



# An Ampezzo Journey

Ben ruade cà in Anpezo



# "RA VAL D'ANPEZO"

In chel dì che l'Signor t'à fato  
'l ea dasén de gran bona luna,  
ma 'l à pensà de inze de El  
"De cheštes in fejo solo una!"

E con l'eštro da gran artišta  
'l à curà fora dute i materialai pì biei.  
Saš, len, tera, aga, erba e fiore;  
ci sà pó agnó che 'l é šù ai toi.  
[...]

*(Anonimo)*

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*The chapter titles are written also in the local Ladino Ampezzano language*

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## WELCOME TO CORTINA D'AMPEZZO

**BEN RUADE CÀ IN ANPEZO**

Dear Guest,

Cortina d'Ampezzo has a long and rich tradition as host to winter sports events. This charming alpine town, positioned in the heart of the UNESCO World Natural Heritage Dolomites, has a glorious history of international competitions and looks to the future with optimism, having been awarded the 2021 Alpine Ski World Cup. This prestigious event will yet again make Cortina protagonist of winter sports. Cortina is venue for international sports events also in summer with a number of running races, tennis and golf events. Add the excellent gastronomy and

the rich cultural calendar on offer in Cortina, and you have a dream destination for both Italian and foreign visitors. In fact you, our visitors, are the real protagonists of all this, helping us to continuously improve our hospitality, while enjoying your holiday. With this guide we want to give you a tool to help you enjoy fully all that Cortina has to offer. We hope you find it useful in discovering the many delights of Cortina and her surrounding mountains. I extend my warmest welcome (Bon Azeto!) and a genuine thank you for having chosen Cortina d'Ampezzo.

Dr. Carlo De Rogatis  
Special Commissioner

Dear Guest,

Thank you for choosing to spend your holiday in Cortina d'Ampezzo and welcome to the magnificent Dolomites! Cortina has a 1000 year old history and a long tradition as a tourist destination. The beauty of the Ampezzo Valley, surrounded by the majestic peaks of the Tofane, Pomagagnon, Cristallo, Faloria, Becco di Mezzodi, Croda da Lago, and the Cinque Torri, to mention but a few, attracts visitors from around the world at any time of year. The wealth of activities on offer, the number of major national and international sport events, the special atmosphere of the town centre, the fabulous shops and excellent restaurants, and

the great choice of accommodation, makes Cortina d'Ampezzo one of Italy's best loved holiday destinations. Alas, it is no coincidence that Cortina is the only Italian member of the prestigious association BEST OF THE ALPS, which unites the 11 most exclusive and legendary Alpine resorts in Europe. We hope this guide will help you get to know and enjoy the many natural treasures of the territory, our culture and traditions, the excellent local gastronomy and everything the town has to offer. We wish you a pleasant stay and we hope to welcome you to Cortina d'Ampezzo soon again!

Gramarzè e sanin dapò!  
Director of Cortina Marketing Se.Am. Gabriella Talamini





## UNESCO

On the 26th of June 2009, UNESCO declared the Dolomites a World Natural Heritage Area for their unique and monumental beauty. Cortina d'Ampezzo, the Queen of the Dolomites, is set like a jewel in the crown in the midst of these magnificent peaks. The natural architecture of the Dolomites,

splendid in their harmony, offers unrivalled and majestic views, softened by forest-covered ridges that gently descend toward the valley. The unique geo-morphological and geological properties of these mountains have also made contributions to the fields of science and culture.



© Paola Dandrea



## BEST OF THE ALPS

Cortina d'Ampezzo is the only Italian resort included in the prestigious European association Best of The Alps, an international seal of quality uniting the 11 most famous and exclusive alpine resorts appreciated for the quality of their services and facilities, admired for their striking landscapes and respected for their cultural, natural and environmental

heritage. Best of the Alps is a symbol of a long hospitality tradition that has paved the road for both winter and summer mountain tourism. In each of these 11 destinations the beauty of the landscape and the uniqueness of the environment are perfectly combined with the requirements of modern tourism.



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# PAST AND PRESENT

DA NA OTA  
FIN ANCUOI



Once upon a time . Ancient crafts . Discover the village . Below the bell tower



## ONCE UPON A TIME

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 territory 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.

Thanks to Cortina's strategic geographical location on the national border, it played a key role in the communication between Venice and Innsbruck, first for the Republic of Venice, and then lasting 400 years, for the Austro-Hungarian Empire.

Towards the mid-1800s the railway arrived at Cortina's borders, bringing the first wealthy Anglo-Saxon, German and Russian travellers to discover her beautiful mountains. Thanks to newspaper articles and guidebooks written by these pioneering mountaineers Cortina d'Ampezzo was soon known all over the world. Thus the first hotels and tourist facilities opened, transforming Cortina d'Ampezzo into

the true capital of the Dolomites. The now so famous pale mountains were rather mysterious and unknown until the beginning of the 20th century. One may wonder how it has been possible for Cortina d'Ampezzo to become Queen of the Dolomites in such a short time, and sport has undoubtedly played a major role in her rise to international fame.

The 1950s marked the beginning of the golden era of the Ampezzo valley. 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.

Today Cortina d'Ampezzo is a much-loved international tourist destination and venue for many international sport events, having hosted 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.

The town has approximately 6,000





© Archivio storico Zardini

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 pure air.

An important part of First World War history was written on the mountains of Cortina d'Ampezzo, in the areas of Lagazuoi, 5 Torri and Sass di Stria. These locations, the scene of tragic battles between Italians and Austrians, have been restored and transformed into testimonies of the Great War. The result of this major restoration project is a vast outdoor museum of the First World War, open for visitors all year round. Along the hiking paths and the ski slopes, just moments away from the mountain refuges and climbing

walls in the heart of the Dolomites, it is today possible to visit the tunnels from the war in Lagazuoi, experience first-hand the trenches and the positions in the 5 Torri, and enter the restored fort of Valparola, all transformed into the Museum of the Great War in the Dolomites.

In winter the Great War sites are accessible to skiers thanks to the ski lifts, but it is in summer that the full potential and charm of the areas is realized, as the museums offer the perfect combination of nature and history. Accessible on foot or by bike, the sites of the First World War and the traces of history that still remain, are there to be explored and discovered along the many paths and tracks that bind them together.

## THE "REGOLE D'AMPEZZO"

The historical and cultural foundations of the area, Le "Regole d'Ampezzo" (the rules of Ampezzo), are an ancient institution which continues to be a vital part of local life today. Designed to regulate the relationship between man and nature, Le Regole bring together the descendants of the original families of the Ampezzo valley to govern and

protect the territory in accordance with a collective vision. This system has for centuries enabled the conservation of the local natural heritage. Today the families descending from the Ampezzo genealogy continue to jointly administer their undivided heritage of pastures and forests, and by so doing, preserving their original beauty.



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## TRADITIONS AS A WAY OF LIFE

The traditions of the Ampezzo Valley have their origins in a simple and essential way of life. The daily reality of a mountain valley set in such a charming, yet severe landscape, has taught the local people the importance of collaboration and mutual support. The traditions and way of life of the Ampezzo people are very similar to those of other Ladin and Tyrolean valleys, as they have a shared history that goes back hundreds of years.

For every event of life, from birth to marriage, there are rituals and customs handed down through generations, such as "šbarà fora", greeting of the bride and groom on the eve of the wedding; or "ra zarcogna", a gift to the newborn. The traditions are often linked to religion. For example, every village has its own festival, with time for prayer followed by a festive gathering "inze Stüa" enjoying a plate of "carafoi" (fried sweets with icing sugar). Important celebrations like Corpus Christi, First Communion, Confirmation or Weddings see large gatherings of people in traditional dress, namely the Ampezzo costume that until the last century was worn daily. The festive version was distinguished from the simpler work clothes by details such

as the cut, the rich colours, and the jewellery in silver filigree that adorn the women's hair. The members of the popular corpo musicale (musical band) of Cortina d'Ampezzo still proudly wear the traditional Ampezzo dress when they perform. During the last Sunday of August one can admire the traditional costumes of all the nearby valleys as they gather for the popular "Ra fešta de ra Banda" a celebration of local tradition and music. One of the most magical events of the winter season is the arrival of St. Nicholas and his angels who, on the night of December 5th, arrive in Piazza Angelo Dibona, in Cortina d'Ampezzo, bringing gifts to the good children. The scary-looking "krampus" on the other hand, dressed up as devils, frighten the children who have been naughty during the year. On the Sunday of Carnival, a folkloristic celebration takes place in town with theatrical performances on local life in Ladin language.

Other important local events include the Winter Palio, a traditional relay race on cross-country skis, and the Sagra d'Ampezzo on the first Sunday of July, with games and challenges between the six Cortina d'Ampezzo townships.

## AMPEZZO LADIN

Cortina d'Ampezzo has its own unique language, typical for the Dolomite Ladin area, and behind this language there is of course plenty of history.

Thousands of years ago, the people of the Dolomite valleys and of the central and eastern Alps, spoke a variety of more or less similar languages, derived from the language of the Celtic and Raeti people. As Imperial Rome expanded, the local populations gradually incorporated the Latin spoken by Roman guards and legionaries. The preceding language variants didn't entirely disappear, each population retained numerous ancient words, including various sound and syntax features still found in the Ladin language today, making it a fascinating

object of study. The Ladin spoken in the Ampezzo area has evolved over the centuries, but still maintains its particular characteristics. Ampezzo words and expressions still used today often appear in wills and judicial records from centuries past.

Minority languages in Italy are protected by law 482 of 1999. Currently, a project has been launched to obtain official recognition of the Ladin language as part of UNESCO's Intangible Cultural Heritage. The Ladin flag appeared for the first time in 1920, featuring the three dominant colours of nature in our valleys, namely the green of the forests and meadows, the white of snow and rock, and the blue of the sky.





## THE AMPEZZO DOLOMITE NATURE PARK

Established in 1990, the Natural Park of the Ampezzo Dolomites covers an area of 11,500 hectares north of the centre of Cortina d'Ampezzo, toward the border between Veneto and Alto Adige. Born with the consent of the General Assembly of the Regole, the Park was contracted out by the Veneto Region to the Ampezzo Regole "in virtue of the specific ancient form of nature management with which they have protected the Ampezzo natural heritage for hundreds of years".

The protected area extends north toward the South Tyrolean park of Fanes, Senes and Braies, with which it forms one of the largest naturalistic areas in the heart of the Dolomites. The protected area, which contains no residential settlements or ski facilities, includes the mountain ranges of the Tofana, Fanis, Col Bechei, Croda Rossa d'Ampezzo and Cristallo, divided by the valleys of Travenanzes, Fanes, Alta Valle del Boite and Felizon.

The park contains a wide variety of natural habitats in water and peat bogs, prairies and high altitude forests - some very ancient - and various types of rocky environments. The wide range of habitats, together with the low-level impact of forestry and pastoral areas which characterizes the management

of the Regole, give rise to an unusually rich biodiversity of flora and fauna. This biodiversity is enriched by a dozen endemic species exclusive to the Dolomites, such as the *Sempervivum Dolomiticum* flower (see image pag.23), a symbol of the park.

160 species of vertebrate animals live in the park, including 31 species of mammals, 113 species of birds and 16 species of amphibians, reptiles and fish. Some animals are easy to spot, such as marmots, roe deer, deer, ibex (see image below), foxes, squirrels and eagles, as well as many small birds and birds of prey. Other species are more difficult to come across as they hide in woods and in remote areas. These include the capercaillie, the ptarmigan, various types of owls, and white hares and rodents, such as the ermine and the dormouse.

The park also contains a wide variety of plants with 68 species of trees and shrubs, 32 species of ferns and horse-tails, and more than a thousand species of flowers, including 35 species of orchids. Tourists and botanical enthusiasts from around the world visit the Dolomites to admire the flowering of the *Scarpetta Madonna* (*Cypripedium calceolus*), one of the most beautiful orchids in the European flora.



## ANCIENT CRAFTS

In the workshops and shops of Cortina d'Ampezzo artisan objects testify to the genuine and original artistic expression of the local craftsmen.

In fact, the talents of the local artisans are highly valued and they are often called upon to practice their trade all over Italy and even abroad.

The range of local art and crafts products is rich and attractive, and includes decorative artistic wood workings, as well as objects made from iron, brass,

copper and glass. Items range from decorative objects for the home and traditional hand-made tiled ceramic stoves, to exquisite jewellery and products made with alpine flowers like arnica, edelweiss and other local plant varieties.

During your stay in Cortina d'Ampezzo we recommend that you take the time to visit one of the artisan shops or workshops. Perhaps you will find a small souvenir to bring home to remind of your stay in the Ampezzo Valley.



© Giacomo Pompanin

### GLASS

Glass crafts have evolved over the years with specializations in different techniques. The Alverà glass workshop produces tableware, lamps, pictures and much more.



### FILIGRANA

Antique technique that used a silver thread to produce jewelry and items of exceptional quality.

### METALWORKS

Admire original creations in wrought iron, brass, copper and steel. Objects are shaped by combining iron with other materials such as wood, ceramics, glass and fabric to create modern and classic collections.



© Manuela Conte



© Giacomo Pompanin

### WOOD

Unique artefacts testify to the value of the hand-made, created by artisans of Cortina d'Ampezzo according to ancient woodworking methods employing local raw materials and techniques passed down through generations.





### TARKASHI

Woodworking technique introduced in Cortina d'Ampezzo around 1881 by John Coddington, on his return from a trip to India.

### FLOWERS

Flowers and plants are used by professional florists to create delicately coloured and perfumed compositions. In floral craft shops you'll find irresistible artisan creations made with arnica, edelweiss and other mountain plants generously provided by nature.



© Giacomo Pompanin



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### CARVED ANTLERS

Deer antlers are carved to create decorative objects, furnishings and jewelry. Commonly used for producing chandeliers in the local tradition.



## DISCOVER THE VILLAGE

The past and present cultural vitality and variety of the Queen of the Dolomites is extraordinary, and

today includes numerous art galleries, exhibitions and events, stimulating the area and its visitors all year round.

### THE MARIO RIMOLDI MUSEUM OF MODERN ART

The Mario Rimoldi Museum of Modern Art houses one of the largest private collections of 20th century Italian figurative art. In fact, it is recognized by the Ministry of Heritage and Culture as one of the most significant collections of twentieth-century art in Italy. Artists represented include Campigli, De Chirico and De Pisis, the latter with a strong bond to the Queen of the Dolomites. The museum also hosts temporary exhibitions with paintings on loan from national and international art collections



### 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 exhibits, all from the Dolomites, were collected and categorized by the Ampezzan researcher Rinaldo Zardini and bear witness to the geological evolution of the Ampezzo valley.





### THE REGOLE D'AMPEZZO ETHNOGRAPHIC MUSEUM

The Ethnographic Museum houses a collection of antique tools, utensils and cultural artefacts typical for agriculture and forestry. From artistic wrought iron workings and filigree silver objects, to items made from precious wood inlaid with mother of pearl, and the fine metal threads typical for the costumes of the past: they all bear witness to a patrimony of traditions that has been preserved and handed down through the generations.

### ASTRONOMICAL OBSERVATORY

The Helmut Ullrich Astronomical Observatory offers a great opportunity to observe stars, planets and galaxies. It is located at an altitude of 1,780 m at the first arrival station of the Freccia nel Cielo cable car, where the sky is particularly clear and free from light pollution. Guided visits and tours for an evening under the stars followed by dinner in the refuge are available on request.



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### NICOLÒ CUSANO PLANETARIUM

The Niccolò Cusano Planetarium simulates the movements of the planets, the sun, and the moon in different time zones. It is also possible to simulate specific phenomena (eclipses, etc.) and project films full-dome. Guided visits by reservation only. The planetarium is located near the Olympic Ice Stadium.



### THE AMPEZZO LADIN UNION

L'Union de i Ladis de Anpezo (U.L.d'A.) is an organisation dedicated to protecting and developing the language, traditional dress, folklore, customs and cultural heritage of the Ampezzo valley. Established in 1975, it is part of the Union Generale di Ladins dla

Dolomites, which brings together the different communities of the five ladino valleys in the Dolomites (Val Badia, Val di Fassa, Val Gardena, Fodom, d'Ampezzo), with the aim of integrating the ladino world and its various aspects.

