



VAL GARDENA SKI SEASON STARTS DECEMBER 4 Ortisei, Santa Cristina, Selva

September 2010: [Val Gardena](http://www.valgardena.it), UNESCO World Natural Heritage Site and spectacular ski valley at the heart of the Italian Dolomites, starts the 2010/11 ski season on December 4. New this year is the opening of a value-for-money Smart hotel, the launch of regular twice weekly Freestyle days for kids and a high-speed cable-car, in addition the resort announces classic events for the diary and well-priced early season packages. For details visit www.valgardena.it

Diary dates include:

- December 17-18 – [FIS World Cup Races](#) (Super G & Downhill) on the Saslong
- December 27-30 – [Snow Sculpting competition](#) in Selva
- January 10-14 – Ice sculpting competition in Ortisei
- January 23 – [Val Gardena Ciasp Snowshoe race](#) on Monte Pana above S.Cristina
- February 18 – Sellaronda Night Ski Marathon; start 6pm in Selva
- March 3 – Carnival Parade in the centre of Ortisei
- March 16 – [Skikjöring race](#) afternoon; traditional horse-drawn ski races
- April 3 - [South Tyrol Gardenissima](#), S Cristina/Selva, the world's longest Giant Slalom ski race (6km, approximately 100 gates, 1000m altitude drop)

NEW Hotel in Santa Cristina:

Opening on December 4, the new [Saslong Smart Hotel](#) in the centre of S.Cristina offers big skiing for a small price. Located 50m from the ski-shuttle bus-stop and 1km from the gateway to the famous Sella Ronda circuit, competitive launch rates, valid to December 23, start from €87 pp (2 sharing) for 3 nights' accommodation in a twin or double room inclusive of ski storage (and boot warmers). Also included for this period is Continental breakfast saving guests €36 (dietary requests are available e.g: gluten / lactose free). Food and beverage is available from 24-hours-a-day vending machines, and the hotel's

Saslong Corner provides a comfortable area in which to relax. Book on line via the Val Gardena Tourist Board website www.valgardena.it

NEW Weekly Drop In Freestyle Days for kids

Starting from January 12, every Wednesday and Saturday from 10 am to 4 pm throughout the season, participating ski and snow-board schools in the Dolomiti Superski area offer [one day group courses in Freestyle skiing](#) - the fastest growing craze on the slopes. An action packed day in Val Gardena's state-of-the-art snowparks teaches important safety rules and freestyle techniques for €48 per child between the age of 12 and 18 years (or €72 pp including freestyle equipment hire, twin-tip skis/snowboard from Salomon Sports). Group sizes are a maximum of 10 people per instructor. In freestyle speak, *Drop In* is the warning shouted as freestylers set off on a snow-park obstacle course. In Val Gardena speak, *Drop In* is an invitation to learn about the thrills - and spills - of halfpipes, stairs, walls and rails. Visit: www.dolomitisuperski.com/freestyle

NEW Cable Car for Ortisei

This season, the [Rasciesa funicular](#) railway replaces the old chair lift on Rasciesa Alp above Ortisei. The higher the cable car rises the more spectacular the view; at the top, a breathtaking panorama encompasses almost the entire South Tyrol, the stunning Dolomites peaks, and mountains as far as Trentino, Lombardy and Austria. The cable car provides an alternative route from Ortisei to the Seceda gondola and the Gardena ski carousel, the Sella Massif, Sassolungo and the entire Dolomiti Superski area.

Early Season Packages

Val Gardena SuperPrèmiere: (December 4-23) offers 4 nights' accommodation, 4 days' ski equipment hire and a 4-day lift pass for the price of 3 (participating accommodation options are indicated by a snowflake symbol). Book online at www.valgardena.it. An [example package](#) starts from €276 pp (2 sharing/half board) at Hotel Bellevue in Selva. Also ski and snowboard schools offer 3 consecutive hours private tuition for the price of 2. e.g: Ski School Selva is charging €45 per hour for 2 sharing; during the promotional period, 3 hours private tuition for 2 people will cost €90.

