

FiemmE-motion WinterCard

dal 05.12.15 al 08.04.16

Monday

10.00 am - 4.00 pm "Your steps in the white silence"

Full-day guided **snow shoeing** excursion at Passo Oclini to discover the far away horizons that open up beyond the dolomites groups of Catinaccio and Latemar. This natural junction of alpine skiing, cross-country skiing and hiking, is located at the foot of Corno Nero and Corno Bianco, declared by UNESCO a "World Heritage Site". Possibility to have lunch in a mountain hut.

Passo Oclini: at the parking lot

4.15 - 6.00 pm "Stradivari's Secret - The sounding spruce fir"

Guided visit to the production lab of soundingboards for violins and pianos by Ciresa, in Piera (Tesero), to find out how the sounding spruce fir of Val di Fiemme is processed. After the visit, we reach the exposition of very special Sounding Art Pieces, in the centre of Tesero, to discover a new way of listening to music. A simple wood soundingboard can replace the traditional loudspeakers offering a more natural sound.

Tesero: in front of the Tourist Board office

Drive your own car from the meeting point to Piera

Tuesday

10.00 am – 12.30 pm "Sculpture, art and geology in the Dolomites"

Guided tour of the new geological Museum of the Dolomites. Through amazingly captivating videos, reconstructions of environments and installations, we will understand how and why Val di Fiemme has always been at the center of global geological studies.

Let us then be enchanted by a sculpture of a young artist of Predazzo. We conclude the morning with an easy walk to the most beautiful cottages of Predazzo.

Predazzo: meet in front of the entrance to the geological Museum

10.45 am - 1.00 pm "Your first time... on cross-country ski"

Group **cross-country ski lesson** for beginners in a valley that guarantees an exclusive close relationship with nature. The **Cross Country centre Passo Lavazé** counts on one of the most amazing natural locations and a favourable altitude (1.800-2.100 mt. asl) which allows skiing from December to April. The **Cross Country Stadium of Lago di Tesero**, illuminated at night, boasts of cutting-edge facilities and offers the emotion of skiing on the tracks of the World Championships.

Passo Lavazé: in front of the Cross-Country Ski School

Lago di Tesero: at the Cross-Country Ski Stadium

11.00 am - 2.00 pm "Discover the most beautiful Cross-Country tracks"

Discover the amazing tracks of Passo Lavazé with a **cross-country ski** expert, lunch break at one of the near mountain huts. This is not a real lesson, but you will explore some tracks and flavors that are worth to be discovered. The landscape from this plateau, the wood where the tracks twist and turn and the sun which enlightens a good part of the tracks are the features that seduce all cross-country ski lovers.

Passo Lavazé: in front of the Cross-Country Ski School

Wednesday

10.00 am - 4.00 pm "Enchanted by the Dolomites"

Amazing full-day **guided excursion** with **snowshoes** in the area of Passo Rolle, right in front of the majestic Pale di San Martino, a "World Heritage Site". A total immersion in the silence and beauty of nature.

Predazzo: *in front of the swimming pool bar*

Drive your own car from the meeting point to the excursion starting point.

4.45 - 6.15 pm "The eco-friendly house smells of wood"

In Predazzo, **guided visit** to two of the Fiemme Piacé enterprises, Casa-clima Rasom and Pavimenti-bio Fiemme 3000. The trees growing in Val di Fiemme produce a fine wood. Thanks to its geographic position and peculiar microclimate, here plants grow in a very regular way, with a compact and resistant fiber. To such an extent that some entrepreneurs had the idea to replace bricks and reinforced concrete with this wood, not to build mountain huts, but six-story buildings and hotels. Floors are made of wood as well, rigorously processed with essential oils. Because the smell of wood cannot be covered by paint.

Predazzo: *in front of Fiemme 3000 firm*

Thursday

10.00 am - 12.30 pm "Follow different trails, discover different lives"

The snowy nature of Passo Lavazè is motionless to all appearances. As a matter of fact, just look at the countless tracks left on the snow by deer, roe deer, foxes and other small wild animals. Walking in the wood with the guide, you will discover amazing trails of different lives. At the end of the **excursion** (5 km round trip), possibility to have lunch at the mountain hut.

Passo Lavazè: *In front of the Hotel Bucaneve*

11.00 am - 2.00 pm "Discover the most beautiful Cross-Country tracks"

Discover the amazing tracks of Passo Lavazé with a **cross-country ski** expert, lunch break at one of the near mountain huts. This is not a real lesson, but you will explore some tracks and flavors that are worth to be discovered. The landscape from this plateau, the wood where the tracks twist and turn and the sun which enlightens a good part of the tracks are the features that seduce all cross-country ski lovers.