### THE MARCHING BAND OF CORTINA D'AMPEZZO

The Cortina d'Ampezzo Corpo Musicale marching band was founded in 1861. Its repertoire today includes marches, classical pieces, light music, film music, original compositions by contemporary

composers, and sacred music such as Christmas carols. It performs in concerts and parades both in Italy and abroad.

### THE CHOIR OF CORTINA

The Coro Cortina choir was founded in 1965, driven by the desire of a group of friends and mountain-lovers to organise their songs in choral form. Coro Cortina has won prizes in Italian and International competitions and given numerous concerts in prestig-

ious settings including the Mozarteum in Salzburg, the Concertgebouw in Amsterdam, the Haydnssaal in Eisenstadt, the Stadthalle in Vienna and Berlin, the Hall of the Cinquecento in Florence and the Sala dei Corazzieri in the Quirinale Palace in Rome.



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## EDEN CINEMA AND CONFERENCE HALL

The Cinema-Teatro Eden screens the latest Italian and international films but also plays host to important social, cultural and community events. The

Alexander Girardi Hall is the setting for numerous important conferences, events and concerts.

## CULTURAL CALENDAR

Across the summer and winter seasons, Cortina's cultural calendar offers more than 100 major events, embracing literature, art, current affairs, history and music. These include Calici di Stelle (Wine event), Coro Cortina and Cortina inCanta, The Cortina d'Ampezzo Corpo Musicale and the Band Festival, Cortina inCroda, Cortinametraggio short film festival, Cortina Style-YouCortina,

CortinaTerzoMillennio, various Events and Exhibitions promoted by the Municipality of Cortina d'Ampezzo, the Classical Music Festival run by the Dino Ciani Academy, Ikonos Art Gallery, Museums of the Great War, Museums of the Regole d'Ampezzo and Art in August, ULd'A (Ampezzo Ladin Union) and Una Montagna di Libri.



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## BELOW THE BELL TOWER

Cortina d'Ampezzo has always been at the cutting edge of trends and fashion. Since the 1950s, this fashionable and fashion-conscious resort has been known for its knack of always being right on trend. 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. Window displays of the most prestigious and exclusive brands in the world, 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.



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## 10 LUOGHI DA VEDERE

1

### THE OLYMPIC ICE STADIUM

Built in 1956 for the Olympic Games.

2

### CORSO ITALIA

Corso Italia pedestrian zone.

3

### CIASA DEI PUPE

Frescoes by the Ghedina brothers.

4

### OLD TOWN HALL

Decorated with the shields of the ancient Ampezzo families belonging to the Regole.

5

### BASILICA MINORE

Constructed between 1769 and 1775, and dedicated to the saints Filippo and Giacomo.

6

### THE BELL TOWER

In the town centre, 65,8m tall and constructed between 1851 and 1858, with Dolomia stone.

7

### LA CONCHIGLIA

Outdoor stage in Piazza Angelo Dibona in the town centre where many major events take place, including folkloristic events with the local musical band.

8

### CIASA DE RA REGOLES

Home to the Mario Rimoldi Museum of Modern Art.

9

### CHIESA DI SAN FRANCESCO E CASA CORAZZA

The church contains an 18th century wooden altar and a fresco from the 14th century.

10

### CHIESA DELLA MADONNA DELLA DIFESA

Founded in the 15th century and rebuilt in 1743.





## FRESCOS ON THE CIASA DEI PUPE

A fine series of 19th century frescos on the walls of the building that now houses the International Pharmacy. On the northern façade, the figure of Leonardo da Vinci, and to the east the painters Raphael, Dürer and Titian, along with allegorical figures representing Art and Science (from right to left: Music, Progress, Art and Commerce). The south wall shows scenes of Ampezzo

daily life, and the four life stages of man: Childhood (children on snow sleds), Adolescence (courting couple), Maturity (father holding child) and Old Age (old man sitting near a stove). The four rose windows depict Michelangelo, Dante, Goethe and Shakespeare. The white panel appears to have been intended by the brothers who painted the frescos as a challenge to rival artists.



© Paola Dandrea

## THE HOUSE OF TIME

At the beginning of Via Della Difesa (ex Via Regia), you can admire one of Cortina's most unusual buildings. The yellow house with a large clock on the wall, tells the time but also reveals the profession of its original owners; clock-makers who used this building as their workshop for repairing and building wall-clocks. The words "Corazza Ampezzo" on the main façade refer to

the nickname of the Dibettos, a family from the area who once produced armour, then became blacksmiths and finally clock-makers. You can make out a curious feature on the main balcony: it finishes with a small wooden hand pointing a finger in the direction of the nearby Church of San Francesco... or perhaps the local cemetery a little further on.



© Paola Dandrea

## THE SESTIERI

The Municipality of Cortina d'Ampezzo is made up of six areas or townships - Sestieri - each representing their local community and particularly active in organising folkloristic events. The six Sestieri are Alverà, Azzon, Cadin, Chiave, Cortina and Zuel.

In the months of July and August, each sestiere organises its own week of rural festivities with music, typical gastronomic specialities. Volunteers from the sestieri work hard to make their sestiere's festivities the best of all! In both summer and winter the sestieri

challenge each other in various sport events, arousing intense local passion. Each sestiere has its own ornate little church, the main ones being Santa Giuliana in Alverà, Sant'Andrea in Col, Madonna della Salute in Cadin di Sotto, Sant'Antonio da Padova in Chiave and San Rocco in Zuel di Sopra. In addition to these churches and the Lesser Basilica, the Church of San Francesco and the Church of the Madonna della Difesa, Cortina d'Ampezzo boasts 12 other churches, all worthy of a visit.



© Dino Colli





## FIGURES FROM THE PAST WHO LOOM LARGE IN THE CENTRE

### MASSIMILIANO I D'ASBURGO (1459-1519)

King of Germany, Archduke of Austria and Holy Roman Emperor. An erudite and poetic sovereign, he was an outstanding diplomat. In 1511 he conquered Ampezzo and other Dolomite valleys, uniting them all under a single flag. His bust stands in the centre of Cortina d'Ampezzo, in Corso Italia.



### DEODAT DE DOLOMIEU (1750-1801)

French geologist and mineralogist, tireless traveller and scientist. His research led him to climb several mountains in the Alps. In 1729, he collected and scientifically studied rock samples from these mountains... unaware that one day they would be named after him. Ten minutes' walk from the city centre, near the Ice Stadium, Dolomieu's bust contemplates the Dolomites. A new panoramic trail from the peak of Mount Faloria down to the Rio Gere area has been named after him (see page 64).



### ALBERTO I RE DEL BELGIO (1875-1934)

An energetic and fearless sovereign with a lasting passion for the Dolomites and especially for Cortina d'Ampezzo: he discovered the city in 1907, and it became his favourite holiday destination. His bust stands in a small garden in front of the Alexander Hall, a few minutes' walk from the centre of Cortina d'Ampezzo.



## FAMOUS AMPEZZO CITIZENS

*Freely adapted from "Guide to Unusual trades, secrets, legends and curiosities of the Dolomites" by Dino Dibona*

### LEOPOLDO DE ZANNA (1721 - 1787)

An Augustinian in the monastery of Neustift, de Zanna founded what was to become one of the most important libraries in the Tyrol.

### BARTOLOMEO GILARDONI (1729 - 1803)

Blacksmith, watchmaker and precision engineer, Gilardoni invented the air rifle (sciòpo wind) and the first military repeating rifle in the world.

### MATTIA FRANCESCHI (1789 - 1844)

Consecrated priest who becomes confessor of the Queen of Saxony in Dresden.

### SILVESTRO FRANCESCHI (1792 - 1870)

Entrepreneur, designer, and developer, Franceschi constructed, among his many works, the road from Lienz to Monguelfo and the Stedandorf bridge near Innsbruck. His name is also linked to the construction of the bell tower of Cortina d'Ampezzo.

### ANGELO DIBONA (1879 - 1956)

Alpine guide, ski instructor and military instructor of Austria's mountains troops in the Great War, fighting on the Tofana Massif. He was one of the greatest mountain guides and mountaineers in the Dolomites, with over 70 first ascents over the Alps. At the foot of the Tofana di Rozes, a refuge is named after him, and at the centre of Cortina d'Ampezzo, a bronze bust pays homage to this legendary climber.



# MOUNTAIN WELLNESS

INDUJIÀ A SE  
GODE RA CRODES



## PLEASURES OF THE PALATE

A border territory, Cortina's local kitchen is influenced by both the Veneto and the Tyrolean regions

The traditional dishes of the area, and much more, can be savoured in the many restaurants, pizzerias, cafes, bars, mountain refuges and mountain farms which unite the atmosphere and the panoramas of the Dolomites with the local food traditions.

Cortina d'Ampezzo is a paradise for food lovers and gourmands, with numerous excellent restaurants, a discerning clientele, and several award-winning chefs able to satisfy even the most demanding palates.

The most famous and typical Ampezzan dish is casunziei, half-moon shaped pasta dumplings that are red if stuffed with beetroot, or green if stuffed with spinach or with sciopetis, a local wild herb. From Tyrol, Cortina d'Ampezzo inherited the tradition of canederli, and even spaetzle, or gnocchi, have fully

entered the local cuisine. From the Venetian tradition, dishes of polenta served in combination with cheese, mushrooms, sausage or goulash.

Main courses are usually meat-based, consisting frequently of typical local products like speck and strongly flavoured game dishes like deer, roe deer and wild boar. Cured or seasoned pork dishes feature frequently on the menu, such as pork shank and potatoes Ampezzo-style, or sausage with polenta. For those with a sweet tooth there is of course the apple strudel and 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, poppy seeds and honey.



Pleasure of the palate . Peaks of pampering

## MOUNTAIN FLAVOURS

© Giacomo Pompanin



### PUCCIA

A typical local bread prepared with a blend of rye and wheat flours, and perfumed with aromatic herbs (usually cumin and fennel seeds). It comes in two versions, either as a soft loaf, or dry and crispy.

### 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.

© bandion.it



### CANEDERLI

Gnocchi of dry bread filled with cured speck meat, spinach or cheese, and served in broth or with melted butter and grana cheese.



© bandion.it



© Irene Mursia



### SPÄTZLE

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

### BARLEY SOUP

A minestrone made with pearled barley, chopped vegetables and smoked meat.



### GOULASH SOUP

Inspired by the famous Hungarian recipe based on beef, spices and potatoes.



© Giacomo Pompanin

© Giacomo Pompanin

### AMPEZZO POTATOES

Stir-fried 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 by the presence of 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 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, cut into pieces, sprinkled with icing sugar and served with cranberry or blackcurrant jam.

### WINES FROM THE REGION

Cortina d'Ampezzo is blessed by her proximity to the Piave valley to the south and the Isarco valley to the east, both producers of great wines. As for the wines from the Veneto region, the prosecco is a real national pride and a key ingredient in most local

aperitifs. The Pieve region offer a great variety of white and red wines such as cabernet sauvignon, merlot and pinot grigio and pinot nero. On the South Tyrol side we find great classics such as Gewürztraminer, Muller-Thurgau, Kerner, Sylvaner, Riesling and Lagrein.



## TWO (EASY) RECIPES TO TRY AT HOME

### BLUEBERRY CAKE

This is an easy to make, authentic Dolomite mountain dessert. You won't usually find it served in cafés or restaurants, so it's best made at

home, after a brisk mountain walk gathering blueberries in the woods during July and August.

#### INGREDIENTS

- 500 g fresh woodland blueberries
- 300 g white flour
- 80 g butter
- 60 g sugar
- 50 g icing sugar
- 3 eggs
- ¼ litre milk
- 1 sachet of baking powder
- 1 pinch of salt

#### PREPARATION

Separate the yolks from the egg-whites. Beat the sugar with the egg yolk. Add the flour, the baking powder, the milk and salt. Finally, add the beaten egg-whites. Grease a baking tin, pour in the mix, leaving it roughly 2 cm below the rim, and then add the

blueberries. Place in a well-heated oven, and then lower the heat to a medium temperature. Cooking time: 40 minutes.

Before serving, sprinkle the surface with icing sugar.



### PORCINI MUSHROOM AND POTATO SOUP

Throughout the summer, the woods in the Dolomites offer plentiful wild porcini mushrooms, much in demand by mushroom hunters and adored by gourmets. These strongly flavoured mushrooms can be eaten fresh from

July to September, but also lend themselves to drying. In this form you can find them in food shops all year round. This mushroom and potato soup is absolutely delicious and easy to prepare - a guaranteed success!

#### INGREDIENTS FOR 4 PEOPLE

- 600 g of floury high-starch potatoes
- 1 litre of meat or vegetable broth (roughly 1 stock cube, or 2 spoonfuls of powdered stock in a litre of water)
- 100 g fresh porcini mushrooms or 50 g dried porcini\*
- 50 g butter
- 1 onion
- a sprinkle of chopped chives
- 2 garlic cloves

\*supermarkets and delicatessens in Cortina d'Ampezzo usually sell stock cubes or powdered stock, and also dried porcini mushrooms

#### PREPARATION

Melt the butter in a large casserole on low heat. Add the thinly sliced potatoes, the sliced onion, and the crushed garlic. Stir-fry continuously for roughly 3 minutes.

Add the broth, bring to boil, lower the heat, and leave to simmer for 20 minutes.

At this point add the mushrooms, sliced according to choice. If you don't have fresh porcini, you can use the dried version, previously rinsed in cold water

and left to soak in a bowl of hot (not boiling) water for one hour.

When adding the mushrooms to the broth, you can also add part of the water they were soaked in, to add extra flavour.

Increase the heat and cook for a further 10 minutes.

Serve the soup with a sprinkle of finely chopped fresh chives and - if desired - some bread croutons.

## POPULAR DRINKS

Cortina d'Ampezzo offers restaurants, wine-bars, pubs and cafes to suit all tastes. From trendy wine-bars and gourmet restaurants 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 aperitivo 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 delicacy.



### PROSECCO

White sparkling wine normally drunk as an aperitif.

### SPRITZ

Aperitif with dry white wine, Aperol and soda water.

### BICICLETTA

A low alcohol content aperitif for two people, with prosecco and gingerino (served for three, it becomes a Tricycle instead of a Bicycle).

### HUGO

Prosecco and elderberry syrup, with mint leaves.

## AFTER DINNER

### GRAPPA

A spirit with roughly 40° alcohol, distilled from wine marc. There are countless variants of grappa, from the purest to varieties with fruit or herb aromas.

### SGROPPINO

A fruit-flavoured sorbet (usually lemon or tangerine) blended with prosecco.

## ON THE SLOPES

### HOT CHOCOLATE WITH CREAM

### BOMBARDINO

A warming drink based on cream, hot eggnog, brandy and coffee (recipes vary according to local areas).



© Gary Tortello

Restaurants generally observe the following opening hours:  
lunch 12.00 - 14.00 / dinner 19.00 - 22.00

Tasting events and show-cooking are available on request. For up to date info on events, please see [www.cortinadolomiti.eu](http://www.cortinadolomiti.eu).





## PEAKS OF PAMPERING

Cortina d'Ampezzo offers unique wellness experiences that allow guests to immerse themselves in a world of silence, and enjoy the charm and magic of the seasons away from the hectic pace of the city.

Apart from Spa and Wellness facilities in the town centre hotels, the mountain refuges offer unique experiences at altitude. Those looking to dedicate

their holiday to fitness and wellness, can take a relaxing soak in a wood-fired outdoor hot tub, or enjoy a soothing sauna at 2,800m altitude, after an invigorating hike. Immerse yourself in the breathtaking landscapes of the Dolomite peaks and enjoy the many exceptional wellness experiences that can be enjoyed in the Queen of the Dolomites, in both summer and winter.



© Giacomo Pompanin

### TOP 5 WELLNESS TIPS

#### THE OUTDOOR HOT TUB AT SCOIATTOLI REFUGE (7,300 FT / 2,225 M)

A large open air, wood-fired hot tub for 6 people, for relaxing soaks sipping a glass of bubbly while enjoying the

majestic panorama of the 5 Torri (consult the services guide).

