA LIPELLA | Tofane
FERRATA ETTORE BOVERO | Col Rosà
FERRATA IVANO DIBONA | Cristallo
FERRATA MARINO BIANCHI | Cristallo
FERRATA OLIVIERI - PUNTA ANNA | Tofane
FERRATA GIANNI AGLIO | Tofane

VERY DIFFICULT

FERRATA SCI CLUB 18 | Faloria
FERRATA TOMASELLI | Fanis



ROCK CLIMBING

**PEAKS OF ADRENALINE:
ENJOY THE DOLOMITES FROM THEIR SUMMITS**



Cortina d'Ampezzo is surrounded by over 850 sport climbing routes and over 1,000 classic and modern climbing routes.

The spectacular 5 Torri area offers a great variety of climbing routes, with difficulty levels from 2nd grade to 8b, and the nearby refuges make excellent stopover points. The practice facilities are easily reached either by car or by lift facility. Cortina d'Ampezzo offers further rock climbing areas in Crêpe de Oucèra on the road towards Passo Giau, as well as Rio Gere, Beco d'Ajal, Campo, Volpera, Crepo Longo in Faloria and the east face of

Sas de Stria. One of the most famous and magnificent climbing areas is the south face of the Tofana di Rozes, which offers climbs of various lengths and difficulty-levels in a majestic setting.

From 2018, there is also the opportunity to climb in the indoor climbing centre Lino Lacedelli, which offers over 80 routes from 3b to 8b+ on 24m to 30m walls. It is only a few minutes' walk away from the town centre, close to the ice skating rink and the bobsleigh track.

ALPINE CLIMBING

Mountain climbing has been practised seriously in the Ampezzo Valley since the mid-19th century. Paul Grohmann, originally from Vienna, was one of the pioneers of mountaineering in the Dolomites. When he saw the Dolomites for the first time, from high up on the Grossglockner (Austria's highest mountain), he was fascinated, and decided to explore and climb them. In August 1863, he was the first to climb the highest peak in the Ampezzo Valley – the Tofana di Mezzo, at 3,244 m – accompanied by the climber Francesco Lacedelli. He later conquered other summits in the area, such as Mount Sorapis at 3,205 m in 1864, Mount Cristallo at 3,221 m in 1865 and the Tre Cime di Lavaredo, whose highest peak, the Cima Grande, stands at 2,999 m. By climbing these mountains, measuring their altitudes

and recording his climbs, Paul Grohmann became internationally famous and contributed significantly to establishing the reputation of Cortina d'Ampezzo throughout Northern Europe. The people of Cortina d'Ampezzo showed their appreciation by honouring him with a plaque and dedicating the Alta Via n.4 to him. Thus, from 1865, Cortina d'Ampezzo ceased to live only from agriculture and stock rearing, and welcomed the first tourists from Britain, Germany and the Austro-Hungarian Empire, who came to admire and climb the Dolomite peaks. And so the first hotels were founded, the railway was built, and a new profession grew for those who loved and knew these mountains – the Alpine Guide. By 1871 Cortina had registered 9 official Mountain Guides.



TOP 6 WELLNESS TIPS

SINK INTO A **WORLD OF RELAXATION**



THE OUTDOOR HOT TUB AT SCOIATTOLI REFUGE (2,225 M)

A large, open air, wood-fired hot tub for up to 6 or 8 people, to relax in the hot water while sipping a glass of sparkling wine and enjoying the majestic panorama of the 5 Torri.

THE HIGHEST SAUNA IN THE DOLOMITES (2,752 M)

The Lagazuoi Refuge is famous the world over for its views of the great Dolomite peaks. The ultimate panorama plus the opportunity to spoil yourself with a few hours of deep relaxation in a Finnish Sauna are the perfect mix for an unforgettable experience.

SAUNA AT THE CRODA DA LAGO REFUGE (2,066 M)

Set in a magical location by Lake Federa, this Finnish Barrel Sauna is ideal to warm up in the cold winter days or to relax after a hike thanks to the magic of wood fire and the view on the Becco di Mezzodì.

SAUNA AND OUTDOOR HOT TUB AT MIETRES REFUGE (1,710 M)

Next to Europe's largest larch forest, Rifugio Mietres offers a hot tub to enjoy the sunset on the Tofane as well as a Finnish sauna to warm up after a snowshoe hike or ski mountaineering.

STARLIGHT ROOM (2055 M)
20 km from Cortina d'Ampezzo, you can spend the night under a ceiling of stars in the Starlight Room Gourmet and Starlight Room 360 in Col Gallina. A chance to experience the magic of the night sky surrounded by the peaks of Lagazuoi, Tofana di Rozes and Sas de Stria.

SUNRISE AND SUNSET FROM THE SUMMIT OF TOFANA DI MEZZO (3,244 M)

In the summer, special openings of the Freccia nel Cielo cable car are organised on specific days to see the sunrise or sunset from the top of Tofana di Mezzo. And after the sunrise, indulge in a rich breakfast with a magnificent view.



© Pietro Albarelli

MOUNTAIN BIKE & E-BIKE

GLIDE THROUGH **ENCHANTING TRAILS**



Mountain bike lovers will find in Cortina d'Ampezzo at least 16 trails suitable for MTB enthusiasts and families alike. Even challenging routes and ambitious locations become accessible to less experienced bikers thanks to e-bikes, which can be rented in numerous rental shops in Cortina d'Ampezzo. The trails are marked with specific info tables and descriptions (see also our MTB &

e-bike map) and for those hooked on downhill biking, a Bike Pass can be purchased, to bring bikes uphill on lift facilities. Lastly, those seeking for a thrilling experience can try out the new bike park in Socrepes, with easy to medium trails with technical sections. There are various associations you can contact for mountain bike guides or instructors.

BIKE PASS

One pass gives access to all of Cortina's lift facilities.

- Free for children under 8 years of age if accompanied by a paying adult;
- Discount for minors between 8 and 16 years of age.

PURCHASE AVAILABLE AT:

Tofana cable car station, Lagazuoi cable car station, 5 Torri chairlift station, Faloria cable car station and Cristallo lift facilities.

For further information: cortina.dolomiti.org

SUPERSUMMER CARD

The Dolomiti SuperSummer pass gives access to roughly 100 lift facilities in 12 Dolomite valleys. You can choose between a point system pass and a day-system pass. Discounts for Juniors and free for young children.

For further information: dolomitisupersummer.com



ROADBIKE

STUNNING MOUNTAIN-PASS ROADS, SURROUNDED BY DOLOMITES



Cortina d'Ampezzo offers unforgettable experiences for road cyclists: the Dolomite mountain passes are perfect for road biking.

We have suggested 7 superb cycle routes that start and finish in Cortina d'Ampezzo: Cortina – Dobbiaco Classic, Tour of Comelico, Cortina – Canazei, Tour of the 6 Passes, Tour of Badia and Pusteria, the Agordino Tour, Cortina – Tre Cime di Lavaredo (see the dedicated Roadbike map). 5 legendary passes in this area have made cycling histo-

ry, key points along 700 km of spectacularly majestic landscapes: Passo Tre Croci, leading to the famous Tre Cime di Lavaredo; Passo Cimabanche, highlight of the superb Cortina–Dobbiaco road; Passo Falzarego, where Fausto Coppi defeated Gino Bartali in 1946; Passo Giau, which in 1973 witnessed the Spanish mountain specialist José Manuel Fuente at the head of the race; not forgetting Passo Pordoi which, with the Cima Coppi, has for 13 editions marked the highest point of the Giro d'Italia.

