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Press release
Summer 2010

**VAL GARDENA ACTIVE IS A ONE-WEEK PROGRAMME AIMED AT
ORGANISING AND COORDINATING LEISURE ACTIVITIES
FOR THE ACTIVE SUMMER GUEST IN VAL GARDENA/GRÖDEN VALLEY**

The Val Gardena Active project was initiated by the three tourist offices in order to also offer the guest a wide range of activities during the summer months and to organise these efficiently and individually.

The aim is for guests to explore the unique Dolomites landscape, the diversity of the Puez Odle/Puez Geisler nature reserve and the numerous hiking paths and mountain bike trails, as well as find out more about the culture, language and tradition.

There is a great deal on offer for the younger generation in particular that is always on the lookout for new and innovative types of sport.

Anyone can register for the wide variety of different activities for a small fee that, depending on the activity, ranges from €7.00 to €25.00. For guests from member associations, activities are, in part, free of charge. The following activities are offered: guided hikes and mountain bike tours of different levels of difficulty, sunrise hikes and wild animal watching in the nature park, Nordic walking and yoga courses, woodcarving and cooking courses, walks to discover the local herbs and tours of farms, children's entertainment and pony rides, climbing practice sessions and, for real daredevils, also tandem paragliding, as well as rafting and canyoning.

For further information about the activities offered, please go to the dedicated Internet portal www.valgardena-active.com

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