



### **ARABBA: TO A STEP FROM CLOUDS**

Arabba is a jewel in the Dolomites, a small and peaceful village in the heart of the Dolomites.

Arabba or “Reba” in Ladin, as it was called in the local Ladin language, is located in the heart of the Dolomites (1.600 m above sea level), and is surrounded by the magnificent Group of the Sella mountains (World Nature Heritage – UNESCO) at the foot of the Passo Pordoi and the Passo Campolongo.

Arabba is part of the municipality of Livinallongo del Col di Lana, Fodom in Ladin (the traditional language) and Buchenstein in German, one of the municipalities which belongs to the 5 Ladin valleys. On the other side you can admire the queen of the Dolomites, the Marmolada Glacier, which with its 3,343 meters represents the highest point of the Dolomites.

### **Summer: hike or bike, in the middle of nature and culture**

During the summer time is Arabba the ideal starting point to immerse yourself in the heart of the Dolomites: reassuring pastures and gentle slope allow regenerating walks and quiet excursions in the sign of nature and silence. Always surrounded by a breathtaking panorama between irregular spires and majestic walls where innumerable itineraries at high altitude and via ferratas for hikers and alpinists start.

For cycling fans Arabba offers instead great climbs of the Giro d'Italia around the Sella Group and also the opportunity to experience the many off road routes served by lifts.

Those who prefer a holiday dedicated to culture and history can re-discover the Ladin traditions and customs at the Ladin Museum of Culture and People.

Or visit the Castle of Andraz, a fortification that dates back to the eleventh century. The whole area around the castle was scene of the battles of the first world war: from the Col di Lana, theater of bloody fightings, to the Pian di Salesei Shrine where the many fallen soldiers of these mountains rest.

You can also enjoy a visit at the museum of the Great War with many war items including many personal belongings of soldiers or a visit at the Ossuary, a German war memorial on the Pordoi Pass.

### **Welcome and hospitality:**

Arabba offers its guests a high quality stay, taking advantage of the natural and historical features of the area, but also providing a wide range of other services, able to satisfy even the most demanding guests. In Arabba you will find more than 3000 sleeping accommodation and 200 services. Guests can choose between different hospitality structures: hotels, bed and breakfast, appartaments, there is for everybody the right solution. After a day on the ski slopes there is nothing better than relax in one of the wellness structures of the hotels and taste a traditional homemade Ladin dish.



### **Trekking: discover the history among enchanting paths**

In these places trekking lovers have the opportunity to walk the ancient paths that wind through the mountains.

This is the case of the Viel del Pan, a rather simple itinerary that leads from Porta Vescovo to the Pordoi Pass, and whose name already echoes in the mind the sound of caravans that once climbed on this stretch.

The starting point is located at the arrival of the Porta Vescovo cableway and from this year the first kilometer has been restored with improvements.

From here the path 601 runs along the mountain ridge towards the Pordoi Pass. Throughout the journey you can enjoy the company of two faithful friends: the lake Fedaia,

and the imposing glacier of the Marmolada at the top able to give enchanting views.

Once you reach the “Belvedere” the path leads the wayfarers down to the Pordoi Pass from where it is possible to return to Arabba by bus or by the Fodom cable car.

Due to the fact that it was used for commercial exchanges, the route does not have large slopes and is constantly kept at an altitude of around 2500m.

“Personally I consider it the most beautiful panoramic hike in this area” assures Francesco Tremolada Mountain Guide reference for Arabba.

History lovers can find bread for their teeth thanks to the Col di Lana a path made of volcanic rock located at 2452m where the Italian and Austro-Hungarian troops fought bitterly during the Great War.

There are many possibilities to reach the top of Col di Lana and give yourself a 360 ° view of the Dolomites. One of these is the route that starts from the fraction of Palla and follows the trail CAI 21 / a.

Facing a difference in altitude of 776 m, you pass first to the Italian Panettone and then to the characteristic rocky jump called "Cappello di Napoleone" after which you reach the summit characterized by the large crater produced by an Austrian mine.

Another itinerary as simple as fascinating is the Panoramic Path, a trail that develops on the left side of the B&B Ru de Mont, following the path 637 you reach the mountain hut Plan Boè.

Already from the name you can guess the strong point of an excursion completely immersed in the nature between meadows and streams able to satisfy body and spirit with its beauty.

**Via Ferrata:** at the gates of the sky It is possible to climb even higher. Among the walls surrounding Arabba, there are some of the most equipped Via Ferrata that have been set up in the Dolomites.