#### SAUNA AT THE CRODA DA LAGO REFUGE (7,299 FT / 2,066 M)

Set in a magical location by Lake Federa, this Finnish Barrel Sauna soothes your muscles thanks to the spell of fire and

very hot stones (consult the services guide Agnò domanda).

#### THE HIGHEST SAUNA IN THE DOLOMITES (9,028 FT / 2,752 M)

The Lagazuoi Refuge is famous the world over for its view 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 - the perfect mix for an unforgettable experience (consult the services guide).

#### STARLIGHT ROOM (6,742 FT / 2,055 M)

20 kilometres from Cortina d'Ampezzo, you can spend the night beneath a ceiling of stars in the Starlight Room Dolomites in Col Gallina. Experience the

magic of the night sky surrounded by the peaks of Lagazuoi, Tofana di Rozes and Sas de Stria. By reservation only (consult the services guide).

#### SUNRISE FROM THE SUMMIT OF TOFANA DI MEZZO

In both summer and winter, the Freccia nel Cielo cable car, takes you up to the summit of the Tofana di Mezzo at dawn to watch the sunrise.

This truly unique experience is something you should do at least once during your stay in Cortina d'Ampezzo.

## MOUNTAIN REFUGES

The mountain refuges originally served as overnight shelters for passing mountaineers and excursionists, sometimes even offering catering services. Over the years, with the development of tourism, the refuges have become comfortable establishments, some even offering hotel comforts.

The refuges in Cortina d'Ampezzo have retained their warm and welcoming atmosphere and offer their guests delicious home-made cooking according to local tradition. Some refuges are easily accessible, others can only be reached on foot or with skis, but the effort of arriving is always rewarded with magnificent views and a great deal of satisfaction. Many refuges can be reached by jeep service from the centre of Cortina d'Ampezzo. Some refuges have added features, such as outdoor hot

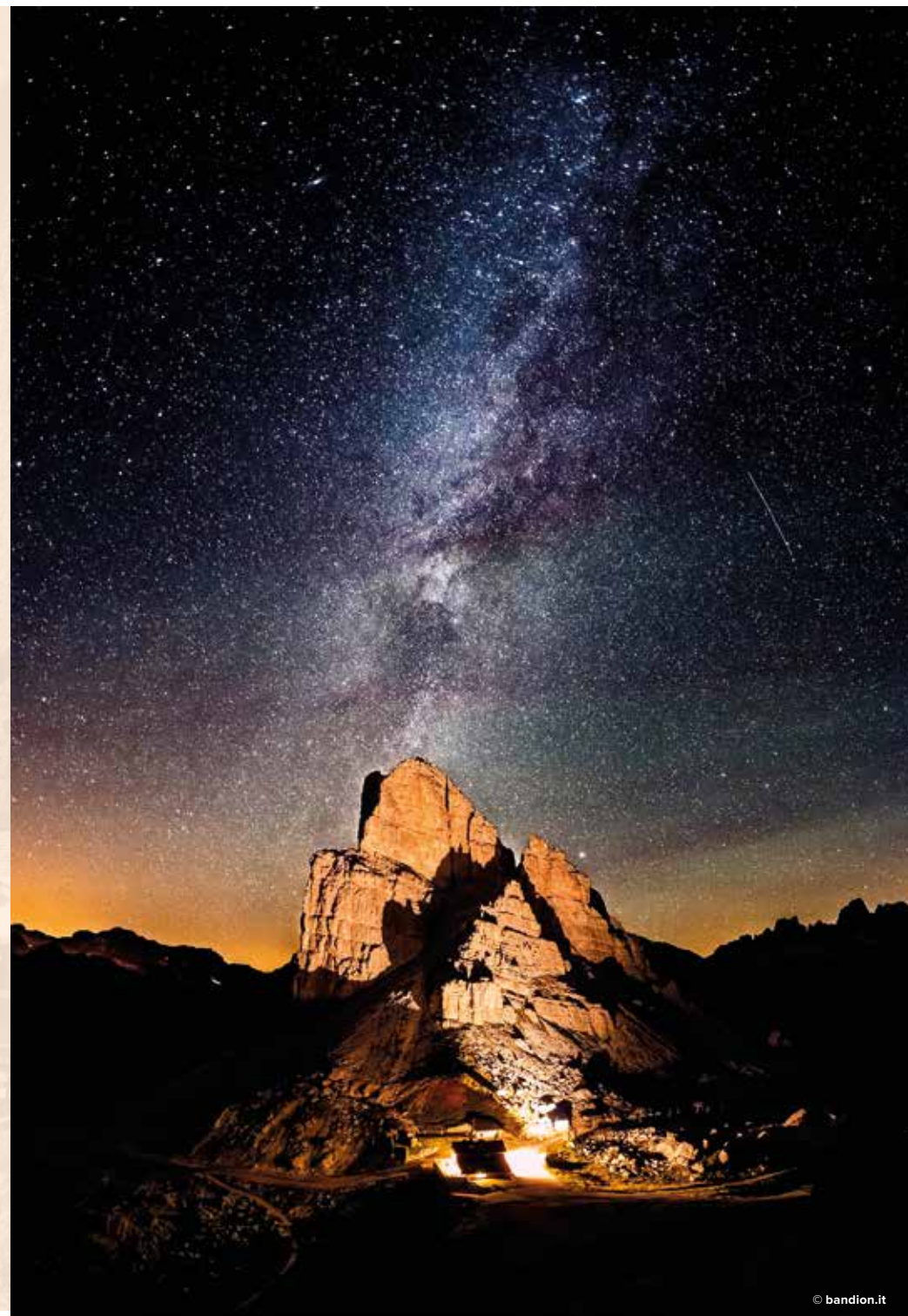
tubs or saunas, offering their guests the opportunity to pamper themselves at altitude.

Staying overnight in a refuge to experience the famous Dolomite Enrosadira colouring the rock pink at dawn and sunset is an absolute must!

During the summer season, the refuges are ideal pit stops for lunch or a snack after a hike. During winter the refuges offer places to rest and refuel for skiers, ski mountaineers and snowshoe excursionists. Many refuges can be reached on foot also in winter, such as Lago D'Ajal, Malga Federa, Croda da Lago, Dibona (open weekends), Malga Ra Stua and Mietres. Some refuges offer traditional dinners followed by descents by sled, skis, or by snowmobile under the stars, by reservation.



© Alessandro Ghinato







# SUMMER

## IŠTADE



## THE DOLOMITES

The Dolomites are named after 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 called the pale mountains. However, 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. Two hundred and fifty million years ago, these mountains were a mass of shells, corals and algae, submerged in tropical seas. Emerging 70 million years ago, and eroded by time and weather, today they represent a magnificent geological treasure and

give the landscape an incomparable beauty.

Cortina d'Ampezzo, whose mountains are completely inserted in the UNESCO 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, the stories, and the flora and fauna that live here. Climbing and Via Ferratas, walking and trekking, rock climbing and orienteering are just a few of the outdoor options offered by the mountain guides.



The Dolomites . Trekking . Do not miss . Via Ferrata . Rock Climbing . Mountain Bike & E-Bike . Roadbike . Mountain running . Into the Pale Mountains . Mountain Farms



## MOUNTAIN PROFESSIONALS

### ALPINE GUIDES

These highly trained professionals have the duty of guiding excursionists and climbers along paths and mountain routes, using their expert knowledge

of all activities connected with the mountains, including emergency procedures.

### NATURE GUIDES

A professional specialized 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.

### HIKING GUIDES

This professional profile is authorised to guide individuals or groups on hiking terrain with no altitude limits, and to

carry out environmental education activities to promote and protect the local environmental heritage.



© giuseppeghedina.com

## TREKKING

The vast number of routes available at every level of difficulty makes Cortina d'Ampezzo the ideal destination for every type of hiker. Families with children and those seeking relaxing walks in peaceful surroundings will find plenty of shaded, relatively flat push-chair-friendly walks in forests or along the river, whereas experienced hikers have a rich choice of more challenging high altitude hiking routes. The many mountain huts are popular destinations for hikers. The huts offer local gastronomy

and overnight facilities for longer treks lasting several days. 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 Third, Tofana di Rozes, Cristallo, Sorapis and Croda Rossa d'Ampezzo). Comfortable 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.



© Alfredo Croce



## THEMED HIKES

Cortina d'Ampezzo boasts over 400 km of signposted trails, maintained and cared for by volunteers from the local section of the Italian Alpine Club (CAI). The great number and variety of routes satisfy the preferences and

abilities of most excursionists, but we strongly advise you to check the trails on detailed maps and consult Alpine or Nature guides for more information on your chosen route. The following routes are suitable for most hikers.

## THE OUTDOOR GREAT WAR MUSEUM

In the area between Mount Lagazuoi and the 5 Torri, one finds trenches, tunnels, defensive positions and walkways used by both sides in the mountain warfare waged between the Italian and Austrian armies. These sites can now be visited in total safety, thanks to a

major restoration project. Do not miss the Mine Tunnels on Mount Lagazuoi, the Historic Trail in the 5 Torri and the Goiginger Tunnel on the Sas de Stria. The experience can be completed by a visit to the Tre Sassi Fort Museum.

## COL DRUSCIÈ ASTRO RING

The Astro ring, an educational astronomical itinerary created near the astronomical observatory, offers superb views and a chance to explore dimensions beyond the mountain. Reaching Col Drusciè on the "Freccia nel Cielo" Tofane cable car, visitors can walk "The

Trail of the Planets" and "The Trail of the Universe" as they wind through the woods. The length of the ring is roughly 1.5 km, with an altitude difference of c. 70 m. It can be comfortably walked in less than 1 hour.



## DOLOMIEU TRAIL

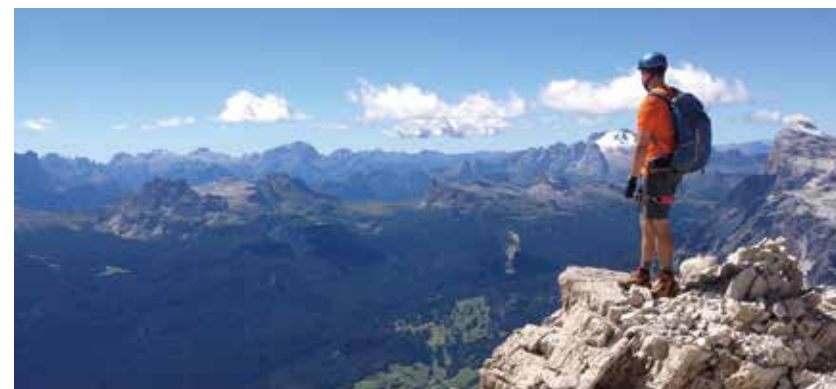
This trail, dedicated to the discoverer of dolomite rock, was inaugurated in 2015. It presents no technical difficulties and offers a wonderful descent from Mount Faloria, which you can reach comfortably by cable car, departing from the station in the centre. Offering magnificent views, this walk can be done in c. 1 hour and 40 minutes. It follows the ridge of the Faloria Crepe

and continues down through a forest of larch, stone pines and firs until it reaches Rio Gere. From here you can continue the descent on C.A.I. path n. 206 as far as the intermediary station in Mandres. There you can either take the cable car down to the station car park or continue on foot down C.A.I. path n. 204 to Mietres, and then on path n. 211 to Cortina d'Ampezzo.

## THE CHAMOIS TRAIL

Take the chairlift that climbs from Piè Tofana to the start of this itinerary, and then explore the gentle descent known for its frequent chamois sightings. The trail zigzags down the upper section of the Tofana Ravine, curving

broadly and comfortably, supported by wooden logs. Shifting closer to the rock face, the path then joins the Forcella Rossa piste and crosses the route descending towards Piè Tofana.



© Paolo Tassi



## DO NOT MISS

### LAKE SORAPÌS

Thanks to the magical colours of its waters and the gigantic amphitheatre of mountains surrounding it, this lake is certainly one of the most stunningly beautiful in the Alps. You can reach it

on C.A.I. path n. 215 in roughly 2 hours walk from Passo Tre Croci. The route has several short exposed sections with metal cables provided for safety.



© Paola Dandrea



### THE CANYONS AND WATERFALLS TRAIL

The area formed by the canyons and waterfalls of the Rio Fanes and Rio Travenanzes is uniquely spectacular. You can explore this area simply by walking the easy path, but it is even more thrilling to approach and pass behind the waterfalls using brief

equipped detours which require normal via ferrata equipment. The starting point is Pian de Loa, at the entrance of the Natural Park of the Ampezzo Dolomites. From here you follow the signs and take the path to the highest part of the upper waterfall.



© Alfredo Croce

### THE SUMMIT OF TOFANA DI MEZZO

You can reach the summit of the highest mountain in Cortina d'Ampezzo, at 10,643 ft (3244 m), in a few minutes' walk from the arrival station of the

Freccia del Cielo cable car. Once you have reached the peak, you will be overwhelmed by the panorama, the vast horizon and the thin air.

### THE CRODA DA LAGO TOUR

A circular excursion around one of the most suggestive peaks in Cortina d'Ampezzo, offering a sequence of contrasting landscapes, including the high alpine meadows of Mondeval, site of a Mesolithic burial ground, two gullies at over 7,200 ft (2,200 m), Lake Federa and dense forests. This

trek takes a day, offers marvellous views and needs a reasonable degree of fitness. The route begins from Ru Curto, on the road towards Passo Giau. In summer you can also reach Lake Federa using a jeep service from Campo.





## THE SOURCE OF THE RIVER BOITE

An enchanting walk from Ra Stua to Campo Croce, origin of the Boite River which crosses the Ampezzo Valley, a perfect outing for families with children. Grazing animals, green meadows, flowers, marmots and the gentle

bends of the murmuring stream near its source make this area irresistibly delightful for all ages. Situated inside the Ampezzo Dolomites Park, you can get there during summer by taking the shuttle service from Fiammes.



© Filippo Menardi

## ALTA VIA NR. 1

Alta Via number 1 is a trekking route that passes through the area around Cortina d'Ampezzo. It was the first signposted route in the Dolomites to require several days walking. Covering a total distance of 125 km, it is subdivided into 12 stages that run from Lago di Braies to Belluno, taking in the most important mountains

in the area, those nearest Cortina d'Ampezzo being Croda del Becco, Croda del Valùn Blanch, Lagazuoi and Nuvolau. The route features numerous Refuges for overnight stays. Any of the 12 stages can be chosen on its own for a one-day trek, or combined with others, according to your particular requirements.



# VIE FERRATE

Via Ferrata are equipped routes, prepared with metal cables, ladders or steps, and other fixed features such as wooden walkways and suspended bridges. These man-made aids facili-

tate passage in difficult points involving exposed vertical rock faces, for example, and are designed to reduce personal risk for average trekkers. Via Ferrata equipment is required.

## 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 some further special equipment. This consists of a protective helmet, a body harness, ferrata gloves and a ferrata set. The Ferrata set consists of two ropes, carabiners and a dissipater.

The dissipater serves to cushion potential falls, reducing the risk of injury. You can rent ferrata kits in any sports equipment shop in Cortina d'Ampezzo (find contacts in the services guide). 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 face and the amount of holds and supports. Even a simple route can easily become extremely difficult and dangerous in icy or snowy conditions. 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. We advise excursionists to tackle via ferratas in the company of a mountain guide (see the services guide). Many of today's

Via ferrata routes follow parts of the itineraries used by troops in World War I to approach the front. One of these, among the most famous, is the Ivano Dibona equipped route in the Cristallo massif. There are many different itineraries around Cortina d'Ampezzo, the easiest - such as the Giovanni Barbara ferrata at the Fanes waterfall - are suitable for children, if accompanied by an Alpine Guide or expert trekkers.