THE DOLOMITE BIKE ROAD

The Lunga via delle Dolomiti bike road is suitable for all and perfect for a family outing with children. From Cortina d'Ampezzo you can either head to Calalzo, 30 km to the south, or to Dobbiaco, 30 km north, following the route of the former railway line. Until 1964, it connected Dobbiaco with Calalzo, passing through Cortina d'Ampezzo. The journey unfolds in an untainted landscape animated by the beauty of nature and by delightful architectonic souvenirs as you cross bridges, skirt lakes and pass through tunnels, woods and old railway stations, some of which restored as snack bars. Between

Cortina d'Ampezzo and Cimabanche (with the option of an extra 15 km to Dobbiaco), the trail climbs gently on tarmac and then on a gravel road winding through the tunnels of the historic Dolomites railway. The best option for children is however the opposite direction, gently downhill from Cimabanche to Cortina d'Ampezzo or from Cortina down to San Vito, Borca or further down in the direction of Calalzo di Cadore. In summer, a bus service with bike transport facilities can take you up to Passo Cimabanche or back to Cortina from San Vito, Borca and Calalzo.



TRAIL RUNNING

500 KM OF TRAILS AND 18 ITINERARIES



When it comes to trail running, Cortina d'Ampezzo combines an exceptional variety of routes with unforgettable scenery. Runners have almost 500 km of trails to discover, running uphill, downhill, on challenging terrain or gentle dirt tracks, between peaks and valleys.

There are countless options, including 18 GPS-tracked itineraries, which are described in detail on the Running map you can pick up at the Info Point in Corso Italia.

Among many great running itineraries, we recommend the easy Giro di Pian de Ra Spines, 15 km mostly on the flat, through unspoilt woodland with glimpses of the river Boite; for something more challeng-

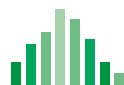
ing, the Giro delle Tofane is an especially satisfying 30 km run with 1700 m of altitude gain, much of it through the stunning Val Travenanzes.

Cortina hosts several running competitions. In February, the Snow Run has athletes compete on groomed slopes at night, while June is the month of two major international running events: the Cortina - Dobbiaco Run, along the route of the former railway line, and the Lavaredo Ultra Trail, featuring three days of trail running races over various distances and altitude differences. September brings with it the Delicious Trail Dolomiti, an event combining trail running, history and gastronomy.



MOUNTAIN REFUGES

WARM UP AND RELAX IN THE COZY AMBIENCE
OF TRADITIONAL ALPINE-STYLE REFUGES



The mountain refuges originally served as overnight shelters for mountaineers and excursionists, sometimes even offering catering services. Over the years, with the development of tourism, the refuges have become comfortable establishments with more services. Some of them have added special features, such as outdoor hot tubs and saunas, offering their guests the opportunity to enjoy a wellness experience at altitude.

But refuges haven't lost what makes them unique: their warm and welcoming atmosphere, the stunning landscapes and the delicious home-made cooking according to local tradition.

Some refuges can be reached by short walks

or by lift, others via jeep transfer service or hiking. It is possible to sleep in most refuges, experiencing the famous Dolomite Enrosadira colouring the rock at dawn and sunset: an absolute must. In the summer, refuges are ideal pit-stops for a lunch or snack after a hike. In the winter, they are the place to rest and refuel for skiers, ski mountaineering and snowshoe excursionists. Many refuges can be reached on foot also in winter, including Lago d'Ajal, Malga Federa, Croda da Lago, Dibona, Malga Ra Stua and Mietres. Some refuges offer traditional dinners followed by descents by sled, on skis or by snowmobile under the stars, by reservation.



MUSEUMS

ART, HISTORY, CULTURE, SCIENCE AND ASTRONOMY



THE MARIO RIMOLDI MUSEUM OF MODERN ART

The Mario Rimoldi Museum of Modern Art houses one of Italy's most important collections of figurative art of the 20th century, with paintings of De Pisis, De Chirico and Campigli, as well as works from other museums and international art galleries.

THE RINALDO ZARDINI PALEONTOLOGICAL MUSEUM

The Rinaldo Zardini Paleontological Museum exhibits a significant collection of fossils, shells of marine invertebrates, corals and sponges from the Triassic period. The museum takes visitors for a dip into the life of the tropical oceans the Dolomites originated from, and includes an area dedicated to botany.

THE REGOLE D'AMPEZZO ETHNOGRAPHIC MUSEUM

The Ethnographic Museum is a concrete example of how Cortina d'Ampezzo has been able to preserve its cultural heritage and the memory of its roots. It houses a collection of utensils used in everyday life

in old-time Cortina, traditional costumes, a miniature reproduction of a traditional house and crafts in wrought iron, filigree, wood marquetry and ebony.

ASTRONOMICAL OBSERVATORY

The Helmut Ullrich Astronomical Observatory provides a great opportunity to observe stars, planets and galaxies. It is located at an altitude of 1,780 m, at the arrival station of the Freccia nel Cielo gondola. Guided visits and tours are available on request, for an evening under the stars followed by dinner in the nearby refuge.

PLANETARIUM ALESSANDRO DIMAI

At Cortina's planetarium, a computer reproduces the movements of the planets, the sun, the moon and other celestial bodies. It is also possible to simulate specific phenomena (eclipses, conjunctions etc.) and to project films full-dome. The planetarium is located near the Olympic Ice Stadium, a few minutes walk from the town centre. Guided visits by reservation only.





SKIING IN CORTINA

SKIING SURROUNDED BY THE MOST BEAUTIFUL
LANDSCAPES OF THE DOLOMITES



A true paradise for winter sports enthusiasts, Cortina d'Ampezzo offers skiers some breathtaking sceneries. The resort's three ski areas, Faloria-Cristallo, Tofana-Ra Valles and Lagazuoi - 5 Torri, connected by a free ski bus, are snow-sure throughout the season thanks to modern snow making facilities.

ALPINE SKIING

Alpine skiing is the very DNA of Cortina d'Ampezzo. The resort hosted numerous international events such as the Women's World Cup and the 1956 Winter Olympics and boasts famous runs that have made international ski history, like the Olympia delle Tofane. Cortina's experience in the organisation of international sporting events won it the support to become the venue of three of the most important events in winter sports of the 2020s: the Ski World Cup Finals in 2020, the FIS Alpine Ski World Championships in 2021 and the Winter Olympic Games in 2026.

The ski area of Cortina d'Ampezzo also includes the areas of San Vito and Auronzo-Misurina, for a total of 120 km of pistes. Cortina is part of the Dolomiti Superski, one of the world's largest ski circuits with 1,200 km of slopes across 12 ski domains accessible with a single skipass.

SNOWBOARD

Snowboarders, from beginners to experts, will find plenty of fun challenges in Cortina d'Ampezzo. The gentler slopes of Pocol and Socrepes are popular with beginners, whereas Faloria and the 5 Torri areas offer tougher runs for the likes of experts. For an adrenaline kick, local mountain professionals organise freeride outings. The Faloria area also offers a Freestyle Station with a Big Airbag and hosts every year the races of the Snowboard World Cup.



SKI TOURS

EXPERIENCE AND EXPLORE SKIS-ON



SUPER8

The Super 8 is an 8-shaped Ski Tour through large, easy pistes, with views on some of the Dolomites' most famous peaks: Tofana, Pelmo, Civetta, Marmolada, Fanes, Cinque Torri and Conturines. The Super 8 Ski Tour unwinds through beautiful saddles (Forcella Nuvolau, Croda Negra and Forcella Lagazuoi) and unique sceneries, including the frozen waterfalls on the Armentarola piste. At the end of this slope, take advantage of the horse carriage to get to the bus stop to go back to Passo Falzarego. Along the Super 8, try one of the several refuges for a gourmet pause.

THE GREAT WAR TOUR

The Great War Tour is a history-filled experience that takes skiers through the defences, trenches and tunnels built by Italian and Austrian troops during the First World War. It is possible to cover the 80km in just one day, skiing between the natural and

historic landmarks around the Col di Lana through Passo Falzarego, Val Badia, Arabba and Alleghe. This tour is suitable also for children and snowboarders and can be completed with a Dolomiti Superski Skipass.