Among these the Via Ferrata delle Trincee (of the Trincees) on Porta Vescovo arrives at the Passo Padon trough the impervious battlefield of the First World War with with many old trenches and staking posts literally clinging to the rock.

“The via ferrata starts immediately with a steep wall” warns Tremolada then it continues on a easier ground passing the suggestive suspension bridge and some downhill stretches not to be underestimated.

The second part is long but simpler with long ridge sections and a spectacular view of the Marmolada. From this year on, a new stretch of via ferrata will be available.

In fact, the stretch called Sasso dell'Eremita has been reinstated by a medium-difficulty wall with a vertical height difference of about 55 metres.

The via ferrata Cesare Piazzetta is far more demanding (one of the most difficult in the Dolomites) that goes up to 3152m of Piz Boè. The new Via Ferrata Sottotenente Fusetti on Mt. Sasso di Stria was inaugurated on 18th October 2018. The Via Ferrata Sottotenente Fusetti on Mt. Sasso di Stria is not only very interesting in terms of landscape as well as presenting a sporting challenge, but above all of historical-tactical interest, as you walk in the footsteps of a hero of the First World War.

This via ferrata was built by two Alpini units searching for the remains of Second Lieutenant Mario Fusetti, the hero of Mt. Sasso di Stria awarded the Golden Medal of Honour.

While for those who want to learn or improve their climbing techniques there is a rock climbing hall on natural rock in the fraction of Castello between the Falzarego Pass and Arabba.

If you are not an expert climber. Do not worry because the Falesia is divided into several blocks that adapt to the various skills of the practitioners.



### Summer activities by bike

Whether it's cycling on the road or off track road, the summer in Arabba has an irresistible charm even for bike lovers.

We are at the foot of the Porodi and Campolongo Pass just below the Sella Group and not far from the Falzarego Pass.

Climbs on which were written heroic pages of cycling with the Giro d'Italia that often provided for the Cima Coppi the



highest point reached by the entire Corsa Rosa right on the Pordoi Pass in front of the monument dedicated to the champion.

Arabba has always been the favorite place for the competition and is usually included in the path of the “tappone” the most challenging and spectacular part of the Giro.

A territory that is so closely linked with the great cycling that gives all fans “emotions from champions” along challenging climbs and vertiginous descents.

But also for those who prefer the mtb, a dense network of roads or high mountain trails of great naturalist or historical interest in the presence of the solemn and extraordinary walls of the Sella Group, the most famous and evocative area of UNESCO, natural world heritage.

### **Arabba for cyclists and bikers**

Mountain paths, dirty tracks, dramatic ascents, dizzying, exciting tracks, this is Arabba on hand for the most demanding cyclist!

Arabba plays host to an exciting cycling Calendar starting at the end of June with the Dolomites Bike Day, Sellaronda Bike Day and the Maratona dles Dolomites, the Südtirol Sellaronda Hero and many more!

### **Sellaronda Bike Day 11/06/2021 and 17/09/2022**

Arabba, in cooperation with the Sellaronda valleys, organises every year the "Sellaronda Bike Day" a whole day dedicated to cyclists and their families. During that day the roads of Passo Pordoi, Sella, Gardena and Campolongo are completely closed to traffic, and open only to cyclists...The ideal opportunity to spend a whole day in harmony with nature.

### **Südtirol Dolomites Hero 18/06/2022**

Arabba, together with the other valleys around the Sella Group, is part of the Südtirol Dolomites Hero, Europe's hardest mountain bike race will take place in one of the most beautiful landscapes in the world, the Dolomites. Two different tracks on 4 Dolomites Passes: Gardena, Campolongo, Pordoi, Sella as well as Duron Pass, around the magnificent Sella group (3,152 meters) and the Sassolungo Mountain (3,181 meters). The first and the longest track (82 km and 4,200 meters of height difference) will celebrate the hero of the SELLARONDA MTB, whereas the shorter track (50 km and 2,600 meters of height difference) is tailored for those who want enjoy the breathtaking views over the magnificent Dolomites, UNESCO World Heritage Sites. Alongside the race, there is the Sellaronda MTB Tour, a guided mountain bike excursion which can be taken throughout the summer around the majestic Sella massif from mid June to mid September. Thanks to expert MTB guides and the transport of the bikes by uphill facilities to climb the four Dolomite Passes, you can tour the Sella massif in one day. Descents are mainly on unpaved paths and only partially follow the road. For tourists who are fans of adventures on "fat wheels", the Sellaronda MTB Tour measures in a clockwise direction 58 kilometers with a difference in level of 3,400 meters, in an anti-clockwise direction 53 kilometers with a difference in level of 3,000 meters ( in both directions the ascending climb is 800 meters.