FERRATA	AREA	DIFF.
Ferrata Averau	Averau	●
Galleria Lagazuoi	Lagazuoi	●
Ferrata Ra Gusela	Nuvolau	●
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 Renato 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	●
Ferrata degli alpini	Col dei Bos	●
Ferrata Ivano Dibona	Cristallo	●
Ferrata Marino Bianchi	Cristallo	●
Ferrata Berti - Cengia del Banco	Sorapis	●
Ferrata Vandelli	Sorapis	●
Ferrata variante Tofana di Mezzo	Tofane	●
Ferrata Lipella	Tofane	●
Ferrata Ettore Bovero	Col Rosà	●
Ferrata Olivieri - Punta Anna	Tofane	●
Ferrata Gianni Aglio	Tofane	●
Ferrata Sci Club 18	Faloria	●
Ferrata Tomaselli	Fanis	●

● EASY ● MEDIUM ● MEDIUM DIFFICULT ● DIFFICULT ● VERY DIFFICULT

## THE FIRST VIA FERRATA

The first Via Ferrata in Cortina d'Ampezzo was created in 1905, through the ingenuity of Luigi Gilarduzzi "Meneghel". A blacksmith by profession, and manager of the former Wolf-Glanvell Refuge in Val Travenanzes, he forged nearly 270 pitons and

fixed them on the vertical rock face to create a quicker and more direct route to the Cantore Refuge (today Rifugio Giussani). The ferrata is still known as "La Scala del Meneghel" (or Meneghel's Ladder).



© Archivio Cortina Turismo

## ROCK CLIMBING

Around Cortina d'Ampezzo you can find 850 sport climbing routes and over 1000 classic and modern climbing routes.

The spectacular 5 Torri area has a number of climbing practise walls, plus 108 marked climbing routes with difficulty levels between 2° and 8° grade, and the nearby refuges make excellent stopover points. The practice facilities are easily reached either by car or by lift facility. Cortina d'Ampezzo,

Queen of the Dolomites, offers further rock climbing facilities in Po' Crepa in Località Pocol, in Crépe de Oucèra on the road towards Passo Giau, as well as Rio Gere, Crepo Longo in Faloria with 30 climbing routes 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, with climbs of various length and difficulty in a majestic setting.



© Archivio Guide Alpine

## MOUNTAINEERING

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 them. In August 1863 he was the first to climb the highest peak in the Ampezzo Valley - the Tofana di Mezzo, at 10,643 ft (3,244 m) - accompanied by the climber Francesco Lacedelli. He later conquered other summits in the area, such as Mount Sorapis at 10,515 ft (3,205 m) in 1864, Mount Cristallo at 10,567 ft (3,221 m) in 1865 and the Tre Cime di Lavaredo, whose highest peak, the Cima Grande, stands at 9,839 ft (2,999 m) above sea level. By climbing these mountains, meas-

uring 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 placing a plaque in his honour on Alta Via n. 4. Thus, 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 Alpine Guides.



© Mauro Devich





## MOUNTAIN BIKE & E-BIKE

Lovers of the Mountain Bike (MTB) love Cortina too! Fun and thrills are guaranteed with a number of biking trails suitable for families and MTB enthusiasts alike. The trails are indicated with specific info tables and descriptions on our information material (for further information consult the Bike & E-Bike Map).

Bikes to suit every need can be hired. For those hooked on downhill biking,

a Bike Pass has been created, allowing bikes to travel uphill on lift facilities. Even the most challenging routes and ambitious destinations become accessible to everyone, thanks to the E-Bike. The bike rentals in Cortina d'Ampezzo have latest generation electric MTBs available. There are various associations you can contact to arrange either Mountain Bike guides or instructors (consult the services guide).



© Stanciu

### HIKING PASS

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

- free for children below 8 years of age if accompanied by a paying adult;
- discount for minors between 8 and 16 years of age.

Showing your Hiking Pass also gives

you free access to urban bus services.

Purchase from:

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

For further information:

[www.cortinadolomiti.eu](http://www.cortinadolomiti.eu)

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### SUPERSUMMER CARD

The exclusive Dolomiti SuperSummer Card offers you 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:

[www.dolomitisupersummer.com](http://www.dolomitisupersummer.com)



## SUPERPANORAMA FREERIDE

Take the Faloria cable car from the centre of Cortina d'Ampezzo. From the top, enjoy a descent to Rio Gere, from where a chairlift takes you up to Son Forca, and from there you plunge into freeride along the Val Padeon. On reaching Ospitale, you take the cycle road towards Cortina d'Ampezzo in order to reach the departure point of

the Freccia nel Cielo cable car which takes you effortlessly up to Col Drusciè, from where you ride down to Piè Tofana. From there back up again by chairlift, for a new descent down to the green pastures of Peziè de Parù, Lake Ajal and the Volpera Caves, Mortisa, and then the town centre (consult the Mountain Bike & E-Bike map).



© bandion.it

## CLIMB & RIDE

Climbing, via ferrata and of course MTB. Thrilling descents and ascents, accompanied by mountain guides. After demanding ascents along the via ferrata routes of the Ampezzo valley, experience the thrill of adrenaline-fue-

led freeride descents by mountain bike. Feel the satisfaction of conquering the summit, before enjoying the speed of the descent - a different way to enjoy the mountain.



## ROADBIKE

Cortina d'Ampezzo also offers unforgettable experiences for road cyclists.

The Dolomite mountain Passes are perfect for the sport of road biking, boosted by the 2012 return of the Giro d'Italia to Cortina after a 57-year gap. The 187 km stage from Falzes led to a spectacular finale on the streets of the Queen of the Dolomites.

We suggest 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 (consult the dedicated

Roadbike map).

5 legendary Passes in this area have made cycling history, 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.



© bandion.it



## THE DOLOMITE BIKE ROAD

The Dolomite Bike Road, along the Former railway, is an enthralling route suitable for all cyclists, and perfect for a family outing with children.

From Cortina d'Ampezzo you can either head for Calalzo, 30 km towards the south, or for Dobbiaco, 30 km north, following the route of the former railway line. Until 1964 this connected Dobbiaco with Calalzo, passing through Cortina d'Ampezzo, but today it has been transformed into a wonderful road for hikers and cyclists. 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 them restored as snack bars or restaurants. Between Cortina d'Ampezzo and Cimabanche (with the option of an extra 15 km to Dobbiaco), the trail climbs gently on asphalted surface which then becomes a gravel road and winds through the tunnels of the historic Dolomites railway. For children the best option is to take the opposite direction, gently downhill from Cimabanche to Cortina d'Ampezzo. In summer, a bus service with bike transport facilities can take you up to Passo Cimabanche.



© bandion.it

## MOUNTAIN RUNNING

If you're into Mountain Running, Cortina d'Ampezzo combines an exceptional variety of routes with unforgettable scenery. Runners have almost 500 kilometres of dedicated routes, running uphill, downhill, on challenging terrain or gentle dirt tracks, between peaks, valleys and breathtaking landscapes. 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 the town center. 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 challenging, 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.

June is the month dedicated to running in Cortina d'Ampezzo, with two major international racing events taking place. The Cortina - Dobbiaco run, along the route of the former railway line, and the Lavaredo Ultra Trail, featuring three days of trail running over various distances and altitude differences. Various training camps offering running technique and race preparation are organised during summer.



© Marcos Ferro





## INTO THE PALE MOUNTAINS

Mountain refuges offer food and snacks to be relished on panoramic terraces high in the mountains. They

can easily be reached by lift facilities, shuttle, jeep service, or via simple excursions on foot or by mountain bike.



© bandion.it



### FALORIA, CRISTALLO, SORAPÌS

The Faloria Refuge, at 6,965 ft (2,123 m), can be reached from the centre of Cortina d'Ampezzo by taking the Faloria cable car departing from the train station square, or walking from Rio Gere on the path inaugurated in summer 2015 and dedicated to Déodat de Dolomieu, the geologist after whom the Dolomites were named (see pg.40). From here, by jeep or a short walk, you can easily reach the Capanna Tondi Refuge, at 7,634 ft (2,327 m). The path to the Vandelli Refuge, at 6,318 ft (1,926 m), starts from Passo Tre Croci. The Refuge overlooks the extraordinary

Lake Sorapìs, famed for its position at the centre of a vast mountain amphitheatre and for the breathtaking turquoise colour of its water. On the Cristallo massif, starting from the Ristorante Rio Gere, on the road to Passo Tre Croci the lift takes you to the Son Forca Refuge, at 7,332 ft (2,235 m), a departure point for excursions towards Val Padeon or Forcella Zumeles. A truly relaxing walk on the beautiful path through the larch forest of Larieto leads to the Mietres Refuge, at 5,610 ft (1,710 m).



### CRODA DA LAGO

The Croda da Lago Refuge stands at 6,712 ft (2,046 m) and can be reached by jeep service from Campo, or on foot along a medium difficulty route from Passo Giau or a shorter and steeper path from Ru Curto. Don't miss the wonderful walk around Lake Federa. It can be reached also on foot from

Lake Pianozes, or by jeep service from Campo. The Lago D'Ajal Refuge, at 4,632 ft (1,412 m), immersed in a forest of fir trees, can be easily reached by foot, either from Campo or from Peziè de Parù.





## LAGAZUOI, 5 TORRI, PASSO GIAU

The Lagazuoi Refuge, at 9,028 ft (2,752 m), can be reached in a few minutes by taking the panoramic cable car from Passo Falzarego (6,919 ft / 2,109 m). This refuge is the point of departure for various fascinating tours to nearby trenches and tunnels from World War I. Passo Falzarego can be reached from the centre of Cortina d'Ampezzo on buses run by Dolomiti Bus and Cortina Express (consult the timetable online or at the ticket office at the bus station). In Col Gallina, along the road that leads to the Falzarego Pass, the Col Gallina Refuge, at 6,742 ft (2,055 m), is a good place from which to reach the suggestive Lake Limesdes, or head for Cima Gallina to visit trenches and defensive positions from World War I. Re-enactors in period uniform are available to guide you around the Lagazuoi Open Air Museum and the defensive lines at Edelweiss and Cima Gallina (for further information [www.cortinadolomiti.eu](http://www.cortinadolomiti.eu)).

The 5 Torri area is one of the most famous rock climbing areas in the Alps. From the centre of Cortina d'Ampezzo you can reach the Baita Bai de Dones (6,197 ft / 1,889 m)



using the local bus services run by Dolomiti Bus or Cortina Express.

From here you take the chairlift up to the Scoiattoli Refuge (7,398 ft / 2,255 m), starting point for a number of excursions of different lengths and degrees of difficulty, including the easy path along the First World War trenches, or the hike to the nearby Refuges Cinque Torri (7,011 ft / 2,137 m), Averau (7,916 ft / 2,413 m) and Nuvolau (8,448 ft / 2,575 m).

Malga Pezie de Parù (4,960 ft / 1,512 m) is located roughly 5 km from the centre of Cortina d'Ampezzo not far from the road leading to Passo Giau. It is surrounded by woodlands and mountains including the Tofana de Ròzes, 5 Torri, Antelao, Nuvolau and Croda da Lago.

The Ristorante Piezza da Aurelio (7,135 ft / 2,175 m) and the Fedare Refuge (6,561 ft / 2,000 m), situated near Passo Giau and accessible by taxi or car, both offer majestic views of Nuvolau, Marmolada and Civetta.



## TOFANA, POCOL

The Tofana Massif offers a huge variety of hiking paths at all levels of difficulty, plus numerous Via Ferrata routes and superb rock-climbing faces. All the refuges in this area boast large panoramic terraces and excellent local food.

The Dibona Refuge (6,683 ft / 2,037 m) is situated at the foot of Mount Tofana di Rozes and can be reached by car or by jeep (to be booked), or via an easy hike. From the Dibona Refuge, you can continue on a medium-difficulty hike to the Giussani Refuge at 6,683 ft (2,561 m).

The Tofana di Mezzo, at 10,643 ft (3,244 m), is the highest of the three Tofana peaks, and can be reached via the Freccia nel Cielo cable car. The cable car departs from near the Ice Stadium, a few minutes from the city centre, and has two intermediate stops, the first at the Col

Drusciè Refuge (5,833 ft / 1,778 m), commanding a spectacular view of the entire Ampezzo

Valley. The second stop is at the Capanna Ra Valles Refuge (8,120 ft / 2,475 m), famous as the highest pizzeria in the Dolomites. The final stop (open only in summer) is practically on the summit of the Tofana di Mezzo, the Bar Cima Tofana (10,643 ft / 3,244 m). The Duca D'Aosta Refuge, at 6,883 ft (2,098 m), and the Pomedes Refuge, at 7,555 ft (2,303 m), can be reached via jeep service from the centre of Cortina or by taking the Freccia nel Cielo cable car up to Col Drusciè and then walking for c. 20 minutes to Piè Tofana, from where a comfortable chairlift takes you to your destination.



© bandion.it



## CRODA ROSSA AND THE NATURAL PARK OF THE AMPEZZO DOLOMITES

The Malga Ra Stua Refuge (5,472 ft / 1,668 m), is situated inside the Natural Park. It can be reached using a shuttle service departing from Fiames (or by car in low season). The Park also contains the Biella Refuge (7,634 ft / 2,327 m), accessible on foot either by crossing the imposing canyon of the Val Salata, or by a shorter but steeper route from the beautiful Lake Fosses. Various hiking routes with different levels of difficulty start from Malga Ra Stua, including a simple walk of

roughly 1 hour along an old mule track as far as the Alpe de Lerosa, and the path to the source of the River Boite near Ciampo de Cròsc. The Rifugio Ospitale (4,839 ft / 1,475 m), once an inn for travellers, stands beside the road between Cortina d'Ampezzo and Dobbiaco and can be also be reached by bike on the Dolomites Bike Road.



© bandon.it



## MOUNTAIN FARMS

In Cortina d'Ampezzo, various mountain farms offer visitors the opportunity 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 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.

### AGRITURISMO CALDARA



The Caldara Agriturismo, is only 1 km from the centre of Cortina d'Ampezzo, and is easily reached on foot, passing Località

Crignes and Mortisa, or by public bus (see map on pg. 163).

### 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 city

centre. It is possible to practice various activities.

### AGRITURISMO EL BRITE DE LARIETO



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

Those same picnic products can be purchased from the Piccolo Brite cheese shop in Alverà.

### AGRITURISMO JÄGERHAUS



The Jägerhaus Agriturismo, just 2 km from the center, can be reached by public transport (see map pag.163) and

offers a terrace facing onto the green meadows of Cadin di Sotto and views towards the Tofana massif.

### ALPE CORTINA



The Alpe Cortina Farm, in Socol, can be reached by public transport or by a brisk walk from Cortina d'Ampezzo along the Dolomites Bike Road. The

entire milk and cheese supply chain is located inside the farm, and its products are obtained using natural methods.

### CIASA DEO



Located beneath the Pomagagnon in a beautiful panoramic area. It can be

reached on foot from the town center in few minutes.

