

Alta Pusteria in South Tyrol: A winter paradise for Best Ager

The South Tyrol high valley in the Dolomite Mountains is not only known for being one of the most beautiful regions for cross-country skiing in the Alps and appreciated as a gathering of small, exquisite ski areas around the Three Peaks, a mountain range, which is famous all around the world. Along with that, in the Alta Pusteria holiday-makers in their best ages are offered culinary delicacies and wellness-offers in comfortable hotels along with guided hikes with snow boots, idyllic winter trails and varied Nordic Walking tours. Find your way to recover far away from business and holiday-stress, at a place where even the German chancellor seeks relaxation.

For the second time now, Angela Merkel enjoyed together with her husband the peaceful and isolated atmosphere of the South Tyrol mountain world on Shanks's pony. The Alta Pusteria is not at all fashionable, but rather pleasant, close-to-nature and traditional. The numerous Nordic Walking tours and hiking trails lead past picturesque chapels, old-establishes estates and small lakes. Always present: the breath-taking view of the magnificent mountain world around the villages of Sesto, San Candido, Dobbiaco, Villabassa e Braies. Winter hikes to one of the original mountain huts and back in a decorated horse-drawn sleigh: two people alone, sleepy, covered with a warm blanket is what makes a ride in the sleigh the perfect closing of a winter day in the Dolomite Mountains. An especially impressive experience with nature are the guided hikes with snow boots off the cleared paths across mountain pastures all covered with snow. Snow boots broaden the range of the feet and protect hikers from sinking into deep snow. It's a childlike pleasure to jump down a steep slope with big steps, for example on the way from the Passo Monte Croce mountain to the Malga Klammbach. The hiker experiences weightlessness for a short moment before he gets cushioned by the snow-masses. The Ski- and Snowboard School in Sesto offers weekly guided tours with snow boots during winter and, along with that, an introduction to the study of snow and avalanches.

Unique panorama cross- country courses and a guarantee for stress-free skiing

Beyond the borders of the Alps, the South Tyrol high valley in the Dolomite mountains is especially known for its 200 meters of cross-country courses. A unique panoramic view is opened up to the cross-country skier on the 2.000 feet high-plateau of the Prato Piazza which is situated above Braies. The beautifully spectacular courses across the idyllic Val Fiscalina near Sesto have long since gained cult status among cross-country skiers. Along the diverse net of perfectly prepared and snow-covered cross-country courses no wishes are left unfulfilled. Little wonder that even important figures like multiple biathlon Olympic winner Ole Einar Björndalen like to train in the Alta Pusteria.

The South Tyrol high valley in the Dolomite mountains has also become famous as a region for skiing. Ambitious skiers and snowboarders will find tricky ski runs at the Monte Elmo and the Croda Rossa – including the steepest run in South Tyrol. People who wish to enjoy skiing can relax on first-rate ski runs at Baranci, at the Rienza ski lifts in Dobbiaco and of course also at the Monte Elmo and the Croda Rossa. No queues at the lifts or hectic on the ski runs is guaranteed everywhere.

Inclusive wellness-offer opens up new perspectives on pleasure

Spending some comfortable hours in one of the wellness-oasis in the Alta Pusteria promises pure winter-relaxation. Along with six different types of sauna, several aromatic- and herbal spas as well as whirlpools and a vital-bar are at the disposal of the customers at the amusement bath Acquafun. Visitors at the Spa Bad Moos are invited to relax in mineralized water, which is warm and highly sulphurous. The Hotel Santer offers some wellness-highlights like for example a coffee-body-peeling or a cream-bath. The wellness-spa of the Mountain Resort Patzenfeld addresses all senses by means of an inclusive approach and opens up completely new perspectives on wellness.

Winter fun off the ski runs is the focus of the Dolomite active-weeks from March 1st to 15th, 2008. One week all inclusive of cross-country skiing, sledging, a romantic torchlight procession and winter-hikes. Visitors who are still not satisfied can shop in one of the fashionable boutiques to one's heart's content or take a guided walk to Carbonin Vecchia, where the Bohemian composer Gustav Mahler lived during the summer months of 1908 till 1910.

Alta Pusteria: The South Tyrol high valley in the Dolomite mountains!

GEOGRAPHICAL INFORMATION

Villages	Sesto, San Candido, Dobbiaco, Villabassa, Braies	
Height	San Candido	1.175 m
Sunny days	Alta Pusteria	more than 300 per year
Approach by car	from Munich	about 3 hours
Approach by train	from Munich	about 5 hours

ACTIVITIES

Snow boot hikes	Alpine-Schools Alta Pusteria	www.altapusteria.info
Horse-drawn sleighs	Kramerhof, Sesto Lanz Toni, Dobbiaco	Tel. +39 0474 710223 Tel. +39 349 3665935
Skiing and Snowboarding		www.centrosci.it
Cross-country skiing		www.dolomitinordicski.com

WELLNESS

Acquafun Amusement Bath San Candido	www.acquafun.com
SPA Bath Moos	www.badmoos.it
Hotel Santer	www.hotel-santer.com
Mountain Resort Patzenfeld	www.caravanparksexten.com

**OFFER DOLOMITE AKTIV-WEEKS**

March 1st to 15th, 2008 7 nights from 179 € on

Including:

Cross-Country skiing	to the high-country courses of Prato Piazza
Snow-crystal-hike	romantic torchlight procession to Lake Dobbiaco
Sledging trip	Hike from the Passo Monte Croce pass to the Croda Rossa meadow, Lunch and sledging trip to the valley station of the Croda Rossa
Dolomite views in winter	just to relax: a guided winter hike in the snow-covered country side of the Alta Pusteria



For further information and download of text and pictures go to

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Press contact:

Tourist Office Alta Pusteria
Matthias Santer
Piazza del Magistrato 1
I-39038 San Candido – Alto Adige – Italia
Tel: +39 0474 913156
matthias.santer@altapusteria.info
www.press-service.info/hochpustertal-en/
www.altapusteria.info

TOC Agency for communication
Thomas Ammer
Kolpingring 16
D-82041 Oberhaching bei München
Tel: +49 (0)89 1430 400-0
info@toctoc.info
www.toctoc.info
www.press-service.info