Arabba is the perfect destination for all bicycle lovers, offering not only difficult routes, but also paths and trails to suit all abilities and ages.

### **Dolomites Bike Day 25/06/2022**

A bike event in the heart of the Dolomites – UNESCO World Heritage, is the fulfilment of every cyclist's dreams. On this day several Dolomites pass roads will be closed to traffic and reserved exclusively for cyclists. At the non-competitive cycling event, every cyclist can take part for free and experience some of the legendary stages of the famous Italian bicycle race Giro d'Italia. The circular route, amidst fascinating natural landscapes, leads through some of the most attractive roads and well-known Dolomite Passes in Veneto and South Tyrol.

From 09:00a.m. to 03:00p.m., the roads between the Passo Campolongo, Valparola, Falzarego will be entirely closed to traffic and reserved for cyclists, for a total of 51 kilometers. The event is not competitive, is open to all types of bicycles

Arabba offers many attractions to spend unforgettable days in harmony with nature and history. The castle of Andraz, the ethnographic museum, the war cemetery of Pian de Salesei, the memorial place for soldiers at the Passo Pordoi, the old mill in which for centuries the people Arabba milled rye and barley...All these fortifications are symbols of the history of the people who live here, the "ladini".

Arabba and Livinalongo were for a long time under the control of the prince bishop of Bressanone, in 1796 under the control of Napoleon and then returned in 1815 to the Austrian territory.

With the end of the First World War, Arabba and Livinalongo became Italian territory.

Until the First World War the economy, and the whole culture, was oriented around the German language, and its annexation to Italy meant joining a political, cultural and economical reality completely different from the one lived since that time. The population tried for many decades to restore the contact with the nearby Tyrolean community, and secular contact is deeply felt even today. The Ladin population has, and had even during the Second World War, an identity problem: to one side being Italian, because of the conquest of the territory by Italy after the First World War, to the other side feeling Ladin with one's language and culture.

## MTB: in the heart of the Dolomites

Great emotions are also assured for those who love off-road cycling: in Arabba, MTB lovers have access to an almost endless range of trails and single trails traced GPX.

The most gratifying experience is the Sellaronda MTB Tour, the tour around the Sella massif that can be traveled in a clockwise direction (orange route: 58 km, 3400 meters of difference in height, which is reduced to 700 meters using the lifts) and the counterclockwise (green track: 53 km 3000 meters difference in height or 1300 using the lift). A tour that every year is offered in a sportier way by the International Cyclist Union with the Hero Südtirol Dolomites, an unmissable event for the real bikers. The 12<sup>th</sup> edition is scheduled for Saturday, June 18, 2022.

The mountain bike also allows you to reach unique places, perhaps avoided by hikers who prefer the peaks and in any case impossible to reach by car.

Arabba is rich in route of historical, architectural and agricultural nature.

A bike-shuttle service has been available to the bikers since last summer, a transport with equipped minibuses to avoid the most difficult gradients or excessive distance. A useful way to allow to ride even to families or least trained people. Example of this service is the Pralongia Tour: from Arabba with the bike-shuttle up to the Campolongo Pass, from there you continue along the plateau of Chertz up to the cycle path that leads to Piz La Villa.

With the cable car you reach the top of 2100m of altitude, then you cycle through the Pralongia plateau and then back towards Campolongo Pass to turn back to Arabba.

Quiet and within reach of everyone is the Easy Flow Arabba Path, a suggestive and interesting tour, which also thanks to the aid of the lifts allows you to discover the various villages of the valley of Fodom reaching 2000 m of altitude.

This tour starts from Arabba through the fractions of Alfauro, Renaz and Chertz and then to the Campolongo Pass, from there you descend to Arabba and then you climb to the Pordoi Pass.

Once you reach the top, you will return back to the center of Arabba again.

More challenging is the beautiful tour through the high plateaus, pastures and bloomed grassland until you reach Passo Incisa, gravel paths under the jagged Bec de Rocas towers lead to Plan Boè.

For those who do not want to miss even one centimeter of these places there is the Panoramic Tour Arabba, a path that from the center of the village rises thanks to the cable car of Porta Vescovo and then rediscover following the trail "Porta Vescovo Rosso" towards Pordoi Pass.

From this point you can use the cablecar Fodom to reach the top of the pass and head towards the Ossuary.

Continuing along the route, you have a magnificent view of the Sella Group until Monte Burz.

The return to Arabba is possible thanks to a funny descent called Enduro, that closes the panoramic tour exactly where you started.