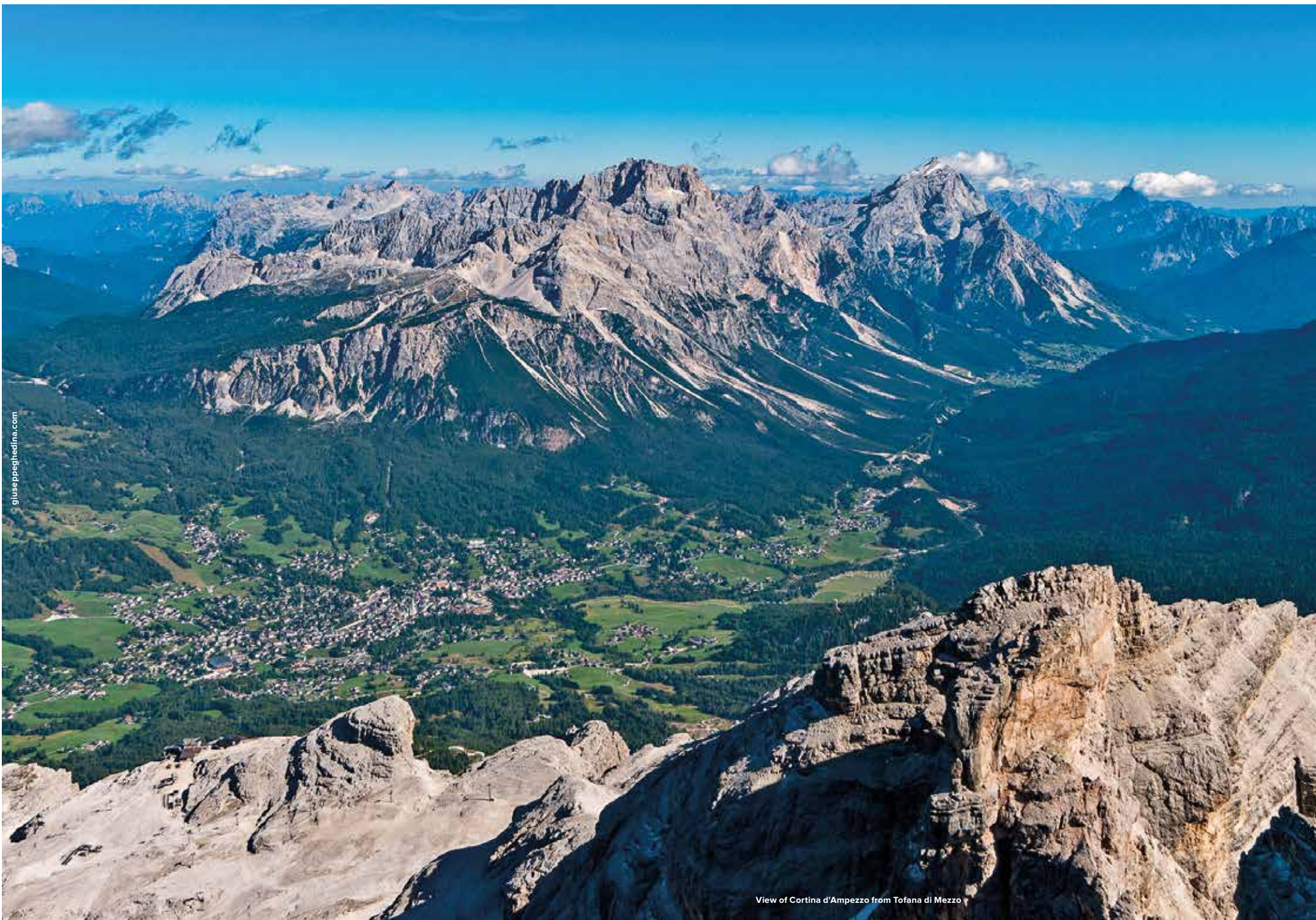
### MALGA FEDERA



Malga Federa, at 5,905 ft (1,800 m), stands beneath the Becco di Mezzodi, in the middle of one of the most beautiful

meadows of the Ampezzo Valley. It can be reached on foot from Lake Pianozes, or by jeep service from Campo.







# WINTER

## CANCHE 'LÉ GNEE



Winter sports . Ski tours . Skipass . Snow Professionals . Off piste . Nordic skiing  
Other winter sports



## ON THE SNOW

A true paradise for winter sports enthusiasts, Cortina d'Ampezzo offers skiers some of the world's most breathtaking scenery. The resort's 3 ski areas, Cortina Cube (Cristallo, Faloria, Mietres), Tofana and Lagazuoi - 5 Torri, are connected by a free of charge ski bus and offer

85km of slopes with 95% snow making facilities ensuring perfect snow conditions throughout the season. Cortina d'Ampezzo is part of Dolomiti Superski, one of the world's largest ski circuits with 1,200 km of slopes across 12 ski regions, accessible with a single skipass.



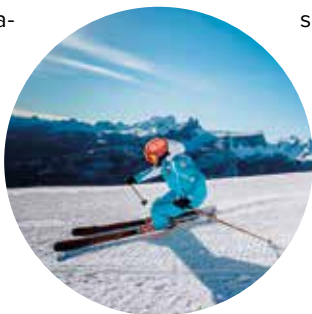
© bandon.it



## ALPINE SKIING

The flagship winter sport on offer in Cortina d'Ampezzo, downhill skiing is in the very DNA of the resort. As well as hosting international events such as the

Women's World Cup, Cortina d'Ampezzo boasts famous runs that have made international ski history, such as the Olympia in the Tofane (see pag. 106).



© bandion.it

## 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. In Faloria, snowboard lovers can also find a snowpark and a Freestyle Station with Big Airbag



© Giuseppe Ghedina



# SKI AREA CORTINA CUBE

In addition to an excellent selection of runs catering to skiers of all levels and abilities, the Faloria - Cristallo - Mietres ski-area offers spectacular views across the Ampezzo valley. Guarné offers a junior park for the youngest and Mietres the possibility to reach the refuge by snowshoeing or ski mountaineering to enjoy the panoramic terrace. Faloria is suitable for intermediate to expert skiers with its selection of scenic red and black runs, as well as a snow park for freestyle

skiers. The Mietres ski-area is specially adapted to children and beginners with its selection of gentle runs winding through the woods. Here you can also enjoy a dedicated sled-run, popular with children of all ages!

Mountain Refuges and snack bars on the slopes: Rifugio Faloria, Rifugio Capanna Tondi, Ski - Bar Vitelli, Bar Pian Bigontina, Ristorante Rio Gere, Rifugio Son Forca, Rifugio Mietres and Rifugio Col Tondo.



© bandion.it





## SKI AREA TOFANE

The 6-seat chairlift Tofana Express swiftly takes you from the beginner area of the lower slopes of Tofana to the higher reaches, where you will find several technically challenging runs, like the Canalone and the famous Schuss. The Freccia nel Cielo cable-car transports you to the Ra Valles ski-area, where at an altitude of 2,500m you are guaranteed great snow conditions throughout the season. The route of the Olympia ski-tour takes you to the unforgettable runs of the 1956

winter Olympics, today the site of the Women's World Cup. Mountain Refuges and snack bars on the slopes: Rifugio Socrepes, Rifugio El Faral, Ristorante Col Taron, El Sorei, Baita il Cervo, Ristorante Ria de Saco, La Locanda del Cantoniere, Rifugio Son Dei Prade, Ristorante Piè Tofana, Ristorante il Caminetto, Rifugio Dibona, Rifugio Col Drusciè, Rifugio Capanna Ra Valles, Rifugio Pomedes and Rifugio Duca D'Aosta.



## SKI AREA LAGAZUOI - 5 TORRI

A free ski bus between Son dei Prade and Bai de Dones links the Lagazuoi-5 Torri area with the Tofane. The area offers a wide variety of scenic slopes set in a spectacular landscape. The Lagazuoi refuge, at an altitude of 2.752m, with views of the Tofane and the Marmolada, can be reached by cable car from the Falzarego mountain pass. This is the starting point for the Armentarola slope, the longest and most scenic ski run in the Dolomites, which connects

Cortina d'Ampezzo with Val Badia. In the Lagazoi-5 Torri area there are still many traces of the Great War and trenches can be visited as part of the First World War ski tour, an itinerary along the Dolomite frontline territories of Badia, Arabba, Marmolada and Civetta. Tips: Try the Super 8 ski tour. Mountain Refuges and snack bars on the slopes: Rifugio Lagazuoi, Rifugio Col Gallina, Grill da Strobel, Baita Bai de Dones, Rifugio Scoiattoli, Rifugio Averau and Rifugio Fedare.





## SKI TOURS

### 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, you ascend on the Lagazuoi cable car for your first descent down the long and famous Armentarola piste, before you reach the Alta Badia lift

facilities. The complete tour involves many kilometres of piste in one day, plus many panoramic cable rides, taking in the Gardena, Sella, Pordoi and Campolungo passes. The tour is suitable for medium level skiers, and is one of the most fascinating circular ski tours in the entire Alpine range.



© bandion.it

### SUPER 8

The Super 8 is a spectacular route that includes the Averau Troi and Armentarola slopes, both of which boast unforgettable panoramas and

features. An easy but fascinating tour, taking in famous Dolomite mountains like Lagazuoi, Tofana, Fanes, Averau, 5 Torri and Conturines.



### THE GREAT WAR TOUR

The Great War Tour is a history-filled experience that takes you through the defences, trenches and tunnels made by Italian and Austrian troops during the First World War. This tour is suitable for all, including children and snow-boarders. It takes in the ski areas of Lagazuoi - 5 Torri, Arabba - Marmolada

and Mount Civetta.

You should set off early in the morning, since the tour takes 7-8 hours to complete, including a lunch break.

To undertake either the Sellaronda or Great War ski tours, you must have a valid Dolomiti Superski Skipass.



© bandion.it



## SKIPASS

You can choose between two types of Skipass, the Skipass Cortina (a valley skipass you can use in the Cortina d'Ampezzo - San Vito - Auronzo - Misurina area, covering a total of 140 km of piste) and the Dolomiti Superski Skipass (valid for all 12 valleys in the Dolomiti Superski area).

Where to buy them:

- in the Ski Pass Office, in Via Marconi 15/B, in front of the Coach Station in Cortina d'Ampezzo;
- directly at lift facility departure stations;
- online, using the Hotel Skipass Service [www.dolomitisuperski.com](http://www.dolomitisuperski.com).

## DOLOMITI SUPERSKI

Reductions are available for children (8 and under), juniors (16

and under) and seniors (over 61) [www.dolomitisuperski.com](http://www.dolomitisuperski.com).

## VALLEY SKIPASS REDUCTIONS:

- for juniors up to 16, discounts on day and multi-day passes;
- special prices for advance purchase of season ski-pass (check dates);
- reductions on season passes for children up to 8 years old;
- for skiers over 65, discounts on day and multi-day passes;
- in low season, or out of season (check the dates);
- free for children under 8, if accompanied by a paying adult, for a period between 1 and 31 days (more informations on [www.skipasscortina.com](http://www.skipasscortina.com)).

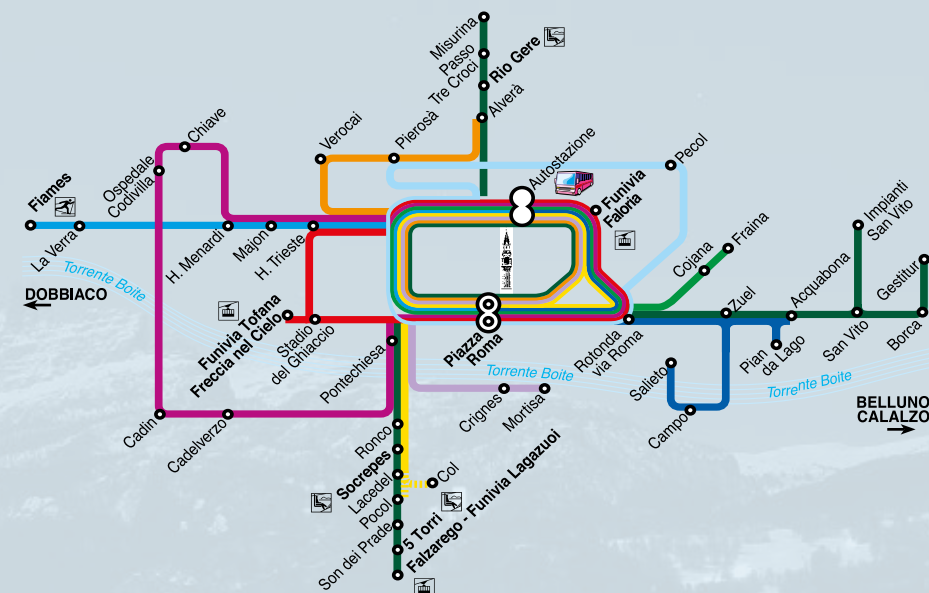


© bandion.it

## 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.



<b>LINEA URBANA N. 1</b>
Autostazione - Majon - Bivio Ospedale Codivilla - La Verra - Fiemmes - ritorno in Piazza Roma
<b>LINEA URBANA N. 2</b>
Piazza Roma - Cojana - Pezè - Zuel - Campo - Sallieto - Pian da Lago - Acquabona - ritorno in autostazione
<b>LINEA URBANA N. 3</b>
Piazza Roma - Autostazione - Ronco - Lacedel - Col - ritorno
<b>LINEA URBANA N. 4</b>
Piazza Roma - Autostazione - Majon - Verocai - Alverà - ritorno
<b>LINEA URBANA N. 5</b>
Piazza Roma - Autostazione - Majon - Chiave - Ospedale Codivilla - Cadin - Ronco - Piazza Roma
<b>LINEA URBANA N. 6</b>
Piazza Roma - Autostazione - Crignes - Mortisa - ritorno
<b>LINEA URBANA N. 7</b>
Piazza Roma - Via Spiga - Pècol - Piorosa - Cianderes - Piazza Roma
<b>LINEA URBANA N. 8 SKIBUS</b>
Piazza Roma - Funtiva Falcade - Majon - Funtiva Tofana Freccia nel Cielo - Piazza Roma
<b>LINEA URBANA N. 9</b>
Piazza Roma - Cojana - Fraina - ritorno
<b>LINEE EXTRAURBANE</b>





## FROM 1956 WINTER OLYMPIC GAMES TO 2021 SKI WORLD CHAMPIONSHIPS

### OLYMPIC SLOPES

You too could ski on the slopes where the 1956 Winter Olympics took place, like the Olympia delle Tofane, where the Men's Downhill was raced, the Vitelli di Faloria piste, venue for the Men's and Women's Giant Slalom, and the "A" piste in Col Drusciè, also on the Tofana massif, site of the Women's Special Slalom, all still today among the Queen of the Dolomite's most fascinating slopes.

The Olympia delle Tofane piste in Cortina d'Ampezzo hosts the Women's Downhill event of the Alpine Skiing World Cup. To re-live the emotions of the rock faces and panoramas for which this piste is famous, you need to take the Schuss and then the Stratofana slopes, cross the Labirinti piste, and then enter the Olympia piste at Rumerlo. These slopes are recommended for expert skiers.

### FIS ALPINE WORLD SKI CHAMPIONSHIPS 2021

The World Championships in Cortina are preceded by those in Are, in Sweden, in 2019, and take place one year before the Beijing Winter Olympics. The Championships will involve 14 days of races, with more

than 600 athletes from 70 countries ready to challenge one another on the slopes of Cortina d'Ampezzo, where ski history has been made, plus hundreds of collateral events for thousands of tourists and competitors.



© Paola Dandrea

## SNOW PROFESSIONALS

The first Italian ski school was founded in Ampezzo in 1933. This marked the birth of a new profession, that of the ski instructor, a highly dedicated snow professional. Today Cortina's ski schools and instructors (consult the services guide) offer a service that is truly complete and highly professional. Ski instructors specialise in telemark, freeride, free-style, 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, 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, snowshoes - or "ciaspes", as the locals call them - are ideal for exploring the silence of the snow-clad forests. More vertiginous thrills can be had for those eager to try ice-climbing or learning the latest snow sport trends.

### SKI INSTRUCTORS

#### SKI AND SNOWBOARD INSTRUCTORS

Like their more traditional forerunners, today's versatile ski instructors still play a crucial role in teaching both

technique and safe behaviour on the slopes.

#### ALPINE GUIDE

These highly trained professionals guide excursionists and climbers along hiking trails and mountain routes, thanks to their deep knowledge of

climbing, crossing snowfields and ice, and of all activities connected with mountains, including emergency procedures.

#### NATURE GUIDE

A professional 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

### EXTREME SKIING AND FREERIDE

For experienced skiers who love the thrill of a steep descent, Cortina d'Ampezzo 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, an experienced alpine guide with local knowledge of the terrain and snow conditions, is highly recommended both for safety and for knowing where to find the best powder. It is recommended to use a D.V.A.



© bandion.it



### HELI-SKIING

A real adventure for freeride enthusiasts and a different way to approach off-piste skiing, offering an unforgettable experience. It is worth noting that in the Dolomites helicopters are authorized in limited areas only and

we highly recommend that you contact a professional mountain guide or ski teacher for a safe experience. A good skill level is required. The route will be chosen according to snow conditions.