SELLARONDA

The Sellaronda is the longest ski tour in the Dolomites, circling the huge Sella massif. Setting off early in the morning from Passo Falzarego, take the Lagazuoi cable car to ski the long and famous Armentarola piste and reach the Alta Badia ski area. The tour involves over 26km of pistes, plus many panoramic cable rides, taking in the Gardena, Sella, Pordoi and Campolongo passes. The tour is suitable for medium level skiers and is one of the most fascinating circular ski tours in the entire Alpine range. Dolomiti Superski Pass is required.



SKIPASS

ONE SKIPASS FOR OVER 1200 KM OF SLOPES



You can choose between the Cortina Skipass (a valley skipass you can use in the Cortina d'Ampezzo – San Vito – Auronzo – Misurina area, covering a total of 120 km of pistes) and

the Dolomiti Superski Skipass (valid for all the 12 valleys in the Dolomiti Superski area for a total of 1,200km of slopes).

SALES POINTS:

- at the Ski Pass Office – Via Marconi 15, in front of Cortina's Bus Station;
- online
- through the Hotel Skipass Service (dolomitisuperski.com).

CORTINA SKIPASS – REDUCTIONS:

- Free for children under 8, if accompanied by a paying adult, for a period between 1 and 31 days (except: 8 days in high season, directly to the lifts (DTL), season passes and value cards). Please check details and updates on skipasscortina.com;
- for people aged 8 to 15, discounts on day and multi-day passes;
- for skiers over 65, discounts on day and multi-day passes;
- pre-sale discounts for adult seasonal ski passes bought by 24th December;

- by purchasing season passes for both adult/parent and junior at the same time, the junior pass will get a reduction;
- discounts in low season, mid-season and end of season (further info on skipass-cortina.com).

DOLOMITI SUPERSKI – SKIPASS REDUCTIONS:

Reductions are available for children under 8, if accompanied by a paying adult, juniors, children aged 8 to 15 and for skiers over 65. For info: dolomitisuperski.com

SKIBUS

To reach lift facilities during their opening hours, skipass holders are entitled to free use of the ski bus service, on showing their skipass. Departure from Piazza Roma, the bus station and outside or near hotels.



SNOW PROFESSIONALS

DISCOVER THE **HIDDEN BEAUTIES** OF **CORTINA** ACCOMPANIED BY **ENTRUSTED LOCAL PROFESSIONALS**



The first Italian ski school was founded in Cortina in 1933. Today, Cortina's ski schools and instructors offer a service that is truly complete and highly professional. Ski instructors specialize in telemark, freeride, freestyle, snowboarding or cross-country skiing, and may be contacted to teach children, adults or the disabled. Alpine Guides and Nature Guides organise a number of activities for adults and children in both

summer and winter. In the company of these experts, more adventurous visitors can learn ski mountaineering or freeride skiing. Those who prefer a winter holiday dedicated to relaxation and slow discovery can try snowshoeing, ideal for exploring the silence of the snow-clad forests. More adventurous options include ice-climbing and the latest snow sport trends.

SKI AND SNOWBOARD INSTRUCTORS

Ski and snowboard instructors play a crucial role in teaching the right technique as well as a correct and safe behaviour on the slopes.

MOUNTAIN GUIDES

These highly trained professionals can guide excursionists and climbers along hiking trails and mountain routes, thanks to their deep knowledge of climbing. They are trained for activities on snow and glaciers, and in general for all activities connected with mountains, including emergency procedures.

NATURE GUIDES

Professionals specialised in accompanying visitors to explore the natural landscapes and the specific flora and fauna of the area, as well as its cultural and historic features.



OFF PISTE

FROM **EXTREME SKIING** TO **QUIET SKI-MOUNTAINEERING**
EXCURSIONS



EXTREME SKIING AND FREERIDE

For experienced skiers who loved the thrill of a steep descent, Cortina offers some of the best black runs in the Dolomites, both in terms of challenge and sheer beauty. The Vertigine Bianca, Forcella Rossa and Labirinti are among the most famous. For those who want to ski off-piste along the steep ridges of the Creste Bianche, Bus di Tofana, Canalino and Ski 18, experienced mountain guides with local knowledge of the terrain and snow conditions are highly recommended, both for safety and for knowing where to find the best snow conditions. It is recommended to always use shovel, probe and Artva.

SKI MOUNTAINEERING

Ski mountaineering is the perfect way to combine the pleasure of hiking with a passion for skiing. Depending on your level of experience, Cortina d'Ampezzo offers a range of itineraries, including easy routes with low gradients in sunny areas, or even along mountain roads leading to mountain huts such as the Rifugio Scoiattoli, Malga Federa, Rifugio Mietres, Rifugio Dibona or Malga Ra Stua. The area offers also countless opportunities for ski touring experts, with many beautiful peaks and couloirs. It is highly recommended to contact the mountain guides of Cortina d'Ampezzo for local knowledge of the territory and snow conditions.



CROSS-COUNTRY SKIING

OVER **70 KM OF TRACKS** ACROSS **ENCHANTING LANDSCAPES** OF
THE **NATURAL PARK OF THE AMPEZZO DOLOMITES**



The Fiemme Nordic Ski Centre is the hub for cross country skiing in Cortina d'Ampezzo, offering circuits of various lengths and difficulty, as well as ski rental, ski schools and a snack bar. Enthusiasts and athletes will find tracks that meet the demands of both classical and skating techniques, set in the majestic scenery of the Dolomiti d'Ampezzo

Natural Park and of Passo Tre Croci. One of the key attractions is the 30 km long route along the former Dolomite Railway, which connects Cortina d'Ampezzo and Dobbiaco and is considered one of the most beautiful Nordic Ski routes in the Dolomites. Skipasses can be purchased either for a day, a week, or for the whole season.



NOT ONLY SKIING

FOR **NATURE LOVERS** AND **SPORTS ENTHUSIASTS**



SPORT

SNOWSHOEING

Cortina offers many beautiful itineraries for snowshoe excursions, both along forest roads and at altitude. This popular activity is accessible to everyone and it is a great way to keep fit while experiencing the magic of winter in the mountain.

Our mountain professionals, whom we recommend to consult when planning your snowshoe excursion, offer a variety of proposals on different itineraries, from the most scenic and relaxing to the historical ones.

FAT BIKE

A new popular activity in Cortina is to explore the beauty of the Queen of the Dolomites

on two wheels in the winter as well. Fat bikes can be rented in many rental shops in Cortina d'Ampezzo and there are several itineraries and roads suitable for this sport. Fat bikers can also use the ski lifts to get access to tracks at altitude. The Ski Area of Col Gallina offers two dedicated Fat bike tracks.

SLEDDING

Some refuges offer dedicated groomed runs where you will be able to walk up and sled down – ideal for a traditional dinner, followed by a moonlight sled descent along forest roads. Sleds can be rented at the rental shops in Cortina.



EXTREME WINTER

FOR ADRENALINE AND ADVENTURE HUNTERS



Adventure hunters will be thrilled to try via ferrata routes in winter as they are more challenging than in the summer season, making the activity even more rewarding. As

the physical effort required is considerable, the activity is recommended for experienced mountaineers only, or accompanied by a mountain guide.

RECOMMENDED EQUIPMENT

Appropriate winter clothing and classic via ferrata gear are essential. In your backpack, you should carry an extra pair of gloves, a snow shovel, ice-axe, crampons, rope, carabiners, and snowshoes, almost always indispensable for the approach.

ICE CLIMBING

Ice climbing, a discipline arising from mountaineering, consists of climbing frozen waterfalls and ice walls with the aid of ice axes and crampons. Climbing icefalls allows you to enter into a unique and fascinating dimension. You can rely on the expertise of the local professional mountain guides who know the best spots and can judge if the conditions are safe or not.

SNOWKITE

The highly popular discipline of snow-kiting can be practiced on the wide-open alpine meadows of Passo Giau, with perfect air currents and nearby mountain huts to taste the local delicacies.

