



TWENTY: PHOTO EXHIBITION "LOOKING AND SEEING - NATURE PARKS SOUTH TYROL"

The beautiful photographic exhibition is exposed in collaboration between the tourist office San Vigilio/San Martin and the Office for Nature Parks in Bolzano. From June 11 to July 11, 2019, the 28 large-format landscape, animal and plant images can be seen in the shopping center Twenty. The natural parks impress with their diversity, from sub-Mediterranean to high-alpine, the range of natural and cultural landscapes, habitats and the range of animals and plant species. To hike "in real", brings unforgettable impressions, but also pictures can capture the charm of these landscapes. The large-format images on spectacular high mountain landscapes and fascinating insights into the world of plants and animals guarantee a special "look and see" and not only for nature lovers.

Town: Bolzano-Bozen

On 21.06.2019

Friday: 09:00 - 20:00 o'clock

On 22.06.2019

Saturday: 09:00 - 20:00 o'clock

On 23.06.2019

Sunday: 09:00 - 20:00 o'clock



VAL DI MORINS - VISIT TO THE MILL VALLEY

Visit to the recent restored mills with possibility to assist at the grinding of the grain in the first of the eight mills - not guided tour.

Opening times: 10 a.m. - 4 p.m.

Town: San Vigilio/San Martin

On 27.06.2019

Thursday: 10:00 - 16:00 o'clock

On 04.07.2019

Thursday: 10:00 - 16:00 o'clock

On 11.07.2019

Thursday: 10:00 - 16:00 o'clock



VILES & MORINS - CULINARY DELIGHTS AND TRADITION

From the village of Lungiarü we walk through green meadows and forests towards the Puez-Geisler Nature Park. Soon we reach the most famous Viles (hamlets) Seres and Miscí. Visiting the valley of the mills we discover how our ancestors grinded the wheat and in the hamlet of Miscí we discover the last cableway system of South Tyrol. At the Speckstube Farm, Walter will reveal us all the secrets of speck production. After lunch (drinks not included) we visit the private museum of the Oriana Farm, where we discover how people used to live and work in the mountains many years ago. After a sweet taste of typical ladin cuisine we set off on the way back passing near the chapel and the oven for the production of lime. Through the larch wood we return to the village.

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CĚNA DAL MORNÁ, TLA VAL DI MORINS

Let's celebrate together the longest day of the year with a tasty aperitif in the Val di Morins (the mills valley) in Lungiarü. Aperitifs and dishes prepared with love by local gastronomes with local products. Entertainment with live music and possibility to visit the water mills

Town: Lungiarü

On 21.06.2019

Friday: 18:00 - 23:00 o'clock



QUO VADIS? HIKE IN THE PUEZ-ODLE NATURE PARK

This hike is particularly recommended for families. Together with our hiking guide Christoph we find our way through the woods using a hiking map, we climb up high to the timber line where we can enjoy a stunning views of our mountains. During this hike through the beautiful nature we learn how to interpret hiking maps how to orientate ourselves in the mountains with and without a compass.

Town: San Vigilio/San Martin

On 21.06.2019

Friday: 09:00 - 15:00 o'clock

On 28.06.2019

Friday: 09:00 - 15:00 o'clock



WILDLIFE WATCHING IN THE NATURE PARK FOLLOWED BY A BREAKFAST

Flora and fauna close enough to touch - it is difficult to get any closer to the incomparable nature of the Dolomites! During an early morning hike we will sharpen your five senses and introduce you to the secrets of our wildlife. What do feathers, antlers and coat tell us of each of the animals? And how should you behave when watching animals? With a little bit of luck we can also put the theory into practice and admire chamois or deer in their natural environment. A well-deserved wellness breakfast at the Pederü mountain inn will finally release into the day, stimulated and fortified.

Town: San Vigilio

On 21.06.2019

Friday: 06:00 - 09:00 o'clock

On 28.06.2019

Friday: 06:00 - 09:00 o'clock



ROCK CLIMBING COURSE

Rock climbing course for beginner and advanced stage with the mountain guides Simon Kehrer and Max Willeit.

Price: 85,00 €/person

Town: San Vigilio Dolomites

On 21.06.2019

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On 28.06.2019

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On 23.06.2019

Sunday: 09:00 - 20:00 o'clock



ROCK CLIMBING COURSE

Climbing trial lesson with the mountain guides Simon Kehrer and Max Willeit.

Price: 30,00 €/person

Minimum 3 people

Town: San Vigilio Dolomites

On 25.06.2019

Tuesday: 17:00 - 18:30 o'clock

On 02.07.2019

Tuesday: 17:00 - 18:30 o'clock

On 09.07.2019

Tuesday: 17:00 - 18:30 o'clock



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Sunday: 09:00 - 20:00 o'clock



HEALTHY PLEASURE FROM FRESH SPRING HERBS

In spring and summer the typical Ladin mountain farm Lù de Pincia is surrounded by colourful herb gardens and flowering meadows. Together with herbalist Margareth Frenner Palfrader we collect healthy medicinal herbs and plants such as dandelion and nettles which are often used in spring for detoxification. On the organic herbal farm we process the gathered herbs to a natural herbal salt - for healthy pleasure at home.

Expert

Margareth Frenner Palfrader, herbalist from San Vigilio. On her own organic farm she produces various herbal products and organic delicacies such as jams.