### SKI MOUNTAINEERING - BACKCOUNTRY

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 Scoiattoli, Malga Federa, Croda da

Lago, Rifugio Dibona or Malga Ra Stua. The area offers endless opportunities for ski touring experts with many beautiful peaks and couloirs. It is highly recommended to contact the Alpine Guides of Cortina d'Ampezzo for local knowledge of the territory and snow conditions (check the services guide).



© Nicolò Miana



## NORDIC SKIING

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

key attractions is the 30km long route along the former Dolomite Railway which connects Cortina d'Ampezzo with Dobbiaco, considered one of the most beautiful Nordic Ski routes in the Dolomites. Where the slopes are open, a ticket must be purchased. Skiers can purchase a ticket valid for a day, a week, or for the season. For further information visit [www.cortinadolomiti.eu](http://www.cortinadolomiti.eu)



© bandion.it



## OTHER WINTER SPORTS

### SNOWSHOEING

Cortina d'Ampezzo offers many beautiful itineraries for snowshoe excursions, both along forest roads and at altitude. This popular activity is a great way to keep fit as well as to

experience the magic of winter in the mountain. The Alpine Guides offer a variety of proposals including historical itineraries, such as the Great War trenches in the 5 Torri.



© stefanozardini.com

### FAT BIKE

The latest activity on the snow in Cortina d'Ampezzo is taking off fast in popularity. Bikes with oversized tyres for riding on snow allow bike enthusiasts to continue their sport also in winter. The

bikes can be rented in most of the bike rentals in Cortina d'Ampezzo and there are several itineraries and forest roads suitable for fat bikes. Fat bikers can also use the ski lifts to get access to tracks at altitude.



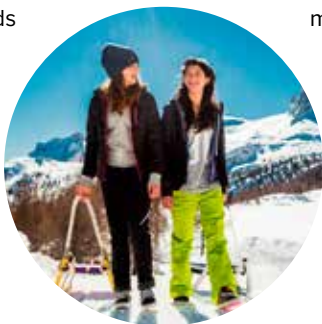
© Giacomo Pompanin





## SLEDGE

Some refuges can be accessed along snow-covered roads suitable for descents by sled, perfect for evening excursions



© Bandion.it

with dinner followed by a moonlit sled descent. Further information available at the Info-point in Corso Italia.

## WINTER VIA FERRATA

Climbing a via ferrata in winter is more challenging than in summer, and for this reason perhaps even more rewarding. Even under optimal snow conditions the physical effort required

is considerable, thus the activity is recommended for experienced mountaineers only, or with the company of 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-ax, crampons, rope, carabiners, and snowshoes, almost always indispensable for the approach.



© Dolomiti Ski Rock



## ICE CLIMBING

Ice climbing, a discipline arising from mountaineering, consists of climbing frozen waterfalls and ice walls with the aid of an ice-axe and crampons. Climbing ice falls allows you to enter a unique and

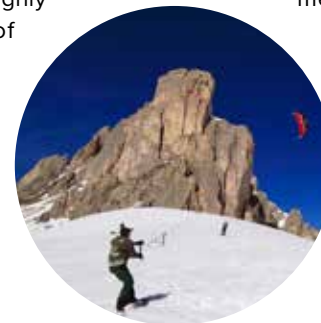


© Dolomiti Ski Rock

fascinating dimension, to be practiced safely by relying on the expertise of mountain guides who know how to choose the ideal routes. The technical equipment is the same as for rock-climbing.

## SNOW KITE

The fast growing and 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 a moonlight excursion, either on foot, with snowshoes, sledging or ski mountaineering. Many mountain refuges organize special evenings with dinner and descent

under the stars. For more information consult the updated list of events or contact the individual refuges directly (Check the service guide).







## OTHER ACTIVITIES

Cortina offers many different ways to enjoy nature, sport and the outdoors.

### 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.

The Adrenalin Centre also has a play-area reserved for children shorter than 4 ft (1.2 m).



**HAVE FUN  
WITH  
OUTRO DA PODÉ FEI**



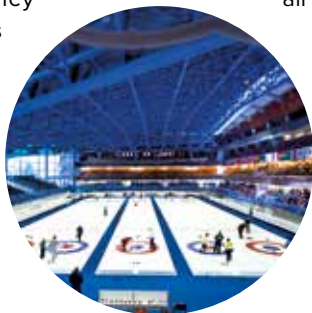
Adrenalin center . Curling . Golf . Minigolf . Olympic Ice Stadium  
Tennis . Nordic walking



## CURLING

The Queen of the Dolomites and curling has been a winning combination for more than a hundred years. The sport was practiced in Cortina d'Ampezzo already at the beginning of the previous century and grew in popularity on the icy tracks of the prestigious Cristallo and Miramonti hotels, frequented by

international celebrities like Alberto Sordi and Brigitte Bardot. Every year, during the month of June, the Queen of the Dolomites hosts the 'Trofeo Città di Cortina' a popular tournament that attracts teams from all over the world. In 2006, athletes from Ampezzo participated in the 20th Winter Olympics.



© Dino Colli

## 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 situated 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 Club house, where players and members can spend time together, relax between rounds and dine. A round of golf at the Cortina Golf club not only offers you a top class and challenging golf course, but also a stunning panoramic. Setting in a landscape where great care is taken to preserve the natural Alpine meadows and flora.



© Giacomo Pompanin



## MINIGOLF

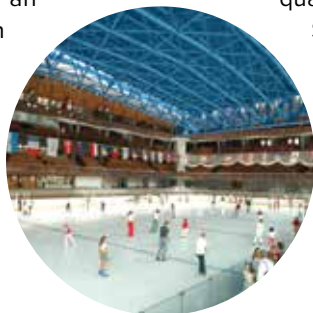
An afternoon of competition and ability on the 18-hole course of the Minigolf Helvetia is a great way for families and friends to enjoy themselves outdoors. Open from mid-June to mid-September,

a few minutes' walk from the centre, the mini golf has wonderful views of the surrounding mountains and a convenient snack bar.

## STADIO DEL GHIACCIO

Cortina's Olympic Ice Stadium, constructed for the 1956 Winter Olympic Games, has an ice skating rink which

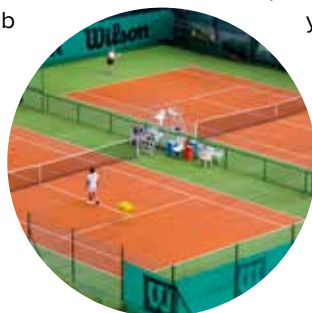
is open all year round. Skate with your friends or take lessons from a qualified instructor. Skate rental on-site.



## TENNIS

You can also practise your tennis in Cortina d'Ampezzo, at the Tennis Country Club Cortina (affiliated to the Italian Tennis Federation). The club has 5 outdoor clay courts, including one

with floodlights 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.



© Dino Colli



## NORDIC WALKING

An alternative to simply walking, designed to involve the body's entire muscular system without stressing

the joints. This is achieved thanks to walking poles, used to push yourself forward, rather than to lean on.



© Paola Dandrea



# SPRING AND AUTUMN

## D'AUŠUDA E D'OUTON



Low season



## LOW SEASON

Summer and winter are the main tourist seasons, but spring and autumn also have their special charms, not

least for the relaxing atmosphere that reigns both in town and on the mountain.

### SPRING

From late April, the meadows around Cortina begin to fill with vivid colours of wild flowers which, as the weeks go by, spread their magic up the mountains, awakening the landscape. By May and June, the contrast between the bright green flowering meadows and the white peaks of the mountains

makes an unforgettable spectacle. In springtime go for a walk along the mountain streams which carry the water from the melting snow, such as to the source of the River Boite, or to the Fanes waterfalls in the Natural Park of the Ampezzo Dolomites.

### AUTUMN

In springtime the colours climb from the valleys up towards the mountains, but in autumn the opposite occurs. In early October, at around 6,500 ft (2,000 m), the first larches begin to turn yellow, spreading its colour slowly downwards until the whole Ampezzo Valley is filled

with vivid shades of gold and red. This is perhaps the most beautiful time of year to visit places like Lake Federa by Croda da Lago, the Larieto larch wood leading up to Mietres, or the hiking trail from Ra Stua to the meadows of Lerosa.

# CHILDREN AND FAMILIES

PIZE E GREI



Summer . Winter . All year round



## SUMMER

Cortina d'Ampezzo offers families with children a variety of activities, including sport, games and nature experiences, as well as relaxation. Children can choose whether to

spend time with their families or join other kids their age in group activities organized by ski schools, mountain and nature guides, associations and sport instructors.

### WALKING

Cortina d'Ampezzo, Queen of the Dolomites, has many hiking trails suitable for children. The recommended routes are chosen for the educational discoveries they offer as well as for their safety and beauty.

**Campo Croce** is a great place for watching marmots and listening to their shrill whistles. You can get there by a 30 minute walk through the Ampezzo Dolomites Park, starting from Ra Stua. Nearby Campo Croce you can see the source of the River Boite, the river that flows through Cortina d'Ampezzo.

The thrill of reaching the summit of **Cima Lagazuoi Pizo**, at 9,061 ft (2,762 m), can be experienced even by young children, with an easy walk of about 20 minutes from the arrival station of the Lagazuoi cable car. Once at the summit, give yourself time to truly marvel at the breathtaking 360° panorama, and don't forget to take some photos next to the cross planted on the peak.

Among the various mountain lakes, the

**Lago di Limes** lends itself perfectly to a picnic on its banks. You can get there in less than an hour's easy walk along path n. 441 from Passo Falzarego. A mostly level walk, in the shadow of larch trees, will take you from **Larieto to Mietres**, where you will see animals grazing in the fields and - by reservation - you can see the cows being milked. Lift facilities are an excellent alternative to walking and offer your children a spectacular experience on the way up the mountain, saving their energy for walking downhill. Among the many suitable hiking trails for families, the famous **5 Torri** excursion starts from the top station of the chairlift and descends to Bai de Dones (1½ - 2 hours), walking through fortifications from the First World War. Another easy walk is the route through **Val Padeon** (3 - 4 hours), which you can reach by chairlift from Rio Gere, and which takes you to Ospitale, from where the Dolomiti Bus service takes you back to Cortina d'Ampezzo.





## ROCK CLIMBING

Rock climbing and Via Ferrata routes are activities that even young children are able to do, since the movements involved come easily to children, who have a natural instinct for climbing. There are many courses available, where mountain guides offer first climbing experiences in a playful and totally safe environment. There are various places where children can practice on easy rock faces, or on

simple via ferratas created especially for learners, in adventure parks with structures suspended in the trees, with pulleys, rope bridges, cables and nets, and several routes to suit all ages and sizes.

In the centre of Cortina d'Ampezzo, on summer afternoons, younger children can try beginners' climbing skills on the climbing wall set up beneath the Bell Tower of the Basilica Minore.



© Paolo Tassi



## RIDING

The bicycle is another big holiday attraction for children and families. The gentle Dolomites Bike Road is perfect for families (check the text box on pg. 79), either downhill towards Calalzo (37 km) or on the Cortina d'Ampezzo to Dobbiaco section (28.6 km). Or try the more adventurous but mostly level cycle route through the woods in Pian de Ra Spines along the River Boite. The Pian de Ra Spines circuit can be reached from Cortina d'Ampezzo on the cycle road or on the public bus to Fiammes (consult pg. 163). There are plenty of MTB routes available (consult the bike map), and for young downhill enthusiasts Cortina Bike Park has four different routes in the spectacular natural setting of Col Drusciè at the foot of the Tofana massif.

The Skill Park in Col Gallina offers obstacles, bridges, jumps and routes of different technical difficulty, designed to help junior bikers (aged 6-15) learn the skills of Mountain Biking. Parents can relax on the terrace in the nearby refuges.

The Junior Bike Park in Guargnè is designed for children and their families. Kids can have fun with parabolic turns, bridges and the Strider Bike, thanks to the assistance of Federal Instructors. There are also trampolines, tubing on artificial turf, inflatable giants and Giauili, to learn about the Dolomite legends. Parents can sunbathe and enjoy a break in the scenic relaxation area.



© Bandion.it



## AND MORE...

Other summer activities for families include canyoning, golf, playing or taking lessons at the Cortina Golf Club in Fraina, or enjoying a game of minigolf 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. Group or individual tennis lessons, basketball and volleyball courts are available to book. There are several play areas for toddlers, including Dolomiti Paradise by the Ice Stadium, complete with swings, slides, and little wooden houses, and the Baby playgrounds in Guargnè and Piersosà.

There is also free fishing with a license, or sport fishing in lakes, or ride Icelandic horses at the Enrosadira educational farm.

In addition, many bars and restaurants have outdoor play areas where small children can play, including: Area 51, Bar Col Tondo, Bar Fiammes, 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.



© Bandion.it



## WINTER

The most magical season for children is of course winter, with its amazing snow-clad landscapes. Alpine skiing, snowboarding, telemark on pistes of all grades, Nordic skiing with circular

routes of varying difficulty in Fiammes. Specialist ski teachers make all this accessible to children. There are special ski areas designed for beginners in Socrepes.

### SNOWSHOEING

For children who prefer the magic of snow-covered woodlands and the sensation of walking on freshly fallen snow, walking with snowshoes

makes for lots of fun and exploration. Alpine guides and various associations organise group activities around this experience, even for younger children.

### ICE SKATING

The Olympic Ice Stadium is open all year round, for ice skating with your friends or for lessons for

beginners or for figure skaters. Group sessions focused on team games, such as Curling, are also available.



© Flavio Valle





## SLEDDING

Why not try the excitement of tobogganing. Many mountain refuges provide groomed forests

roads for sledging in the woods after a pleasant walk and a lunch or dinner with local delicacies.



© bandion.it

## AND MORE...

Adventures in the trees, the Adrenalin Centre is always a big hit with kids, with routes of various difficulty in the larch forest at Ronco. In Col Gallina there is a Fat Bike route with on-site bike rental, and in Sopiazes you can book an indoor tennis court. The Enrosadira Learning Farm offers children's routes on Icelandic horses.

At the Apollonio tennis stadium there is paint ball. For younger children accompanied by their parents the



© bandion.it

Dolomiti Paradise outdoor playground near the Ice Stadium has swings, slides and child-sized houses, and there are further play areas on the snow in Col Tondo and in Piorosà. For freestyle enthusiasts there is the Cortina Snowpark in the Tofane area and the Freestyle Station with its giant air bag in Faloria.

Guagné also offers a snow bike park where the youngest can try a Strider Bike with snow ski.



# ALL YEAR ROUND

## CINEMA AND MUSUEMS

All year round, the Cinema Eden shows cartoons and films for children. The Ethnographic Museum, the Palaeontology Museum and the

Museum of Modern Art stage temporary exhibitions with themed workshops for children.



© bandion.it

## CREATIVE WORKSHOPS

There are numerous creative workshops organised by local cultural and

sporting associations.



# CURIOSITIES AND EVENTS

NA FRÉ DE DUTO



On the set of Cortina d'Ampezzo . The red Squirrel . Ampezzo legends  
Rainy days . Event highlights



## ON THE SET OF CORTINA D'AMPEZZO

Cortina d'Ampezzo is a natural stage of rare beauty, set in a valley taken straight from the movies. From the first feature film by Luis Trenker and Karl Hartl, *Mountains in Flames* from 1931, the Ampezzan summits and valley have continued to lend their charm to the world of cinema, and not only to movies dedicated to the mountain like *Pian delle Stelle* by Giorgio Ferroni (1946) and *Montagna di Cristallo* by Anton and Cass. The peaks of Lagazuoi and Falzarego, for example, were transformed into the gaunt and icy landscape of Utah by Sergio Corbucci, in his western *Il Grande Silenzio* (1968). Even the glamorous Faye Dunaway could not resist the call of the Queen, which hosted her during the filming of *Lovers* by Vittorio de Sica. And of course, one cannot forget

Roger Moore, alias James Bond, in the Ampezzo valley in *For your eyes only*. In 1993, Sylvester Stallone filmed *Cliffhanger* in the mountains around Cortina d'Ampezzo, with the famous 5-Torri, Cristallo, and Lagazuoi as stunning backdrops. In *Black Edwards'* hilarious *Pink Panther*, Claudia Cardinale and Peter Sellers created an unforgettable comedy set in Cortina d'Ampezzo. In 2013, Ernst Gossner brought Claudia Cardinale to Cortina d'Ampezzo, together with actors William Moseley, Eugenia Costantini and Corrado Invernizzi, to film *The Silent Mountain*. The most recent Hollywood production shot in Cortina d'Ampezzo is the 2015 remake of the 1991 success *Point Break*, with stunning footage from the Ampezzo mountains.



