

# ALPENROYAL



HEART OF DOLOMITES

## PROGRAM FOR YOUR SKIING HOLIDAY

We cannot describe all of the charming excursions that you can make in Selva Val Gardena and its surroundings. Therefore, we have chosen 3 different weekly programmes which you may choose from according to your own goals and skills. These trips will show you the best of these enchanting mountains called the Dolomites, which you will still remember long after the holiday is over. The various programmes, except for Programme C, can be made without a guide. Regarding Programme C, we suggest that you follow an expert guide as the trips are quite difficult. We will be happy to provide expert guides for you.

<b>PROGRAM - A - "Skisafari"</b> (suitable for complete beginners)	
Sunday	as a warm-up CIAMPINOI - PLAN DE GRALBA - GRAN PARADISO . Descent of the World Championship ski-run SASSLONCH at the foot of the majestic Sassolungo.
Monday	VAL GARDENA SKIRING SKI TOTAL introduction. From the sunny slope of the Alpe del Seceda to the largest high plateau in Europe, the ALPE DI SIUSI.
Tuesday	SELLA RONDA SKI TOTAL. Experiencing the world greatest ski ring in the charming panoramic landscape of the Dolomites.
Wednesday	ARABBA - PORTA VESCOVO - CAPANNA BILL - MARMOLADA. Along the GRUPPO del SELLA to the "Queen of the Dolomites", the majestic glacier of the MARMOLADA.
Thursday	ALTA BADIA - LAGAZOUI. From the peak of this mountain you will see one of the most beautiful panoramic views of the entire Alpine arc.
Friday	CORTINA D'AMPEZZO - TOFANA - RAVALLES - FALORIA - CRISTALLO. A trip from the World championship ski resort in Selva Val Gardena to the former Olympic landscape of Cortina d' Ampezzo. You will enjoy a great variety of landscapes from different points of view.

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## PROGRAM - B - "Dolomiten exklusiv"

(for experienced skiers - we suggest a guide for the 3rd, 4th, 5th and 6th day)

Sunday	VAL GARDENA SKIRING. From the sunny slope of the Alpe del Seceda to the largest high plateau in Europe, the ALPE DI SIUSI.
Monday	SELLA RONDA Experiencing the world greatest skiring in the charming panoramic landscape of the Dolomites.
Tuesday	Tour through the GRUPPO DEL SELLA - VAL DE MESDÌ. One of the greatest adventures is the descent through the Gruppo del Sella, in the VAL DE MESDI (Midday's valley).
Wednesday	Variants of the GLACIER of the MARMOLADA , The highest ski area in the Dolomites, at 3342 m above sea level. Out of the ski-run on the variants of the glacier.
Thursday	CORTINA D'AMPEZZO - TOFANA - RAVALLES - FALORIA - CRISTALLO A trip from the ski resort of the World championship in Selva Val Gardena to the ex Olympic landscape of Cortina d'Ampezzo. You will enjoy the many landscapes from different points of view.
Friday	LA FORCELLA DEL SASSOLUNGO. Alpine excursion at a high altitude in wonderful landscapes; for trained alpinists.

## PROGRAM -C - "Ski touring in the Dolomites"

(Required skills: good-level skiers on ski-run. Two or three hours' climb with a difference in height of 300 m an hour)

Sunday	From the idyllic Selva to the largest high plateau in Europe, the "ALPE DI SIUSI". Climbing through woods and mountain pastures on sealskins.
Monday	Ski touring excursion in the "PUEZ - ODLE" National Park. Through pastures to the foot of the enchanting peaks of the Dolomites.
Tuesday	Traverse through the needles of the GRUPPO CIR and exciting descent in the Vallunga.
Wednesday	CORTINA D'AMPEZZO, ski touring in the area of the Olympic resort.
Thursday	Descent between the vertical walls of the GRUPPO DEL SASSOLUNGO.
Friday	SKI-PLUS , long descent from the glacier of the MARMOLADA "QUEEN of the Dolomites"