ON THE SNOW AT NIGHT

Do not miss moonlight excursions, either on foot, with snowshoes or ski mountaineering. Many mountain refuges organize special evenings with dinner and descents under the stars. For more information consult the updated list of events (cortina.dolomiti.org) or contact the individual refuges.



OLYMPIC ICE STADIUM

FROM THE **OPENING CEREMONY OF THE 1956 WINTER OLYMPICS**
TO **MILANO CORTINA 2026**



Cortina's Olympic Ice Stadium, built for the 1956 Winter Olympic Games, will be used again for the 2026 Winter Olympics. The ice skating rink is open all year round: skate

with your friends or take lessons from a qualified instructor. Skate rental available on-site.

CURLING

Curling was already practiced at the beginning of the 20th Century in Cortina d'Ampezzo. It has then become more popular and evolved on the ice rinks of the Miramonti and Cristallo hotels, where it was played by the international jet-set, including Alberto

Sordi and Brigitte Bardot. Every year, during the month of June, the Queen of the Dolomites hosts the "Trofeo Città di Cortina", a tournament that attracts top teams from all over the world. In 2010, the Ice Stadium hosted the World Curling Championships.



© Gianluca Lorenzi



2021
FIS Alpine World
Ski Championships
PRESENTED BY
Telepass

WORLD SKI CHAMPIONSHIPS CORTINA 2021

07-21 FEBRUARY 2021



CORTINA, AN OLYMPIC RESORT

70 YEARS AFTER **THE FIRST WINTER GAMES IN ITALY**, THE
OLYMPIC FLAME WILL RETURN TO CORTINA D'AMPEZZO



The Milano Cortina 2026 bid was inspired by the IOC's Agenda 2020 and by the New Norm. This reform of 2018 makes the Olympic and Paralympic Games more sustainable, flexible and efficient both operationally and financially while enhancing the long-term value for the host cities. Two towns, Milan and Cortina, backed by two regions and two autonomous provinces: Lombardy, Veneto, Trento and Bolzano/Bozen join forces to deliver memorable Games, with the aim of promoting a deeper cooperation in the whole alpine region.

Having hosted the 1956 Olympic Winter Games, Cortina, the Queen of the Dolomites, is an international winter sports destination of the highest acclaim, with an excellent track record and relationships with national and international sports federations. A proud host city for the 2021 World Alpine Ski Championships, Cortina is praised for its sustainable approach to ensure protection of the sensitive alpine ecosystem. It is an interesting example of a multi-cultural, multi-lingual society with clear ambitions for a sustainable future.



SHOPPING

STROLL UP AND DOWN **CORSO ITALIA**
THROUGH **BOUTIQUES** AND **ARTISAN SHOPS**



Window displays of prestigious brands side by side with art galleries, famous jewellers, antique shops and artisans' workshops offer a skilful blend of past, present and future, from works by old masters to the latest designer trends, for a shopping experience to suit all tastes.

Ever since the 50s, Cortina d'Ampezzo has always been at the cutting edge of trends and fashion. One can pick up next season's fashions just by strolling down Corso Italia, the pulsating pedestrian street at the heart

of Cortina's social life and the top spot for those who like to shop. There are also many bars, pastry shops and wine bars to relax while tasting a snack, an aperitif or a treat. On the days around 8th December, the beginning of the winter season is marked by the Cortina Fashion Weekend, a shopping and fashion event. Late night shopping, drinks in boutique shops, receptions and presentations of new collections make the Cortina Fashion Weekend an unmissable event to toast to the arrival of winter.



OTHER ACTIVITIES

EXPERIENCE A VARIETY OF DIFFERENT SPORTS AND ACTIVITIES



GOLF

Founded by a group of golf enthusiasts and friends, residents and frequent visitors, the Cortina Golf Club has been thriving since summer 2010, offering a fine 9-hole course. The club is located near the practice ground of the Miramonti Majestic Hotel, where players from all over the world have practiced since the 1930s at the foot of Mount Faloria. The heart of the Cortina Golf Club is naturally the Clubhouse, where players and members can meet and spend time together, relax between rounds or dine. A round of golf at the Cortina Golf club not only offers a top class and challenging golf course, but also a stunning panoramic setting in breathtaking scenery, in a landscape where great care is taken to preserve the natural Alpine meadows and flora.

MINIGOLF

An afternoon on the 18 hole course of the Mini Golf Helvetia provides a great way for families and friends to enjoy themselves outdoors. Open from mid-June to mid-September, a few minutes' walk from the centre, the mini golf has wonderful views of the surrounding mountains and a convenient snack bar.

ADVENTURE PARK

The Adrenalin Centre Adventure Park offers all ages the opportunity to try the adrenalin-charged sensation of moving in the treetops. It takes courage, good balance and a head for heights to enjoy this vertical challenge. The aptly-named Adrenalin Centre offers 13 equipped routes, each suitable for different ages and abilities, with 120 passages from tree to tree.

Each crossing is different, involving pulleys, rope bridges, cables and nets, with safety and maximum respect for nature as the top priorities.

TENNIS AND PADDLE

You can also practise your tennis in Cortina d'Ampezzo in two different venues. The Tennis Country Club Cortina (affiliated to the Italian Tennis Federation) has 5 outdoor clay courts, one of which with lighting for evening games, plus 1 indoor court open all year. Alternatively, the Apollonio Stadium has 5 outdoor courts open to the public from May to September: 2 clay courts, 2 with synthetic grass and a paddle court with lightning for evening matches.



FUN FOR THE LITTLE ONES

ALL THE **ACTIVITIES** FOR THE **PERFECT FAMILY HOLIDAY**



Cortina d'Ampezzo offers families with children a variety of activities, including sport, games and nature experiences plus, of course, pure relaxation. Children can choose whether to spend time with their families

WALKING

Cortina d'Ampezzo has many hiking trails especially suitable for children. The best itineraries for children to walk are Ra Stua, Larieto, Socrepes, 5 Torri, Lagazuoi, Fanes, Mietres and Lake Limides.

BIKING

The gentle Dolomites Bike Road is perfect for families, either downhill towards Calalzo (30 km) or heading North towards Dobbiaco/Toblach (30 km). For an adventure in the forest, try the mostly level cycle route through the woods in Pian de Ra Spines, with spectacular glimpses of the River Boite. There are plenty of MTB routes available (see the Mountain Bike & E – bike map), and for downhill enthusiasts the Socrepes Bike and Play Park offers three different flow and old school tracks.

or join other children in group activities organized by ski schools, mountain and nature guides, as well as associations and sport instructors.

ROCK CLIMBING AND VIA FERRATAS

Rock climbing and Via Ferrata routes are activities that can prove exciting for kids, since the movements involved come easily to children, who have a natural instinct for climbing. Mountain guides organise courses offering first climbing experiences in a playful and totally safe environment. There are various places where children can practice on easy rock faces, on simple via ferratas for beginners or in adventure parks prepared by mountain guides. Throughout the year, the younger climbers can improve their climbing skills in the new indoor climbing center Cortina 360°, nearby the Olympic Ice Stadium.



**MORE TIPS...**

Other summer holiday activities for families are available in Cortina. These include canyoning, golf, playing or taking lessons at the Cortina Golf Club in Fraina, or enjoying a minigolf game in Via del Castello; ice-skating, with the option of booking lessons, or skateboarding on the ramps of the skate park facilities outside the Ice Stadium; tennis and paddle, with group or individual lessons; swimming in the pools of some hotels; basketball and volleyball with bookable courts; play parks for children including Dolomiti Paradise at the Ice Stadium and the baby parks at Socrepes and

Pierosà; Baby Ranch Dolomiti at Socrepes for children to try horse riding; activities with Islandic horses at the Enrosadira educational farm. Moreover, several bars and restaurants have dedicated areas for children: Area 51, Bar Col Tondo, Bar Fiames, La Locanda del Cantoniere, Fattoria Meneguto, Malga Ra Stua and Spiaggia Verde. Finally, not to be missed, there is the magic of gazing at the crystalline stars through the clear mountain air, on guided tours of the Astronomic Observatory in Col Drusciè, and in the Planetarium near the Olympic Ice Stadium.