© Andrea Gris



## THE RED SQUIRRELL

The bushy-tailed red squirrel is the popular symbol of Cortina d'Ampezzo.

The Scoiattoli (squirrels) of Cortina is a selective group of amateur rock climbers. Membership is by merit and the group is active in various activities,

ranging from promoting mountaineering to voluntary mountain rescue and organizing events. The logo of the Scoiattoli is also unequivocally associated with the conquest of K2 by Lino Lacedelli on 31 July 1954.



## AMPEZZO'S LEGENDS

### EDELWEISS

When God made the world, he decided to cover it with flowers and plants. He created fragrant and colourful flowers, and herbs with magical properties which he scattered everywhere. Fields and hills became like brightly coloured carpets, and the woods rustled with an outpouring of green. Only the high mountains of the Alps remained bare and silent. Nothing could grow that high up, on the cold and naked rock. The mountains were saddened by this, and asked the heavens for help. And one night, when the full moon shone, the angels came, gathering the stars in

their hands and scattering them over the rocks, where they settled in the crevices. The mountains joyously wrapped each star in a soft down to shelter it from the cold, and offered it a little earth to cling to with its fragile roots. The moon, watching from the sky, was enchanted by the sight of all these stars in the mountains, and bathing them with her light she turned their petals white. At sunrise, the mountains were covered with white star-like shapes: the very first Stelle Alpine flowers, also known as edelweiss.



## THE PALE MOUNTAINS

Once upon a time there was a Prince, whose father's kingdom lay in the Eastern Alps. The kingdom was rich in green pastures, woodlands and towering rocky mountains, but the Prince was sad, tormented by his desire to travel to the Moon. One day the Prince got lost in a forest. He reached a plateau full of flowering rhododendrons, and fell asleep. He dreamt he was talking to a beautiful young woman whose said her father was the King of the Moon. When he awoke, he heard voices in the distance and he saw two old men, hidden by a cloud, at the top of a cliff. They introduced themselves as inhabitants of the Moon, and invited the Prince to accompany them to their home. And so the Prince travelled to the Moon, found the Princess of his dream, and married her. After years of happiness on the Moon the Prince had

to return to Earth with his beautiful wife, where they passed many more years of happiness. But then the Princess became inconsolably sad, and had to return to the Moon in order to save her life. Desolate, the Prince withdrew from life, but in a cave he met the King of the Salvani, a race of dwarves who lived in caves and dark forests. He made a pact with this King. The dwarves would turn moonlight into thread, so that they could clothe the mountains of the Kingdom entirely with the light of the Moon. In return, the Salvani people would be granted a mountain territory all their own. And so the Prince was able to bring his wife back to Earth, to live in the Pale Moonlight Mountains, and the Dwarfs gained a new kingdom. Today the Pale Mountains are called the Dolomites, and the Salvani still live in its bushes, caves and forests.



© Giacomo Pompanin

## ENROSADIRA

The enrosadira, the characteristic pink-orange tint of the Dolomite peaks at sunset and sunrise, is of course also the subject of a legend. Once upon a time, the mountain tops were covered with flowers and inhabited by gnomes. One day the ruler of this kingdom was captured and imprisoned. The splendour of the beautiful flowers covering the mountain tops had caught

the attention of the enemy. The king thus threw a spell on the mountain, transforming all the flowers into rock, so that they could no longer be seen by day or by night. He did however, forget about the twilight, and thus it is that still to this day at dawn and at sunset one can admire the red tinges of that enchanted flower garden.



© bandion.it



## THERE'S NO SUCH THING AS BAD WEATHER ONLY BAD CLOTHING

Many activities in the mountain are equally viable on rainy as on sunny days, but on days when the weather acts as a showstopper, it is just as easy to opt for an activity in town. Organize a mini-golf tournament or a game of indoor tennis with family or friends, or opt for a day of complete relaxation in one of Cortina's many spas and wellness centres. For fans of ice skating, the Olympic Ice Stadium has a skating rink open all year round, 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 connection with nature. Spot foxes, deer and squirrels taking advantage of the soft silence of the rain to come down to the woods in search of food.

Higher altitudes too offer different but equally majestic Dolomite landscapes and illuminations in the rain. Have lunch

in one of the many mountain refuges, easy to reach by cable car or jeep service and happy to provide you with panoramic pleasures.

The centre of Cortina d'Ampezzo, offers many enjoyable and interesting pastimes, including browsing the craft shops and the many beautiful boutiques and stores. Visit the exciting art collection of the Mario Rimoldi Museum of Modern Art, see the famous fossil collection in the Rinaldo Zardini Palaeontology Museum, or explore 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 up to date programme see the news page at [www.cortinadolomiti.eu](http://www.cortinadolomiti.eu) or ask at the Info Point.

The Eden Cinema screens the latest international films.



## EVENT HIGHLIGHTS

These are the main events of the year. Please see [cortinadolomiti.eu](http://cortinadolomiti.eu) for further information, or ask for an updated events calendar at the Info Point in Corso Italia.

### JANUARY

#### FIS WOMEN'S ALPINE SKIING WORLD CUP

The spectacular Olympia delle Tofane slope hosts Women's Alpine Skiing World Cup races in Cortina d'Ampezzo.



© Paola Dandrea

### 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 dialect and colourful folkloristic floats, representing the different 'Sestieri' of Cortina d'Ampezzo, line up in Corso Italia.



© Dino Colli

#### GRANFONDO DOBBIACO - CORTINA

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



© Dino Colli

### MARCH

#### FREERIDE CHALLENGE PUNTA NERA

A thrilling freeride competition that year after year raises the stakes to provide ever higher doses of adrenalin during three days of spectacular nail-biting freeride and bouldering events, as well as a popular Junior competition.



© bandon.it

#### 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.



© George Secrieru

#### WINTERACE

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

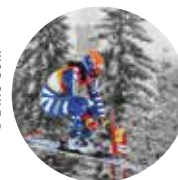


© Fabian Gallucci

### MAY

#### TROFEO FALORIA SKI CHALLENGE

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



© Dino Colli

#### CORTINA FOOD LOVERS - QUOTA 2120

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 Restauranters.



© Giacomo Pompanin





### SPRINGTIME CONCERT BY CORTINA D'AMPEZZO MARCHING BAND

Traditional concert dedicated to spring in Piazza Angelo Dibona.

### CIAK JUNIOR INTERNATIONAL FILM FESTIVAL

This Festival was created to promote the making of short films by students from High Schools and Middle Schools around the world. It has developed new aspects, to the point where it has become one of the most complete audiovisual and TV youth events worldwide.



## JUNE



### FAMILY BIKE EVENT

A non-competitive bike event on the Dolomite Bike Road, with departure from the Cortina Bus Station. The bike road along the route of the former Dolomite railway is one of the most spectacular cycle routes in Italy, passing through majestic landscapes and picturesque villages. This festive event offers musical and culinary surprises along the way.

### INTERNATIONAL SUMMER CURLING TOURNAMENT

60 teams from all over the world and numerous fans fill the Olympic Ice Stadium for four thrilling days of competition and pleasure, where only one team will lift the City of Cortina Trophy.



### 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 d'Ampezzo and arrival in Dobbiaco. This annual early-summer race draws thousands of top runners and amateurs from Italy and abroad.

### BEST OF THE ALPS CLASSIC CAR RALLY

Rally cars, produced between 1950 and 1987, drive through some of the most beautiful and famous Best of the Alps landscapes, from St. Anton, via Chamonix and make their entry in Cortina under the bell tower.



### CORTINA SKYRACE

Mountain running experience and strong ankles are the main requisites for taking part in this race for fit and expert runners. The 20 km route must be completed within 3 hours 30 minutes, despite its 1,000 metres elevation gain. It starts from Corso Italia in the centre of Cortina, and climbs the majestic peaks of the UNESCO heritage Dolomites.

### CORTINA TRAIL

A spectacular 47 km race with 2,650 m elevation gain that takes place every year, with departure from the bell tower in Cortina d'Ampezzo the morning after the start of the historic Lavaredo Ultra Trail.



### THE NORTH FACE LAVAREDO ULTRA TRAIL

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



### CORTINA INCANTA

A well-established musical event, focused especially, but not only, on the prestigious local choir, Coro Cortina, but also featuring other top quality vocal and instrumental ensembles from Italy and abroad.

## JULY

### SAGRA D'AMPEZZO

Traditional summer party on the first Sunday of July, with games, challenges and a big street market.



### THE 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.



© Dino Colli

### CORTINA INCRODA

A series of events focusing on the culture of mountaineering, from July to September, featuring great climbers and explorers and mountain films.



## AUGUST

### BEST OF THE ALPS GOLF CUP - DRIVEN BY BMV XDRIVE

This tournament takes place on ten fascinating and challenging golf courses in the European Alps. Cortina d'Ampezzo, the only Italian resort among the 12 tourist destinations par excellence located in the Alps, hosts the Italian stage of the tournament.



© Giacomo Pompanin



### FESTIVAL E ACCADEMIA DINO CIANI

A festival of classical music which every year brings today's great musicians to Cortina d'Ampezzo.

### TRADITIONAL SUMMER PARTIES

Traditional local summer fêtes in Cortina d'Ampezzo, with colourful events, stalls, games, music and competitions in traditional dress. A great opportunity to try authentic home-made versions of traditional local delicacies, such as the sweet fartaies and nighele.



© Dino Colli

© Dino Colli



### INTERNAZIONALI DI TENNIS - ATP CHALLENGE TOUR

Elite players competing on the clay courts of the Tennis Country Club in a thrilling event which, between matches and collateral events, involves the entire town.

### CORTINA FABULOUS RACE

A non-competitive race with unusual cars and motorbikes, featuring surprises, dinner dances, photo booths, hunting castles, parades in Corso Italia. A new and fun way of involving tourists in the rediscovery of local hidden treasures.



© bandion.it



### BRASS BAND FESTIVAL

A week of concerts by the Cortina Corpo Musicale and by numerous quality bands from Italy and abroad.

### CORTINA STYLE - YOUCORTINA

Forums on culture, style, design and commerce, with questions from the public plus web comments, involving over 1,100 participants, 18 meetings and 53 international speakers.



© Giacomo Pompanin



## DECEMBER

### CORTINA FASHION WEEKEND

3-day event featuring exhibitions, vernissages, fashion previews, late night shopping, cocktail parties, DJs, live music and many wonderful surprises.



© Giacomo Pompanin

### FIS SNOWBOARD WORLD CUP

Cortina d'Ampezzo hosts the Snowboard World Cup during two days of thrills and fun on the Tondi piste on Mount Faloria.



© giusepppegghedina.com

### ST. NICHOLAS

A much anticipated event of the winter season, entirely dedicated to children, is the arrival of St. Nicholas and his angels who, on the night of December 5th, arrive in Piazza Angelo Dibona, in Cortina d'Ampezzo, bringing gifts to the children who have been good throughout the year.



### CHRISTMAS MARKET

During the month of December, Corso Italia fills with traditional wooden chalet stalls where local producers display their food, wine and crafts, with many great gift ideas!



© bandion.it

### CHURCH CONCERT BY THE MARCHING BAND OF CORTINA D'AMPEZZO

The Corpo Musicale band in historical costume parades along Corso Italia playing Christmas carols. This is followed by the traditional Christmas Concert in Cortina's main church.



© bandion.it



© bandion.it

*i*



Getting around . Good to know . 7 nearby places of interest  
Belluno . Useful number





## GETTING AROUND

Cortina d'Ampezzo is crossed by route SS 51 in a North-South direction and the SS 48bis of the Dolomites in an East-West direction. The motor-

way exits for Cortina d'Ampezzo are A27-Belluno from the South (72 km) and A22-Bressanone from the North (87 km).



### AIR SERVICE CENTER

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

### 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 S.A.D. Bus Company.

The coaches used are all new, 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 Venice-Mestre train station. In high season, there are also connections with the airport of Treviso and with Rovigo, Ferrara and Bologna. Cortina Express offers transfers to the main cities and nearby airports, as well as allowing you to easily reach the Falzarego and Cimabanche mountain passes. A Bike & Bus service operates in the summer months.



### DOLOMITIBUS

Dolomitibus offers a transfer service to Belluno, as well as a ski bus service during the winter months. This service is free for ski pass holders from 08.00 to 17.30. 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 Bike'n Bus services is provided; transporting passengers and bikes. The service departs from the Train Station in Calalzo di Cadore, and passes through Cortina d'Ampezzo, Cimabanche and Carbonin.



### SAD BUS

The S.A.D. Trasporto Locale P.p.A. is the local transport company in South Tyrol. It provides services to and from the airports of Venice, Treviso, Verona and Innsbruck, but above all connects Cortina with Dobbiaco and South Tyrol.

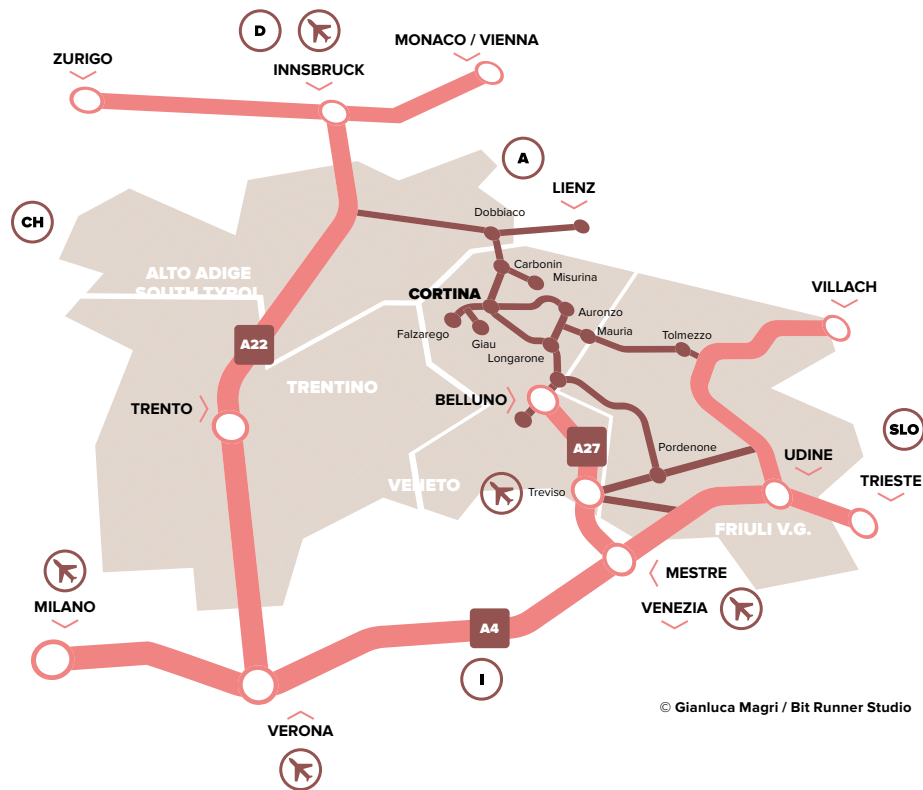
### TAXI AND NCC LIMOUSINE SERVICE

Radio-taxi urban service, transfer service to and from airports and train Stations; cross-country vehicles accessing mountain refuges. Car hire with driver (NCC) for transport in Cortina d'Ampezzo, to and from airports, stations and other 'on request' services, priced on time and/or per journey. In Cortina d'Ampezzo there is a branch of Europcar. Europcar also has branches in the main airports that serve Cortina.