FIS Ski World Cup Dolomiti Classic: (December 16-19) [Charme Hotel Uridl](#) in S. Cristina offers a 3 night B&B package for 2 sharing starting from €290pp. The price also includes a 3-day ski pass, tickets for the World Cup ski races on Friday December 17 and Saturday December 18 and a goodie bag (containing a variety of gifts and noisy

gadgets to welcome racers over the finish line). Alternatively for €410 pp [Hotel Digon in Ortisei](#) is offering 3 nights' half-board accommodation, a 3-day ski pass, a goodie bag and entry to the exclusive Gardena Gröden VIP Hospitality suite with access to the Central VIP Stand for a guaranteed view of the action.

General Information about Val Gardena:

Val Gardena (www.valgardena.it) is made up of 3 charming Alpine villages - Ortisei at 1236m, S. Cristina at 1428m, and Selva at 1563m - and a handful of pretty hamlets including Bulla, San Giacomo and Roncadizza.

Val Gardena itself has 83 lifts and 175km pistes, 95% of which benefit from snow-making facilities, providing more than 1200km of slopes including 115km of cross country skiing. From Val Gardena, access the world's largest ski-network covered by a single lift pass - the *Dolomiti Superski* - to enjoy 1220km of pistes of which 500km are inter-connected in the Sella region served by 450 lifts carrying 620,000 skiers per hour. The world famous Sella Ronda, accessible to intermediate skiers, is a spectacular linked circuit of the Sella (3151m) offering 26km and some 4500 vertical metres of skiing.

[Val Gardena's homepage](http://www.valgardena.it) (www.valgardena.it) offers a fast online booking service and real-time weather updates at all altitudes from 9 live cams. Val Gardena boasts more real-time information than any other Alpine resort.

Cross Country skiing in Val Gardena

Val Gardena offers 60km of panoramic high-altitude [cross country skiing](#) on Alpe di Siusi (above Ortisei), more than 35km of trails in Vallunga and at Monte Pana (above S. Cristina).

Activities for non-skiers in Val Gardena

Fun for non-skiers is readily available in Val Gardena. For lovers of the outdoors, there are 50km of well-prepared winter walking paths and trails, as well as facilities for show-shoeing, ice-climbing, out-door (and in-) ice-skating, horse-riding, sleigh riding, paragliding, curling and sledging; the 6km Ortisei toboggan run on Rasciesa is one of the most thrilling in the Alps. Art in the area and Ladin culture is a joy to discover as is the impressive and diverse gastronomy ranging from Michelin-star rated gourmet restaurants to cosy Alpine refugio serving simple Ladin cuisine. Spa and wellness facilities are extensive and the

wide-range of accommodation options from every category of hotel to B&Bs, self catering apartments or remote mountain refuges equates to something for everyone.

Tour operators in Val Gardena

A wide variety of reputable tour operators offer fully-inclusive winter holiday packages to Val Gardena including Ski Esprit (new this year), Crystal, Thomson, Inghams and Neilson. Specialist operators such as Momentum and Ski Solutions also tailor make holidays to the region.

Independent travellers

Book an accommodation/ski package online at www.valgardena.it. Fly to Verona, Bergamo, Brescia, Munich or Innsbruck (British Airways, EasyJet, Ryanair, Myair). Italy offers bus transfers from most airports, for details visit: www.flytovalgardena.com. For full ski/accommodation packages book online via the Val Gardena website: www.valgardena.it.

Val Gardena background

Val Gardena is one of the most beautiful valleys in the Dolomites which owe their name to French 18th century geologist [Déodat de Dolomieu](#) who was the first to study their limestone structure. Locals often referred to this exquisite range as the *Pale Mountains* and other ranges pale beside the beauty of this unique mountain landscape, designated a UNESCO World Natural Heritage zone in 2009. In the words of mountaineering legend Reinhold Messner, “they may not be the highest, but are certainly the world’s most beautiful mountains.”

Visit Val Gardena (www.valgardena.it) in Italy, one of the most beautiful valleys in the Dolomites. Proud South Tyrolean people celebrating their Ladin culture, artistic traditions and unique language. Classic Alpine villages against a backdrop of sublime Dolomite scenery. World-class gastronomy, spectacular events, diverse sporting and cultural activities for visitors all year-round.

NOTE TO EDITORS:

Download press releases/information and high resolution images of Val Gardena on official homepage/press area: www.valgardena.it/en/press-and-video

And, for further information:

[Val Gardena map](#) – [Val Gardena web cam](#) – [Val Gardena ski school&guiding](#)
[Val Gardena Holiday catalogue](#) – [Val Gardena online booking](#) – [Val Gardena specials](#)

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