WINTER WONDERLAND

ACTIVITIES FOR CHILDREN OF EVERY AGE



FAMILY

The most magical season for children is of course winter, with its amazing snow-clad landscapes and activities such as skiing, snowboarding, telemark on pistes of all grades and Nordic ski circuits of varying

SNOWSHOEING

For children who prefer the magic of snow-covered woodlands and the sensation of walking on freshly fallen snow, walking with snowshoes provides lots of fun and exploration. Alpine guides and some associations organize group activities for children.

ICE SKATING

The Olympic Ice Stadium is open in both summer and winter, for ice skating with your friends or for lessons for beginners or for figure skaters. Skate rental available on

difficulty in Fiammes: snow professionals make all this accessible to children. On the slopes of Socrepes, there are two lifts for beginners.

site. Group sessions focused on team games, such as Curling, are also available.

OTHER TIPS...

Activities to try with your family on a holiday in Cortina include fat biking in Col Gallina, where there are a dedicated track and a bike rental, and indoor tennis in Sopiazes. Children, accompanied by their parents, can also enjoy: the Dolomiti Paradise play park at the Ice Stadium; the Piorosà play park; the Enrosadira educational farm with Islandic horses.



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WHAT TO DO ON A RAINY DAY

ALTERNATIVES IN CASE OF BAD WEATHER



Many sporting activities can be performed even when it rains: you can organise a tennis game with your family or friends at the indoor tennis court or find shelter and relax at one of the many hotel Spas.

For fans of ice skating, the Olympic Ice Stadium has a skating rink open in both summer and winter, with skate rental on-site. We also recommend a rainy low-altitude walk in the forest, where the trees shelter you from summer showers. This is a special experience, offering a magical contact with nature, when it's easy to see foxes, deer and squirrels taking advantage of the soft silence of the rain to come down to the woods in search of food. For those wanting to try climbing, the indoor climbing centre Lino Lacedelli is the perfect option on rainy days. Another tip is to have lunch in

one of the many mountain refuges, easy to reach by cable car or jeep service and ready to provide you with both amazing food and landscapes.

The centre of Cortina, too, offers many enjoyable and interesting pastimes, including browsing the craft shops and workshops, the many beautiful boutiques and stores, or visiting the beautiful art collection of the Mario Rimoldi Museum of Modern Art, various art galleries with temporary exhibitions, the famous fossil collection in the Rinaldo Zardini Palaeontology Museum, or exploring Cortina's history in the Regole d'Ampezzo Ethnographic Museum.

You will also find plenty of cultural events, including literature, art, current affairs, history and music. For an updated programme of events, check cortina.dolomiti.org or ask at the Info Point.



TOP EVENTS

MANY DIFFERENT EVENTS TO ENTERTAIN
OUR GUESTS ALL YEAR ROUND



SUMMER AND WINTER – RECURRING EVENTS

CORTINA INCANTA

Cortina Incanta is a series of music events involving the local choir Coro Cortina, as well as choirs and instrumental ensembles from Italy and abroad.

MAIN EVENTS

Here is a list of the main events taking place in Cortina. Check cortina.dolomiti.org for further information, or ask for an updated events calendar at the Info Point in Corso Italia.

JANUARY

LADIES WORLD CUP

The World Cup takes place on the spectacular slope Olympia delle Tofane, where every year the best skiers worldwide compete in the Downhill and Super G races and where in February 2021 the Alpine FIS World Ski Championships took place.

GRAND CONCERT FOR THE EPIPHANY

Grand Concert of the Epiphany with the Virtuosos from La Scala in Milan, promoted by the historic Hotel de la Poste. A special event that once again marks the successful twinning between the Capital of Fashion and the most glamorous resort in Veneto.

FEBRUARY

CARNIVAL

A rich programme of events featuring music, costumes, folklore, sport and gastronomy, making this the most colourful celebration of the year. On Carnival Sunday and Shrove Tuesday, lively theatrical vignettes in the local language and colourful folkloristic floats, representing the different sestieri –neighbourhoods– of Cortina d'Ampezzo, line up in Corso Italia.

CORTINA C.A.I SNOW RUN

The Italian Alpine Club, Cortina d'Ampezzo section, organises the Cortina Show Run, a mountain run competition, in semi-independence, at night along the beaten ski tracks of Cortina.

GRANFONDO DOBBIACO - CORTINA

This popular cross-country ski race, loved by professional and amateur skiers alike, takes place on the perfectly groomed cross-country ski tracks along the scenic route of the former Dolomite railway, closed in 1962.

MARCH

CORTINAMETRAGGIO SHORT-FILM FESTIVAL

A film festival devoted entirely to the short film genre, Cortinametraggio is a major annual event attracting young writers and directors plus a cinema-loving public.

WINTERACE

An annual rendezvous with this Super Classic ACI Sport event, reserved for 80 cars built within 1976. The teams compete on a 400 km course in 70 daytime time trials.

APRIL

CORTINA FOOD LOVERS AT 2,120M

Gourmet cuisine and magnificent panoramas from a mountain-top terrace – rendezvous at the Faloria Refuge for this annual event organised by the Cortina d'Ampezzo Restaurateurs.

MAY

TROFEO FALORIA SKI CHALLENGE

The Giant Slalom Faloria Ski Challenge is a festive occasion to celebrate the end of the ski season in the ski area Faloria, the last ski area to close in spring in the entire Dolomiti Superski circuit.

SPRING CONCERT

Traditional concert with the local orchestra of Cortina d'Ampezzo in Piazza Angelo Dibona.

JUNE

INTERNATIONAL SUMMER CURLING TOURNAMENT

60 teams from all over the world and numerous fans fill the Olympic Ice Stadium for four thrilling days of competitions.

CORTINA - DOBBIACO RUN

The event takes runners along the route of the former Dolomite railway, with a spectacular departure from the bell tower in Cortina and arrival in Dobbiaco. This annual early-summer race draws thousands of top runners and amateurs from Italy and abroad.

CORTINA SKYRACE

Race for fit and expert runners. The 20 km route must be completed within 3 hours' 30 minutes', despite its 1,000 m elevation gain. It starts from Corso Italia in the centre of Cortina, and climbs the majestic peaks of the UNESCO heritage Dolomites surrounding Cortina d'Ampezzo.

CORTINA TRAIL

A spectacular 47 km race with 2,650 m elevation gain that takes place the morning after the start of the historic Lavaredo Ultra Trail.

ULTRA DOLOMITES

A magnificent trail running race that every year has a different starting point but always ends in Cortina d'Ampezzo, developing on a track of over 80 km and an elevation gain of about 4,000 m.

LA SPORTIVA LAVAREDO ULTRA TRAIL

Elite and amateur trail runners from all over the world compete in a 119 km race featuring 5,850 m elevation gain. It features a nocturnal departure from Corso Italia and simply magnificent Dolomite landscapes.

JULY

SAGRA D'AMPEZZO

Traditional local summer fest taking place on the first Sunday of July, with games, challenges and a big street market.

COPPA D'ORO DELLE DOLOMITI (DOLOMITES GOLD CUP)

13 Dolomite mountain passes, 4 regions, 76 vintage cars, one night-time stage and 509 km of motoring through magnificent landscapes are the key feature of this famous event.

SESTIERI D'AMPEZZO FESTS

Traditional local summer fests taking place in each of the six neighbourhoods of Cortina from mid-July to the end of August, with colourful events, stalls, games, music and competitions.

