

Ski trips in Val Gardena

Here are some suggestions of daily ski excursions to undertake during your stay in Val Gardena. Start from Ortisei, S. Cristina or Selva Val Gardena. Why not stop by one of the local and family-run mountain huts for a bite to eat? Open the door to the sweet smell of local dishes welcoming you.

“The Legendary 8” in Val Gardena

The legendary 8 slopes in Val Gardena

Skiing galore: welcome to Val Gardena’s skiing area, one of the most traditional in South Tyrol, boasting a diverse variety of slopes of different levels. Every slope has its own history and we could go as far as saying that it is quite a special one: after all, they were the stage of the 1970 World Ski Championships and therefore, witness to an over 100-year-old skiing tradition in our Ladin valley in the Dolomites.

Enjoy the Legendary 8 ski-runs in Val Gardena...collect the points through the APP and get the diploma „The Legendary 8“.

1. ‘Saslong’: the legendary slope
2. ‘Cir’: the women’s slope
3. ‘Ciampinoi no. 3’: the technique slope
4. ‘Bravo’: the romantic slope
5. ‘Falk’: the first slope
6. ‘Gardenissima’: the sensational slope
7. ‘La Longia’: the longest slope
8. ‘La Pilat’: the new slope

Gardenaronda

The Gardenaronda, together with the Sellaronda, is one of the most intense and exciting ski carousels in the Dolomites. Ski against the amazing backdrop of the Dolomites where everyone can live a fun-filled day and enjoy the magical experience of skiing down a slope.

From Ortisei to

Alpe di Siusi cable car → Monte Piz → Bullaccia → Panorama → Saltria → Monte Pana (by skibus) → Mont Sëura → Ciampinoi → Ruacia → Gardena Ronda Express → Seceda → Ortisei

From S. Cristina to

Col Raiser → Seceda → Ortisei, „La Curta“ escalator → Alpe di Siusi cable car → Saltria → Monte Pana (by skibus) → Mont de Sëura → Tramans → Ciampinoi → S. Cristina

From Selva Gardena to

Danterceppies → Ciampinoi → Piz Sella → Monte Pana → Saltria (by skibus) → Punta d’Oro → Monte Piz → Sanon → Skislope Pilat to Ortisei → “La Curta” escalator → Seceda → Col Raiser → Gardena Ronda Express → Saslong cable car → Ciampinoi → Selva Val Gardena

“Culturonda”: ski excursion programme

Starting from the three towns in Val Gardena, you can also admire some of the cultural sights next to the imposing Dolomites at the edge of the slopes.

Selva Gardena 1,563 m → Ciampinoi → Piz Setëur → through the Città dei Sassi past the “Culturonda” information boards → Sella Pass with breathtaking view on the Sassolungo, Cinque Dita and the Marmolada → back to Piz Setëur → Piz Sella across the 1,000 m tall north face of the Sassolungo → Tramans until you reach Monte Pana, where you’ll find a **spherical equatorial sun dial** (2m in diameter) displaying the mid-European time → head back over Mont Sëura → Tramans to Ciampinoi → slope B Saslong, passing by **Fischburg Castle** (a Renaissance style summer residence and hunting lodge built by Engelhard Dietrich von Wolkenstein-Trostburg between 1622 and 1641) → S. Cristina 1,428 m → Gardena Ronda (**the oldest snow cannon by the “Hedco” company, 1981, can be seen on the roof**) to Col Raiser (the mountain station also serves as a small, **private mountain museum** with some very interesting landscape paintings of the Dolomites - ticket upon entry) until Seceda in the middle of the Puez-Odle National Park, which is part of the Unesco World Heritage Site, and take the Fermeda chairlift to reach a view point where you can look upon all of the valleys → over the **10 km long “La Longia” slope** (making it the longest slope of the Dolomites) across the Canyon, passing by the ice waterfalls and the renovated “Costamula” farm → Ortisei 1,236 m → from Seceda across the **6 km Gardenissima slope** → Gardena Ronda → Saslong → slope no. 3 → Selva Gardena 1,563 m.

Ski excursion on the Alpe di Siusi (“Witches Skitour”)

(*ladin: Mont de Sëuc*) (5 hours, 20 km of slopes)

Ortisei 1,236 m → Mont Sëuc cablecar → Mezdi chairlift → chairlift Sanon - Steger Delai chairlift → Bullaccia chairlift → Kompatsch → Laurin chairlift → Paradiso chairlift → Goldknopf chairlift 2,210 m → Florian chairlift

Alternative 1: take the skibus (ticket required) from Saltria to Monte Pana/S. Cristina → Selva Gardena or

Alternative 2: Return journey to the Mont Sëuc cablecar → Ortisei (check Gardenaronda from Saltria)

Sellaronda

Clockwise or anticlockwise (5 hours, 26 km of slopes) following the orange or green indications. You will be skiing in both directions on the famous Sellaronda, around the Sella Group, across four Ladin valleys and three Italian provinces (Bolzano, Trento and Belluno).

Ski excursion to the Marmolada, the Queen of the Dolomites

(7 hours, 35 km of slopes)

Ski over the Passo Gardena or Passo Sella passes, until reaching Arabba and take the Porta Vescovo cable car → to the Marmolada.