The great news for MTB fans are in the area of Porta Vescovo as already mentioned the Trail Porta Vescovo Rosso that leads from the arrival station of the cablecar Porta Vescovo to Arabba for a development of 2,870 meters. The other news are the freeride trails in the Pordoi area: Al Fever, The Col, Lezuo and Variante Lezuo that integrates the enduro routes built last year: the Pordoi-Monte Burz trail of 45 km (300m negative difference in level – 50 positive difference in level) and the Monte Burz-Arabba trail enduro.



### Press information

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Arabba is part of the municipality of Livinallongo del Col di Lana, Fodom in Ladin (the traditional language) and Buchenstein in German, one of the municipalities which belongs to the 5 Ladin valleys. On the other side you can admire the queen of the Dolomites, the Marmolada Glacier, which with its 3.342 meters represents the highest point of the Dolomites. Moreover on the Marmolada Glacier we find the famous ski slope, long more than 12 km.

Arabba is right at the centre of the famous Dolomiti Superski Ski Area, encircled by a breathtaking landscape. With 63 km of perfectly groomed slopes, Arabba boasts brand new lifts and is well linked to the other Ladin valleys around the Sella Group. In addition to this, Arabba is able to meet all your desires thanks to its first class skiing and tourist facilities.

Arabba is the pearl of the Arabba – Marmolada Ski Area, and is well-known thanks to "Porta Vescovo" ski slopes, easily accessible from the Arabba town centre. From here, via the Passo Padon, it is very easy to reach the Queen of the Dolomites, the Marmolada.

### **ARABBA WINTER PARADISE**

During the winter season Arabba has something to offer even to the most demanding visitor: not only skiing, but also snowboarding, winter mountaineering, snowshoe walking, ice climbing on frozen waterfalls, driving skidoos, ice skating and more.

The skiing area Arabba/Marmolada (part of the Dolomiti Superski) with its 63 km of ski slopes, always perfectly groomed and prepared, has 29 modern ski stations. Arabba is the heart of the Dolomiti Superski ski resorts, in one of the most famous ski circuits in the world, the Sellaronda, giving easy access to hundreds of kilometres of slopes.

Above Arabba the Porta Vescovo mountain rises. This mountain is very popular for skiers for its spectacular and technical slopes. It is the ideal starting point for the Sellaronda, the Great War Tour as well as the Marmolada Tour.

The avid skier will find an extensive choice of slopes in Arabba, with something to test for everyone, from the simplest slopes for beginners up to the most difficult for experts.

All the ski-slopes within walking distance, during your whole stay in Arabba your car doesn't have to be moved, because all the ski slopes are right next to the centre of Arabba. Your holiday in Arabba is in the spirit of relax and therefore strictly stress free.

Your stay in Arabba does not focus just on skiing, there are also other activities away from the usual ski slopes.

Away from the ski slopes, there are a lot of freeriding off-slopes, through the fresh snow in complete solitude, away from other skiers and the sound of the lift stations. Arabba is the starting point for the most well-known off-piste routes, of which the Val de Mesdi is the most renowned, 7 km long, with a difference in height of 1500 m in view of the magnificent mountains.

The "Sella" and "Marmolada" areas are renowned for the beautiful, entertaining, and not to mention long routes through fantastic fields of powdery snow.

Off-piste, alpine ski, snowshoeing and glacier case passes are fantastic activities, which can be particularly well practised in this area. Everyone, whether beginners or experts, who would like to research new places in safety, can take advantage of the experience and knowledge of the local Alpine-Guides, who can teach the correct techniques for off-piste activities, guiding you around and letting you experience the wonder of the area.

### Welcome and hospitality

Arabba offers its guests a high quality stay, taking advantage of the natural and historical features of the area, but also providing a wide range of other services, able to satisfy even the most demanding guests. In Arabba you will find more than 3000 sleeping accomodation and 200 services. Guests can choose between different hospitality structures: hotels, bed and breakfast, appartaments, there is for everybody the right solution. After a day on the ski slopes there is nothing better than relax in one of the wellness structures of the hotels and taste a traditional homemade ladin dish.

### Activities autumn/winter

Arabba, a small an peaceful village, located in the heart of the Dolomites (1.600 m above sea level), surrounded by the magnificent Group of the Sella mountains (World Nature Heritage – UNESCO) at the foot of the Passo Pordoi and the Passo Campolongo.

Arabba raises emotions not only during the summer and winter time as it is easy to imagine but also during the so called middle season.

This period in Arabba is more intimate and peaceful, just after a hectic summer and shortly before the winter season. A magical moment in a magical place: in Arabba, where the dream is always open.