Registration at INFO San Vigilio or INFO San Martin until 5 pm of the day before

Town: San Vigilio Dolomites

On 25.06.2019

Tuesday: 10:00 - 12:00 o'clock



LAKE OF BRAIES & FOJEDÖRA

From San Vigilio a taxi takes you to Lago di Braies. The majestic Croda del Becco is reflected in this largest lake of the Dolomites, its clear water shimmers in all shades of blue and green. Just as idyllic is the Alpine pasture Fojedöra, which we reach some time later, and where young students look after the grazing livestock and make their own bread and cheese - as if time had stood still here...

Town: San Vigilio/San Martin

On 25.06.2019

Tuesday: 08:30 - 17:00 o'clock

On 02.07.2019

Tuesday: 08:30 - 17:00 o'clock

On 09.07.2019

Tuesday: 08:30 - 17:00 o'clock



GUIDED HIKE THROUGH THE ANIMAL KINGDOM WITH HUNTER BREAKFAST - LUNGIARÜ

With a bit of luck you can observe wild animals such as chamois, deer and foxes in their natural habitat in the nature park Puez Odle during the early morning walk accompanied by an experienced forest ranger. Afterwards you enjoy a joint hunter's breakfast.

Town: San Vigilio/San Martin

On 25.06.2019

Tuesday: 05:00 - 07:30 o'clock

On 09.07.2019

Tuesday: 05:00 - 07:30 o'clock

On 23.07.2019

Tuesday: 05:00 - 07:30 o'clock



PHOTO EXHIBITION VAL BADIA - DOLOMITES UNESCO WORLD HERITAGE

To celebrate the first 10 years of DOLOMITES UNESCO, an outdoor photo Exhibition dedicated to the DOLOMITES of Val Badia, will be set up in San Vigilio. The inauguration of the 'Val Badia - Dolomites UNESCO world heritage' exhibition will be held on June 27th. The 32 large format photos were provided by Foto Club Val Badia.

Town: San Vigilio di Marebbe

On 26.06.2019

Wednesday

On 27.06.2019

Thursday

On 28.06.2019

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THE TYPICAL FLORA OF THE MEDALGHES ALP

The excursion takes you first through woods, then on mountain meadows of the Munt d 'Adagn alp with its numerous ancient huts and its typical flora. Where the meadows are not mowed, the meadows are used as pasture. The walk leads from the Medalghes fork to the Rifugio Genova hut and then returns to the Val di Murins valley.

Town: San Vigilio/San Martin

On 26.06.2019

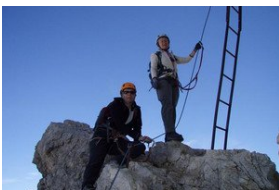
Wednesday: 09:00 - 17:00 o'clock

On 10.07.2019

Wednesday: 09:00 - 17:00 o'clock

On 24.07.2019

Wednesday: 09:00 - 17:00 o'clock



GUIDED EXCURSION TO A CLASSIC VIA FERRATA

Ferrata climbing in the Dolomites with the mountain guides Simon Kehrer and Max Willeit (Tridentina, Furcia Rossa, Tomaselli, ...)

Start and return depending on via ferrata Price: from 90,00 €/person

Town: San Vigilio Dolomites

On 26.06.2019

Wednesday: 08:00 - 16:00 o'clock

On 03.07.2019

Wednesday: 08:00 - 16:00 o'clock

On 10.07.2019

Wednesday: 08:00 - 16:00 o'clock



IMMERSED IN THE LEGEND OF THE FANES EMPIRE - "REGN DE FANES"

From the visitor center of the Fanes-Sennes-Prags Nature Park, we head for the "Tru dles Liondes", the educational trail of the legends of the Fanes empire. With the parking guard Matteo we start to discover the ancient mythology of the Dolomites. As a result, Dolasilla is the main heroine of the Ladin national epic. The beautiful princess triumphed over all her enemies with her bravery, her protective white tank, and the infallible magic arrows, leading her people into a golden age. We also meet the brave warrior Edl de Net and the magician Spina de Mul, protector of the precious treasure of the Fanes empire called "Raiëta".

After the mystical hike, we have the opportunity to deepen our knowledge in the Nature Park House to various aspects of the Natural Park.

Town: San Vigilio/San Martin

On 26.06.2019

Wednesday: 15:00 - 17:00 o'clock

On 05.07.2019

Friday: 09:30 - 12:00 o'clock

On 12.07.2019

Friday: 09:30 - 12:00 o'clock



CONFERENCE: HERITAGE FOR FUTURE GENERATIONS, ENVIRONMENT, NATURE AND SKIES

966/5000 On June 27th and 28th, in San Vigilio di Marebbe, during the official celebration of the tenth anniversary of the UNESCO's registration of the Dolomites, among the natural heritage sites of the World Heritage Site, a conference of great cultural influence will take place: "The heritage of the future generations: the environment, nature and the starry sky The topics covered included: environmental protection and combating various forms of pollution, from electromagnetic to luminous, climate change in the Alps, the millennial human presence and its impact on the Dolomites ecosystem, creation at national level a network of Parks of the Stars "and not least the psychological and aesthetic perspectives on the themes of beauty and harmony resulting from the physical and mental immersion in alpine landscapes. Some of the most authoritative voices of national and international science and culture speak.

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VAL DI MORINS - VISIT TO THE MILL VALLEY

Visit to the recent restored mills with possibility to assist at the grinding of the grain in the first of the eight mills - not guided tour.

Opening times: 10 a.m. - 4 p.m.

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VILES & MORINS - CULINARY DELIGHTS AND TRADITION

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