### TRAINS

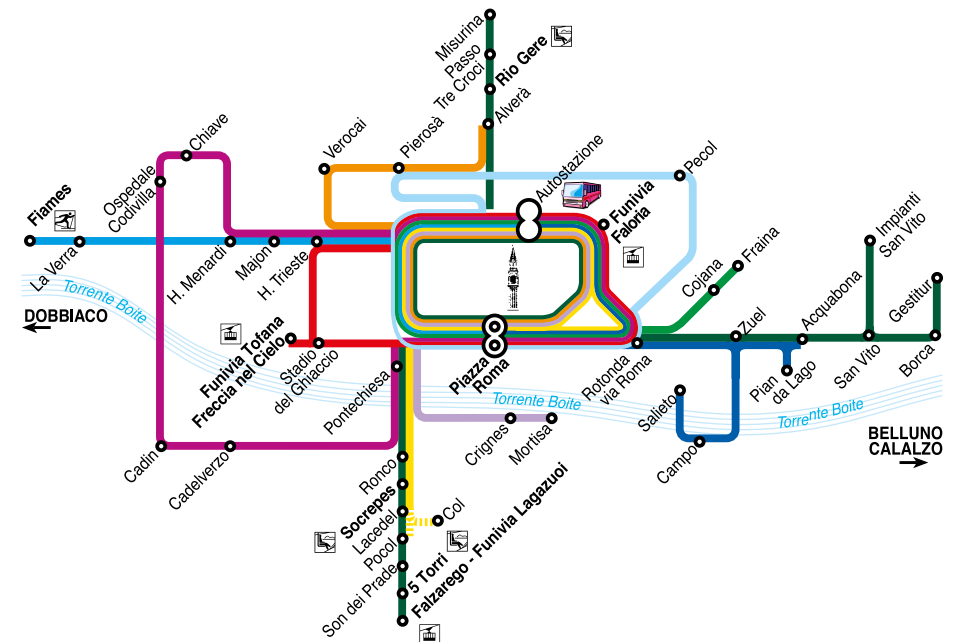
The nearest train stations are located in Calalzo di Cadore (35 km), connected by Dolomiti Bus, and in Dobbiaco (31 Km) connected by SAD bus service.



## URBAN SERVICE

Get around Cortina d'Ampezzo using the urban bus service run by SEAM. Tickets can be purchased at the Info Point in Corso Italia, at the public transport tourist information and ticket office

for trains and bus services located at the bus station, or directly on the bus. SEAM also manages the car parks and offer luggage storage.



<b>LINEA URBANA N. 1</b>
Autostazione - Majon - Bivio Ospedale Codivilla - La Verra - Fiammes - ritorno in Piazza Roma
<b>LINEA URBANA N. 2</b>
Piazza Roma - Cojana - Pèzè - Campo - Salièto - Pian da Lago - Acquabona - ritorno in autostazione
<b>LINEA URBANA N. 3</b>
Piazza Roma - Autostazione - Ronco - Lacedel - Col - ritorno
<b>LINEA URBANA N. 4</b>
Piazza Roma - Autostazione - Majon - Verocai - Alverà - ritorno
<b>LINEA URBANA N. 5</b>
Piazza Roma - Autostazione - Majon - Chiave - Ospedale Codivilla - Cadin - Ronco - Piazza Roma

<b>LINEA URBANA N. 6</b>
Piazza Roma - Autostazione - Crignes - Mortisa - ritorno
<b>LINEA URBANA N. 7</b>
Piazza Roma - Via Spiga - Pècol - Piersosà - Canderles - Piazza Roma
<b>LINEA URBANA N. 8 SKIBUS</b>
Piazza Roma - Funivia Faloria - Majon - Funivia Tofana Freccia nel Cielo - Piazza Roma
<b>LINEA URBANA N. 9</b>
Piazza Roma - Cojana - Fraina - ritorno
<b>LINEE EXTRAURBANE</b>





## GOOD TO KNOW

### ALTITUDE

1224 m

### PROVINCE

Belluno

### REGION

Veneto

### VERTICAL DROP

2019 m / 6624 ft. From the 3243 m / 10636 ft of Cima Tofana to the 1224 m / 4015 ft of the town.

### SEASONS

**Summer:** from June to September.

**High season:** August.

**Autumn:** from mid - September to mid - October.

### WIFI

Free Wi-Fi in Cortina. With a simple click you can connect your smartphone or PC to the internet using your favour-

### VOLTAGE

230V – tipo di presa C, F ,L

### SURFACE

25541 hectares

### CITIZENS

6097

### CURRENCY

€ (Euro)

**Winter:** from December to Easter (March / April).

**High season:** 8th December, Christmas, New Year, Carnival, Easter.

**Spring:** from April to May.

ite social network. It's free, easy and mobile friendly.

### WEATHER FORECASTS

The typical Ampezzo climate has short, sunny and relatively fresh summers, whereas the winter season is long and fairly cold. The change of the season is usually windy and rainy. Winter is usually fairly long with snowfalls 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, without excluding the odd afternoon

rainshower. 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 (see [www.arpa.veneto.it](http://www.arpa.veneto.it)). Daily bulletins are displayed at the Cooperative shop in the centre and outside the Mountain Guide Offices.

Arpav weather forecasts

☎ (+ 39) 049 8239399

✉ [cmt@arpa.veneto.it](mailto:cmt@arpa.veneto.it)

🔍 [arpa.veneto.it](http://arpa.veneto.it)

## EQUIPMENT FOR A ONE-DAY HIKE

- Backpack rain-cover, for heavy rain.
- Telescopic trekking poles can be helpful, since they offload part of the weight from the shoulders onto the poles and improve balance when walking.
- A 1-litre water bottle, Topographic and/or normal map, Compass and altimeter, torch.
- A change of under layer as rain and sweat can be a problem, especially at high altitudes. A quick change can help you avoid chills and cold.
- Bandanna or neck warmer. Useful if the wind picks up, or to substitute lighter headwear. Sunglasses, sun screen, and a cap.
- Food. Some fresh or dried fruit, nuts, chocolate or sandwiches. The best rule is to take several short breaks during your hike, eating a little each time.
- First aid basics... band aid plasters, gauzes and disinfectant. It is also advisable to bring something for fever or headaches (classic aspirin).

## DRESSED FOR HIKING

When hiking in the mountains you should use multi-layered clothing, allowing you to put on or take off

- A waterproof and preferably wind-proof jacket, your outer shell. This should be light, so that once folded it does not take up much space in your backpack. A simple K-way may be sufficient.
- Long trousers if you intend to pass through forests, preferably not jeans. In summer, shorts may be fine, but it's a good idea to have long pants packed, in case of sudden weather changes.
- Adequate hiking boots
- One heavy and one medium thickness fleece top. Rain can easily bring with it a dramatic drop in temperature (sometimes 10° C in a few hours).



© Filippo Menardi

## DRESSED FOR SNOW

Every winter sport has its own optimal clothing, but if you intend to spend a

day skiing, here are some tips on what to wear.

- Thermal underwear.
- The next layer can be a heavy fleece or lighter fleece plus warm under-trousers or thermal pants.
- The third layer should be waterproof and insulate against the cold. If you suffer easily from the cold, wear a jacket and pants with padded interior.
- Hat or helmet, waterproof gloves, neck warmer or balaclava, and warm socks.
- We recommend clothing with a simple opening system, like a zip.
- Ski equipment can be hired from sports shops in Cortina d'Ampezzo.



© bandion.it



## 7 NEARBY PLACES OF INTEREST

### 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 tells the story of the war

in this area from the soldiers' point of view, rather than that of generals and statesmen. Inaugurated on 27 September 2002.

### THE EYEGLASSES MUSEUM IN PIEVE DI CADORE

(30 km from Cortina)

In August 2007, the Eyeglasses Museum (Museo dell'Occhiale) in the COS.MO building in Pieve di Cadore, was inaugurated. 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, such as machinery and tools, a forge, glasses and cases and semi-finished products.

### THE ARCHAEOLOGICAL AREA OF LÀGOLE AND CENTRO CADORE LAKE

(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.



### TITIAN'S BIRTHPLACE IN PIEVE DI CADORE

(30 km from Cortina)

In Pieve you can visit the family home and birthplace of Titian (full name Tiziano Vecellio). Having survived the devastation and the reprisals of

German troops during the War of the League of Cambrai in the 15th century, this period house can be visited today with a cumulative ticket.

### THE TRE CIME DI LAVAREDO AND THE MISURINA LAKE

(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.

### 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. The Messner Dolomite Mountain museum, by Reinhold Messner, is located in the Fort of the Great War, on the summit of Monte Rite. This museum "in the clouds" is home to a collection dedicated to exploration and mountaineering in the Dolomites.

### MUSEUM LADIN

(27 km from Cortina)

Visitors to the Museum Ladin "Ciastel de Tor" can learn a lot about the history, language, culture and traditional handicrafts of the Ladin valleys. It contains an area dedicated to the art filigree in the Ampezzo Valley. The Museum

Ladin Ursus ladinicus focuses on the prehistoric cave bear that lived some 40,000 years ago and the geology of the Dolomites. In the museum of San Cassiano you can see the bear skeletons of the Conturines caves.





# BELLUNO

**Belluno** (Belùn in Belluneso Veneto dialect, Belum in Ladino) is a city with

## GEOGRAPHY

The Province of Belluno covers an area of 3,678 sq.m, most of it mountainous. It is the largest province in the Veneto Region, but also the least populated. To the east it borders with the Provinces of Pordenone and Udine (both in the Friuli Venezia Giulia Region), to the south with the Province of Treviso and Vicenza, to the west with the Provinces of Trento and Bolzano (Trentino-South Tyrol Region) and to the north with Austria. Its main waterway is the River Piave, which springs from the slopes of Mount Peralba. The main tributaries of the Piave are the River Boite, which flows through Cortina d'Ampezzo, and the River Cordevole, which runs through the Agordino Valley. The mountains can be divided into pre-alpine foothills which cross the Province in a north-east to south-west direction in the lower part, and the

35,703 inhabitants, is capital of the province which contains Cortina.

Dolomite chain in the central and northern parts. The highest peaks in the pre-alpine chain are Col Visentin at 5,784 ft (1,763 m) and Cima Grappa at 5,823 ft (1,775 m), while the highest summits in the Dolomites are Mount Marmolada, at 10,967 ft (3,343 m), Mount Antelao, at 10,705 ft (3,263 m), Mount Cristallo, at 10,344 ft (3,153 m), Mount Sorapìs, at 10,347 ft (3,154 m), Mount Civetta, 10,564 ft (3,220 m), the Tofana Massif, 10,639 ft (3,243 m), the Tre Cime di Lavaredo, 9,845 ft (3,001 m), the Piz Boe 10,341 ft (3,152 m) and Mount Pelmo, at 10,341 ft (3,168 m). The southernmost area of Belluno's territory is part both of the National Park of the Belluno Dolomites (since 1988) and of UNESCO's list of World Heritage Sites, as declared in 2009. In 1999, Belluno was awarded the title of Alpine City of the Year.



## HISTORY

The first human settlements detected in the area date back to the first half of the first millennium BC, while the Palioveneto culture flourished in the 5th century BC.

There are no precise dates for the founding of the city, but the most coherent dating for its first construction is between 220 and 200 BC, thus predating Roman conquest, which in the north-eastern or Triveneto area began in 181 BC with the construction of Aquileia. Evidence indicates that Rome's interest in the area had a strong economic motive, as the land around Belluno was rich in iron and copper. With the decline of the Roman Empire, Belluno too suffered various barbaric invasions which changed the face of the city. It passed under the dominion of Byzantium and then of the Lombards, who conquered the city in 568 AD, arriving from Friuli.

In 1404, Belluno spontaneously offered itself to the Republic of Venice, later becoming part of the Hapsburg Empire in 1797 when Napoleon ceded Venice

to Austria in the Treaty of Campo Formio.

During the First World War, Belluno was the central point of the rear-guard of the Italian front, but after Italy's defeat in the battle of Caporetto it was conquered and sacked by Austrian troops. Seven months later it was reconquered by General Giuseppe Vaccari's troops, after Italy's victory in the Battle of the Piave on 23 May 1918.

During the Second World War, from 1939 to 1945, the territory around Belluno was the site of intense guerrilla warfare between the German army and partisan fighters hiding in the mountains, with many brutal reprisals against civilians. Belluno commemorates the victims of these atrocities in ceremonies in the Piazza dei Martiri, renamed from Piazza Campedel, where numerous citizens were hung from the lampposts.

In 1963 the Province of Belluno became tragically famous for the Vajont disaster, which caused more than 2,000 deaths.



## USEFUL PHONE NUMBERS

Alpine Rescue  
☎ **(+39) 0436 866022**

Codivilla Putti Hospital, Cortina  
☎ **(+39) 0436 883111**

Dolomiti Nordic Ski  
Information and tickets  
c/o Fiames Sport Nordic Center  
☎ **(+39) 0436 4903 | 0436 881811**  
📧 [www.serviziampezzo.it/](http://www.serviziampezzo.it/)  
📧 [www.dolomitinordicski.com](http://www.dolomitinordicski.com)

Emergency number  
☎ **(+39) 112**

Finance police  
☎ **(+39) 117**

Finance police Cortina  
☎ **(+39) 0436 2895**

Fire Station  
☎ **(+39) 115**

Fire Station Cortina  
☎ **(+39) 0436 5722**

Forest Guard  
☎ **(+39) 1515**

Forest Guard Cortina  
☎ **(+39) 0436 866239**

Local police  
☎ **(+39) 0436 866200**

Market of Cortina d'Ampezzo  
Piazzale Marconi  
every Tuesday and Friday 08.00 - 13.30

Medical Emergency  
☎ **(+39) 118**

Municipal Mangement of Sport  
Facilities  
Via Bonacossa, 1  
☎ **(+39) 0436 881812**  
📧 [seam@dolomiti.org](mailto:seam@dolomiti.org)  
📧 [serviziampezzo.it](http://serviziampezzo.it)

Municipal Police (traffic police)  
☎ **(+39) 0436 866666**

Municipality  
☎ **(+39) 0436 3688**

Museums  
Corso Italia, 69  
☎ **(+39) 0436 2206**  
📧 [museo@regole.it](mailto:museo@regole.it)  
📧 [musei.regole.it](http://musei.regole.it)

Office of the Ampezzo Dolomiti  
Natural Park  
☎ **(+39) 0436 2206**  
📧 [info@dolomitiparco.com](mailto:info@dolomitiparco.com)  
📧 [dolomitiparco.com](http://dolomitiparco.com)



Post Office  
Via Olimpia, 23  
☎ **(+39) 0436 882411**  
Monday to Friday: 08.20 - 13:35  
Saturday: 08.20 - 12.35  
July-August and December - March  
Monday to Friday: 08.20 - 19:05

Skipass office  
via Marconi 15/A  
☎ **(+39) 0436 862171**  
📧 [skipasscortina@dolomiti.org](mailto:skipasscortina@dolomiti.org)  
📧 [skipasscortina.com](http://skipasscortina.com)

State Police  
☎ **(+39) 113**

State Police, Cortina  
☎ **(+39) 0436 882811**

### PHARMACIES AND PARA-PHARMACIES

Farmacia Cristallo di Basso Dr. Gianluca  
Corso Italia, 242  
☎ **(+39) 0436 861313**  
Saturday afternoon and Sunday closed

Parafarmacia Erboristeria La Genziana  
Via Cesare Battisti, 37  
☎ **(+39) 0436 860870**  
Sunday closed

Farmacia Internazionale  
Corso Italia, 151  
☎ **(+39) 0436 2223**

Sanitas Gianighian  
Via Castello, 8  
☎ **(+39) 0436 861169**  
Sunday closed

Farmacia San Giorgio Dott. Premuda Nicola  
Corso Italia, 25  
☎ **(+39) 0436 2609**  
Saturday afternoon and Sunday closed

### RELIGIOUS SERVICES

Basilica Minore in Corso Italia  
More information at the info Point.

Santuario della B.V. della Difesa  
More information at the info Point.

San Rocco church, Zuel di Sopra  
More information at the info Point.



## TRAVEL NOTES



Cortina Marketing



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Corso Italia, 81

I - 32043 Cortina d'Ampezzo - BL

T +39 0436 869086

infopoint@cortinadolomiti.eu

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**cortina.dolomiti.org**