CORTINA TROPHY

The Cortina Trophy is an international competition bringing together thousands of MTB enthusiasts to the heart of Cortina for a breathtaking off-road marathon. The competition features two paths: a 76 km marathon with a 2,800 m altitude difference and a 43 km, 1,700 m altitude difference Gran Fondo. It's not just a race, it's also a week of initiatives with a small sport resort in Cortina's town centre.

AUGUST

BEST OF THE ALPS GOLF CUP

A tournament that takes place on ten of the most fascinating and challenging golf courses of the European Alps. Cortina d'Ampezzo, the only Dolomite resort among the 13 tourist destinations part of the Association, hosts the Italian stage of the tournament.

SESTIERI D'AMPEZZO FESTS

Traditional local summer fests taking place in each of the six neighbourhoods of Cortina from mid-July to the end of August, with colourful events, stalls, games, music and competitions.

FESTA DE RA BANDES

A week of concerts run by the Cortina Corpo Musicale, the local orchestra of Cortina d'Ampezzo, and by numerous quality bands from Italy and abroad.

SEPTEMBER

THE QUEEN OF TASTE

A festival dedicated to local chefs and food. The pedestrian area in the centre of Cortina becomes an open-air restaurant with tastings, Michelin-starred chefs' dishes and a few surprises.

DELICIOUS FESTIVAL DOLOMITI

A sporting, cultural and culinary event that aims at valuing Cortina d'Ampezzo's historical, natural, alpine and enogastronomic heritage. For two days, culinary arts and sport will come together for a series of trail running and climbing competitions (for both experts and children), together with recipes prepared by local restaurant owners at the Pala Delicious in Pocol. There are two trail running competitions combined with tastings of the chef's dishes in the dining locations: the Delicious Trail Dolomiti and the Short Delicious Trail Dolomiti. The Delicious Climbing Dolomiti, a non-competitive 2-people climbing competition, takes place at the Cinque Torri.

DECEMBER**CORTINA FASHION WEEKEND**

Cortina greets the beginning of the winter season with the Fashion Weekend: three days of events on and off-piste, including presentations of new collections, special openings, cocktail parties, dj-sets and entertainment in many of Cortina's shops, boutiques, hotels and restaurants.

FIS SNOWBOARD WORLD CUP

Cortina d'Ampezzo hosts every year the night edition of the Snowboard World Cup of Parallel Giant Slalom on the Tondi piste on Mount Faloria.

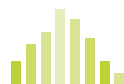
CHRISTMAS CONCERT

The local orchestra of Cortina, the Corpo Musicale di Cortina, parades wearing the traditional costume on the pedestrian street Corso Italia playing Christmas carols. This is followed by the annual Christmas Concert in Cortina's main Basilica.



GETTING AROUND

BY CAR, BUS, TRAIN AND TAXI



Cortina is crossed by route SS 51 in a North-South direction and the SS 48bis of the Dolomites in an East-West direction. The motorway exits for Cortina are A27-Belluno from the South (72 km) and A22 Bressanone

from the North (87 km). Cortina Express and ATVO offer daily bus services between Cortina d'Ampezzo and Venice Marco Polo Airport and Mestre train station.

AIR SERVICE CENTER

Cortina can be reached by helicopter transfer thanks to the Heliport at Fiammes.

ATVO S.P.A. BUS

ATVO offers daily bus services between Cortina d'Ampezzo and Venice Marco Polo Airport and Venice - Mestre train station. From Cortina d'Ampezzo you can continue to Dobbiaco and San Candido with the SAD Bus Company. The coaches used are all equipped with air conditioning and plenty of luggage space.

CORTINA EXPRESS BUS

Cortina Express offers daily bus services between Cortina d'Ampezzo and Venice Marco Polo Airport and Mestre train station. In high season, there are also connections with the airport of Treviso and with Rovigo, Ferrara and Bologna, as well as Alta Pusteria, Alta Badia, Au-

ronzo di Cadore and Sappada. Cortina Express also allows you to easily reach the Falzarego and Cimabanche mountain passes. A Bike & Bus service operates in the summer season.

DOLOMITIBUS

Dolomitibus offers a transfer service to Belluno, as well as a ski bus service during the winter season. This service is free for ski pass holders from 8:00 am to 5:30 pm. The Company offers an out of town public bus service, connecting Cortina d'Ampezzo with Dobbiaco and the main towns in the Cadore area. During the high season a special Bike'n Bus service is provided transporting passengers and bikes, with a trailer able to take over 30 bicycles. The service departs from the train station in Calalzo di Cadore, and goes through Cortina d'Ampezzo, Cimabanche and Carbonin.

FLIXBUS

Bus service linking Cortina to several towns including Venice and Milan.

SAD BUS

The S.A.D. Bus Company is the local transport company in South Tyrol. It connects Cortina with Dobbiaco and South Tyrol.

TAXI AND PRIVATE TRANSFERS

Radio-taxi urban service, transfer services to and from airports and train stations; off-road vehicles accessing mountain refuges. Car hire with driver (in Italian "NCC") for fares within Cortina d'Ampezzo, to and from airports, train and bus stations and other 'on request' services.

TRAINS

The nearest train stations are located in Calalzo di Cadore (37 km), connected by Dolomiti Bus, and in Dobbiaco-Toblach (31 Km) connected by SAD bus service.

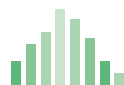
URBAN BUS SERVICE

Get around Cortina d'Ampezzo using the urban bus service run by Servizi Ampezzo (Se.Am.). At the bus station, there is a public transport information and ticket office for trains and bus services. This service is free for pass holders from 8:00 am to 5:30 pm.



GOOD TO KNOW

SOME **INTERESTING FACTS**
ABOUT **THE QUEEN OF THE DOLOMITES**



ALTITUDE: 1224 m

PROVINCE: Belluno

REGION: Veneto

VERTICAL DROP: 2,019 m, from 3,243 m of Cima Tofana to 1,224 m of the town centre

VOLTAGE: 230V – plug types C, F ,L

SURFACE: 25,541 hectares

CITIZENS: 6000

CURRENCY: € (Euro)

WIFI: Free Wi-Fi in the town centre. With a simple click you can connect your smartphone or PC to the internet using your favourite social network. It is free, easy and mobile-friendly.

SEASONS

SUMMER: from June to September |High season: August.

AUTUMN: from mid-September to mid-October.

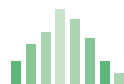
WINTER: from December to Easter (March/April) | High season: 8th December, Christmas holidays, New Year, Carnival, Easter.

SPRING: April / May.



WEATHER AND CLIMATE

LONG SNOWY WINTERS, SUNNY SUMMERS



Cortina d'Ampezzo has short, sunny and relatively fresh summers, whereas the winter season is long and fairly cold. Winter is usually fairly long with snow-falls from November to April; the lowest temperatures are normally registered from the end of December to the beginning of January.

Summer, on the other hand, is generally short but sunny with some odd afternoon rainshowers. Spring and Autumn usually have mild and pleasant temperatures.

When planning an excursion and preparing

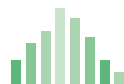
your backpack, we recommend that you bring adequate clothing and consult the forecasts by local providers such as Arpav – Meteo Dolomiti, which provide updates every 6 hours (consult the website arpa.veneto.it). Daily bulletins are displayed at the Cooperativa shop in the centre and outside the Mountain Guide Offices.

Arpav weather forecast
(+ 39) 049 8239399
cmt@arpa.veneto.it
arpa.veneto.it



NEARBY PLACES OF INTEREST

THE FASCINATING SURROUNDINGS
OF THE QUEEN OF THE DOLOMITES



THE MUSEUM OF FORTE TRE SASSI, AT PASSO VALPAROLA

(17 km from Cortina)

The Fort was built between 1897 and 1901 to bar the Italian army's access to Val Badia. Today it houses the Museum of the Great War. The museum aims to tell the story of the war from the soldiers' point of view, rather than that of generals and statesmen. Opened in 2002, most of the items on display are owned by the Lancedelli family (who also supervise the museum) and represent 45 years of research.