### Autumn: nature with all its colours

Here the mild autumn climate offers a succession of intense colors, with leaves that go from yellow to red against the background of a clear blue sky.

Giving yourself a weekend in Arabba during this period, means experience first hand this unique scenario in the world. A fitting example of this uniqueness is undoubtedly the Path of Retiz, “Teriol de Retic” in the local dialect, which allows you to reach and admire the waterfall of Retiz set in the rocks.

The route crosses various fractions of the Ladin territory. Starting from Pieve di Livinallongo there is immediately the first glimpse open on the valley. Passing first trough Brenta and then Col (Colsottochiesa) opens the scenary on Monte Civetta, a landscape that reveals its beauty especially at sunset.

From here we continue towards the magnificent Retiz waterfalls which, by the reflecting sunlight, has the power to illuminate the surrounding landscape. Continuing we arrive at the village of Foppa, and then we turn back again to Pieve di Livinallongo, facing a last uphill stretch with a view of the Sella.



One day you can reach the Pizac Cross (2222m) from there you have a 360 ° view on the Valley of Fodom and the Cherz Plateau.

When night falls over the village of Arabba there is nothing better than a few regenerating hours in the hotel spa, abandoning yourself to a candle massage, a Kneipp path or plunging into a hot whirlpool bath followed by a dinner of Ladin dishes accompanied by a good glass of wine. The autumn in Arabba is a guarantee of relax and serenity.

Winter: skiing without limitsThe skiing area Arabba/Marmolada (part of the Dolomiti Superski) with its 63 km of ski slopes, always perfectly groomed an prepared, as well as well conntected with29 modern ski stations.

All easily accessible on foot from every corner of the village: a comfort that avoids hassles of the car ( times of moving, the queues, parking place etc.) because your holiday in Arabba is strictly “stress free”.

And if our Ski Area is not enough for you, the strategical position of Arabba allows the tourist to find himself in the middle of a network of almost endless slopes.

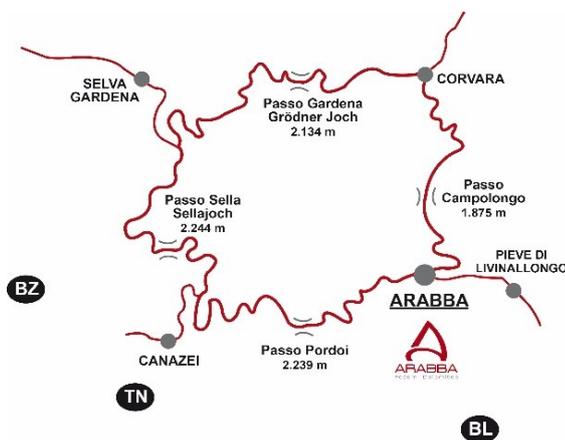
Arabba in fact is included in the Dolomiti Superski, that with its 1200 km of slopes is the largest Ski Carousel in the world. In addition to the slopes of Arabba there are also three major ski tours.



The village is a transit point for the First World War Ski Tour, a ring of approximately 80 km that winds around the Col di Lana, a true open-air museum of the first world war.

Skiing among the stations of the trenches and artifacts of the first world war gives you a very intense day between nature and history where you can touch history with one hand and understand better how our Alpini on one side and the Austro-Hungarian soldiers on the other side built structures in order to face and resist the bad weather and the extremely unfriendly environment.

No less compelling is to climb to the 2478 meters of Porta Vescovo in a breathtaking landscape: behind of you the Queen of the Dolomites, the Marmolada glacier and in front of you the slopes of Arabba and Sella. The initial wall has several humps and forks soon in two red slopes: Ornella and Salere. The first descends along the rocks of Porta Vescovo with long and amusing walls. The second one instead laps in the black slope "Fodoma" and is inserted in the path of the famous Sella Ronda: we are talking about the most famous ski tour of the Dolomites which touches the Dolomites Passes of Sella, Campolongo, Pordoi, Gardena and the relative valleys ( Fassa, Alta Badia and Gardena). From Porta Vescovo it is also possible to reach the Marmolada glacier from where you can descend with a vertiginous descent of 12 km from the top of Punta Rocca (3,269m) to Malga Ciapela (1,450m). But the winter in Arabba does not stop here. In line with the evolution of the snow disciplines, the Arabba Funslope has been set up and the "extra-skiing" offer has been added, which today offers ample opportunities for challenging routes on spectacular ice falls and snowshoe hikes or thrilling snowmobile rides on the Troi Circuit.



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