Passo Lavazé: *in front of the Cross-Country Ski School*

3.00 - 5.30 pm "Art of Taste in Varena and Daiano"

The tiny Varena guards an art treasure just renovated and open to the public: the art gallery hosted in the Home Museum Don Longo. The guided visit to the museum (on request) is followed by the tradition's flavors: the taste of Dagostin speck and the brewery of the local Birra di Fiemme. Producers show their passion in preserving an ancient tradition, full of precious secrets and a deep knowledge of raw materials.

Varena: *in front of the Coop-Famiglia Cooperativa supermarket*

Drive your own car from the meeting point to the visit starting point

Friday

9.30 or 10.00 am "How milk becomes cheese"

This is the right chance to discover two dairy factories of The Dolomites Cheese Route that are also part of the project Tradition and Taste.

9.30 am guided visit to the **dairy factory of Cavalese**, famous for its Formae Val di Fiemme of the World Championships and goat cheese. At the end little tasting.

10.00 am guided visit to the **dairy factory of Predazzo**, well known for its Puzone di Moena. At the end little tasting

10.00 - 12.00 am "One morning as sweet as honey"

Guided visit to the local company of Tradition and Taste "I Dolci Saporì del Bosco" to discover bees' world and their honey. Among **fine types of honey**, you will also learn old recipes, like the one to prepare *Nocciolmiele*, delicious and genuine substitute of the hazelnut cream you find in stores (till end of February)

Castello di Fiemme: in Stazione 4A street - Reservation the previous day +39 329 0807952

3.00 pm "Let's go to the wine cellar"

Guided visit to the wineries of Val di Cembra to discover and taste its fine wines, spumante and grappas of the consortium **Cembrani Doc.**, surrounded by terraced landscape, the oldest cradle of vine cultivation in the **Trentino** region.

Meeting point will be communicated at the booking.

3.00 - 5.00 pm "Once upon a time... Casa Begna"

Short travel back in the ancient time of **Carano** and guided visit to the Ethnographical Museum of "**Casa Begna**" where objects and tools of farming life are displayed in three sectors: the stall, the kitchen and the hayloft. In a time when objects become mere items to show off, here is something new. The municipality of Carano renovated an historical property to share its roots and give importance to all those tools used daily back in the days, when often families had to rely on these very tools in order to survive.

Carano: in front of the Museum of Casa Begna

Saturday

10.00 am - 4.00 pm "Slowly slowly...through the upland"

Full-day guided **snowshoeing excursion** at the panoramic upland of Lavazè, possibility to have lunch in a mountain hut. This upland is one of the most fascinating locations of Val di Fiemme. The limitless snowy plateau, surrounded by trees, spruce firs and Swiss pines, is dominated by the Pala di Santa (2.488 m). From the pass you can enjoy a wide panorama on the legendary dolomites group of Latemar.

Passo Lavazé: in front of Hotel Dolomiti.

11.00 am - 2.00 pm "Discover the most beautiful Cross-Country tracks"

Discover the amazing tracks of Passo Lavazé with a **cross-country ski** expert, lunch break at one of the near mountain huts. This is not a real lesson, but you will explore some tracks and flavors that are worth to be discovered. The landscape from this plateau, the wood where the tracks twist and turn and the sun which enlightens a good part of the tracks are the features that seduce all cross-country ski lovers.

Passo Lavazé: in front of the Cross-Country Ski School

Sunday

10.00 - 11.30 am "From the see-through bridge to the suspended bridge"

Guided excursion on the Marciò path in the Natural Park of Paneveggio Pale di San Martino. The flat walk, among sounding trees and deer's trails, crosses a see-through bridge and a Tibetan bridge suspended by ropes. From these two panoramic viewpoints let yourself be enchanted by the waters of the lively Travignolo stream.

Paneveggio: at the Visitors' Centre

**COMPULSORY booking of the activities by 12.00 of the previous day
phone +39 331 9241567**

FREE for all the guests of the FiemmeE-motion hotels

€ 30 per person - € 45 for families - for all the other guests

Equipment rental not included in the Card

Also included in the card:

- Free skibus
- Discount on shuttle buses and taxi
- Entrance to the Cross Country Stadium of Lago di Tesero and on the Marcialonga track
- **1 € off** on the Cross Country Center of Passo di Lavazè entrance
- **20% off** on one Ski-Kindergarten admission with the entertainment staff (Cermis, Bellamonte, Predazzo and Pampeago)
- **1 € off** on one admission to the outdoor playground of the Kindergarten Bip Club in Pampeago
- **20% off** on one night snowshoes walk with alpine guide and dinner in a mountain hut with tales narrated by actors wearing costumes (min. 6 persons)
- **1 free entry** to the Magnifica Comunità Palace in Cavalese
- **1 free entry** to the Museo Geologico in Predazzo