THE ARCHAEOLOGICAL SITE OF LÀGOLE AND LAKE LAGO DI CENTRO CADORE

(37 km from Cortina)

The archaeological zone of Làgole is undoubtedly the most interesting in the upper Belluno area, and is often rightly described as 'The source of Cadore's civilisation'. The Lago di Centro Cadore and the wooded hills around it make a perfect hiking destination in the nature-rich area of Làgole, also featuring sulphurous hot springs and the Lakes of Tose. Finds from excavations are stored in the Archaeological Museum of Pieve di Cadore.

THE EYEGLASSES MUSEUM IN PIEVE DI CADORE

(30 km from Cortina)

The Eyeglasses Museum (Museo dell'Occhiale) opened in 2007 in the COS.MO building in Pieve di Cadore. This interesting museum contains various collections of antique sight-aids, including glasses, lenses, glasses cases, binoculars, old optician signs, telescopes, fans, statuettes and books on the subject, many of them French. Numerous antique glasses from Asian countries are included, plus extensive documentation on the technological evolution of eyewear manufacture in Cadore from the late 19th century to the 1960s, with machinery and tools, a forge, glasses and cases and semi-finished products, curated by Giuseppe Del Favero, from Calalzo di Cadore.

TITIAN'S HOME IN PIEVE DI CADORE

(30 km from Cortina)

The home of the famous Renaissance painter Titian is in Pieve di Cadore. The building was spared from looting during the War of the Lige of Cambrai in the 16th Century. The house can be visited with a combined ticket giving access also to the Archeological Museum close by.

TRE CIME DI LAVAREDO AND LAKE MISURINA

(15 km from Cortina)

Three of the most famous mountain peaks in the Dolomites stand 15 km from Cortina and are considered some of the greatest climbing areas in the world of mountaineering. Between 1915 and 1917 these peaks presided over a crucial and tragic mountain war front. Numerous traces of intense warfare remain today on the Tre Cime massif and on the nearby Mount Paterno (trenches, tunnels, barracks, etc.).

CIBIANA DI CADORE

(27 km from Cortina)

Cibiana, known as 'il Paese dei Murales' (village of the murals) can be reached by turning off the SS 51 road at Venas di Cadore and taking the SS 347 for Passo Duran. The collective effect of the many murals constitutes an extraordinary outdoor museum, which is constantly enriched with new additions by artists from Italy and many other countries, including Japan and Russia.

FUN BOB IN AURONZO DI CADORE

(33 km from Cortina)

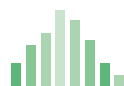
The summer toboggan run "Fun Bob" is among the most entertaining attractions of Auronzo di Cadore, in the Monte Agudo area. The rail starts next to the top station of the Taiarezze-Malòn chairlift at 1,361m. Jump in and let the assistant take care of your safety before pushing the lever and starting the run. The track unwinds in straights, bends and spectacular hairpin turns down what in winter are the ski slopes.

MUSEUM LADIN

(48 km from Cortina)

The Museum Ladin is made up of two museums: the Museum Ladin "Ciastel de Tor" and the "Museum Ladin Ursus ladinicus". The visitors of the "Museum Ladin Ciastel de Tor" can learn about the history, language, culture and traditional handicrafts of the Ladin valleys in the Dolomites and has a section dedicated to the filigree industry in Ampezzo. The "Museum Ladin Ursus ladinicus" focuses on the prehistoric cave bear that lived some 40,000 years ago in the area and the geology of the Dolomites. In addition, in the museum of San Cassiano you can see bear skeletons of the Conturines caves.

QUEEN OF THE BIG SCREEN



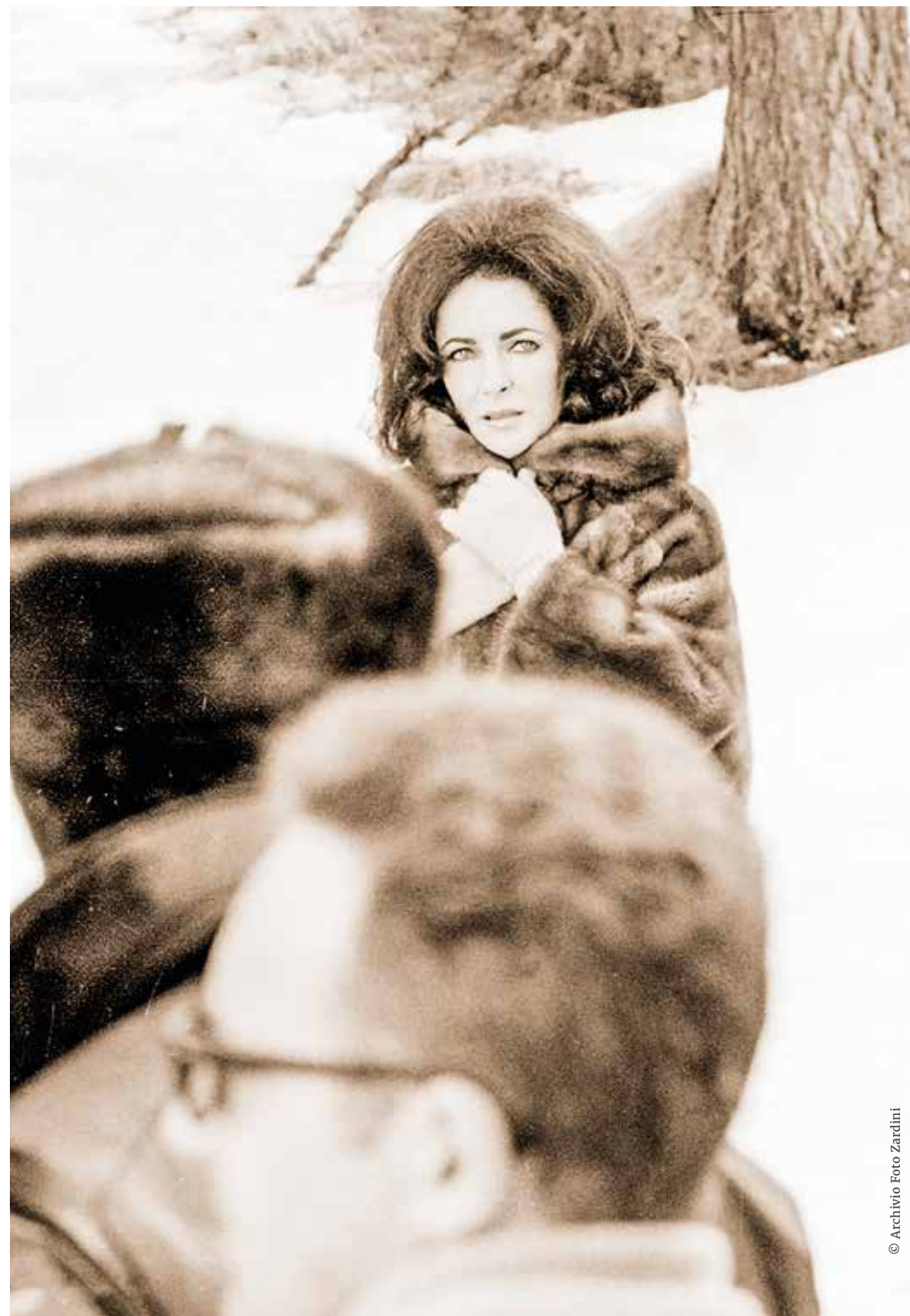
“After Venice, the Dolomites are the area in Veneto that has attracted the highest number of international film productions throughout the years. Cortina in particular has a very rich film heritage, appearing as itself in almost all of its films. It is much more than the typically Italian cinepanettoni: for example the Classics from the Fifties starring Alberto Sordi and Vittorio de Sica, or international films such as 007 and The Pink Panther.”

Giulia Lavarone, Cinema and Tourism Professor at Padua University

Since the first feature film by Luis Trenker and Karl Hartl, *Mountains on Fire*, in 1931, the mountain peaks and the Ampezzo valley have continued to offer their charm to the world of cinema,

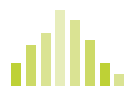
and not only with films dedicated to the mountains such as *Pian delle Stelle* by Giorgio Ferroni (1946) and *The Glass Mountain* (1949) by Anton and Cass. 1959, with *Winter Holidays* – where the protagonist is a clumsy Alberto Sordi staying in the Ampezzo valley – marks the start of a series of holiday/party-themed films, which achieved great success in the Eighties with *Vacanze di Natale* by the Vanzina brothers. Cortina was not only the set of comedies and love stories. The peaks of the Lagazuoi and of the Falzarego, for example, were turned into a barren and freezing landscape of Utah by

Sergio Leone for the late western *The Great Silence* (1968). That same year, Totò and Peppino de Filippo also came to Cortina to film *The King-Sized Bed* (1960). Even the charming Faye Dunaway couldn't resist the call of the Queen of the Dolomites, which welcomed her to film *Lovers* by Vittorio de Sica, and who can forget how even James Bond – Roger Moore faced one of his most extreme pursuits in Ampezzo, in *For your Eyes Only* (1981). Cortina finally managed to have Sylvester Stallone give up Rambo to play a different role, in 1993, in *Cliffhanger*. A special mention goes to the hilarious *Pink Panther* (1963) by Black Edwards, a historic film where Claudia Cardinale and Peter Sellers move through the Ampezzo snow and create a sophisticated mixture of comedy and pochade.



DMO BELLUNO DOLOMITI

DOLOMITES, THE MOUNTAINS OF VENICE
A WORLD HERITAGE OF NATURAL BEAUTY



The Province of Belluno faces the challenges of global tourism with a new branding.

The touristic value of the territories of the Belluno Province are unrivalled in offering guests a unique and rich experience: from sport to gourmet food, adrenaline and art with authenticity, landscapes and hospitality. The array of services and experiences is vast, including alpine and nordic skiing, ski mountaineering, biking, e-biking and trekking, rafting, canyoning and paragliding. The Dolomites are the element that simply

and clearly describe our territory, a world to live and explore.

The use of different colours for the different letters of the logo relates to the diverse facets composing the Belluno Province. The payoff “The mountains of Venice”, recalling the Veneto Region’s “The Land of Venice”, aims at enhancing the unitary identity of the region. Venice is indeed a universally and immediately recognised element with a clear geographic location and evocative of a certain style.

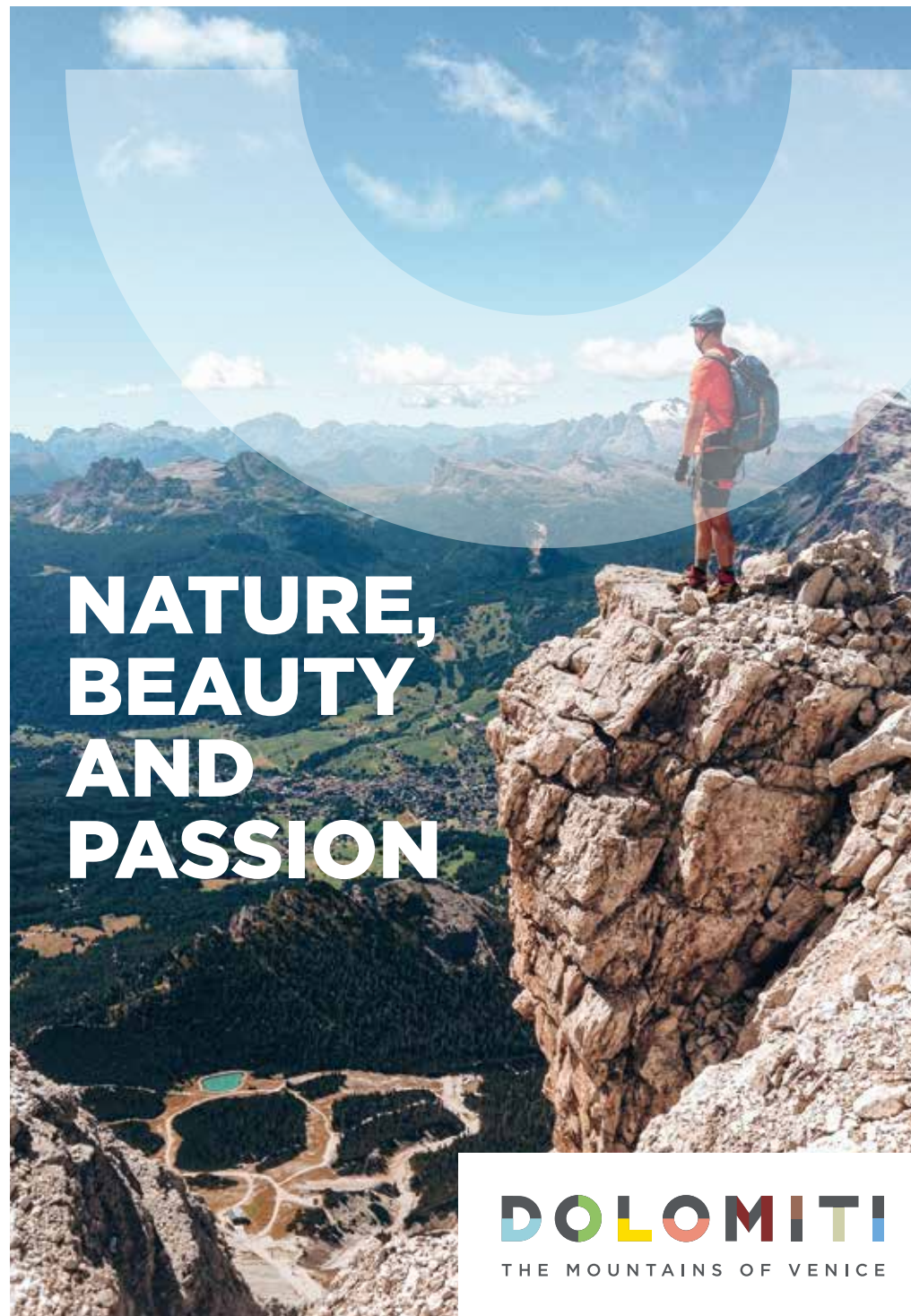
DMO DOLOMITI

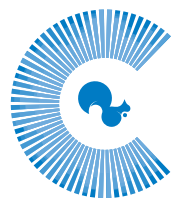
DMO Dolomiti is the official body, recognized by the Veneto Region, for the promotion and development of tourism in the Province of Belluno. The DMO brings together public

and private bodies of the local tourism sector, including the Province, municipalities, consortia and trade associations.

NATURE, BEAUTY AND PASSION

DOLOMITI
THE MOUNTAINS OF VENICE





CORTINAMARKETING

IL CUORE DELLA **PROMOZIONE** DELLA **REGINA DELLE DOLOMITI**

Cortina Marketing is the official body dedicated to the territorial promotion, communication and marketing of the Queen of the Dolomites and the office of reference for Cortina d'Ampezzo for the communication regarding the 2026 Winter Olympics. Cortina Marketing promotes Cortina d'Ampezzo through the participation in fairs, workshops and events in Italy and abroad and it offers on-site and digital assistance to Italian and international journalists, media

and operators, such as Tour Operators and Tourism Agencies. Cortina Marketing is also part of and collaborates with Dolomiti Superski, DMO Dolomiti, the Veneto Region, ENIT and the Association Best of the Alps, of which it is the only representative in the Dolomites. The tourism Board also aims at promoting Cortina not only online but also by producing videos and photos, brochures and other informative paper material in different languages.





Audi
Official partner



DOLOMITI
THE MOUNTAINS OF VENICE



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cortina.dolomiti.org