

Dolomites Skiing & Snowboarding

The skiing and snowboarding opportunities are available to all skill levels. You have the choice of the local **Alta Badia Ski pass** (130km of slopes and great for beginners & not-so-warm intermediates) or the **Dolomiti Superski Pass** (1200km of slopes for intermediates and experts).

For beginners

Alta Badia (San Cassiano where the hotel is in Alta Badia) is the Dolomites best ski area for families, beginners, intermediates and gourmants. When not eating or drinking you can ski the 130km of trails at Alta Badia amongst some of the finest Dolomites scenery. Most beginner runs are centred around the alpine plateau high above the towns of Corvara, La Villa & San Cassiano. The remainder of the resort spreads past Colfosco up to Val Gardena & in the opposite direction through the village of Badia.

The San Cassiano Ski School referred to as The "Scuola Sci San Cassiano" teach up the top of Piz Sorega. Ski School offers private and group lesson with a bit our local tourism and is highly recommended. Once you're confident stopping and turning on the practice run (#30 on the piste map), going down the tree-lined blue 11 back to the village will be easy.

Other options are blue #9A-g from Pralongia, an easy slope with incredible views of the peaks and red #12 from Sorega when you're really warm. Once you're confidence has been boosted go down #23 down to Bamby which is a wide, scenic red that leads over in the direction of neighbour village La Villa.

The best learn-to-ski areas for first timers are in Colfosco (when the sun is out in the middle of the day!), Corvara & across the road on the sunny side of La Villa.

For Intermediate Skiers

Intermediate skiers can't miss out on the Sella Ronda circuit which is 40km long and links Alta Badia with Val Gardena, Arabba and Val di Fassa and has some stunning stopping points along the way. Start early in the morning for the Sellaronda. You can go both in a clockwise and anticlockwise direction

Ski to Armentarola up the valley from San Cassiano. From there, take a taxi (or bus if its not too busy) up to Passo Falzarego also known as the "hidden valley run" (part of Cortina ski resort so a Dolomiti Superski pass is needed). Take the cable car up the Lagazuoi & ski the glorious hidden valley of the Armentarola run for 8km passing spectacular frozen waterfalls & an isolated rifugio. For about 2 Euros you can get towed by a horse drawn sleigh back to Armentarola – it's a highlight of a Dolomites ski trip, so I'd really plan for this. The option is often weather dependent as they often close Passo Falzarego if there are avalanche risks.

Advanced Skiers

For experts, the black run from Piz La Ila down into La Villa is the famously difficult Gran Risa pista, which with a gradient of up to 53% is part of the World Cup circuit.

Challenge yourself to ski the 80km+ Great War Tour (Dolomiti Superski pass required). The route follows sites important from the 'White War' fought in the Dolomites during WW1. As well as traversing Alta Badia, the tour includes the best elements of Arabba Marmolada, Civetta and Cortina ski resorts. The best direction is anti-clockwise as it requires taking two buses instead of three. Start early and take some time to look at the museum on Marmolada. But not too much time...a lot of groups fail to finish! If you don't finish a simple taxi or bus will take you back to San Cassiano.

Snowparks

Alta Badia's snowparks are easily reachable from Piz Sorega and lots of fun. The Snowpark Alta Badia allows you to choose from five areas and 34 obstacles.

It has a gentle beginner's area with flax butter boxes, 4m kickers and a banked turn, all kinds of medium obstacles and a 13m kicker, 8m rail and 10m corner jump for experts.

Other Alta Badia Highlights

- Ski trail 11 with its wonderful panorama and drink a Bombardino in the La Utia hut.
- Slide down to Alta Badia's lowest point, the village of Badia for a classic rifugio lunch. Take the lifts up to the Rifugio Santa Croce which sits at 2045m below imposing cliffs and next to the ancient Santa Croce chapel (first consecrated in 1484). The rifugio is a farmhouse dating back to 1718 and serves up lovely lunches based on local traditions & ingredients.
- Give the resort's best backcountry run a try - the Val Mezdí (Dolomiti Superski pass required). It is a steep & deep gash running up the side of the Sella massif above Colfosco. Access is via the Pordoi Pass cable car in the Val di Fassa ski resort.
- Ski directly to the door to Osteria L'Murin at the top end of Corvara.
- Have a vin brule, hot chocolate with whipped cream or bombardino at the end of the day at the little hut at the end of Piz Sorega

Lift Passes & Tickets

As with most Dolomites ski resorts, two ticketing options exist. The local Alta Badia lift pass is around €5 cheaper per day than the second option, a Dolomiti Superski pass.

A Dolomiti Superski pass gives one unlimited access to the interlinked ski areas that make up the Sella Ronda, Armentarola & Great War Tour ski trails. Ski lifts & piste trail link Alta Badia to Val Gardena, Val di Fassa & Arabba Marmolada. Buses link to the Kronplatz, Cortina & Civetta ski resorts which are also valid with a Dolomiti Superski pass.

Getting lost

Getting lost is half the fun... It is incredibly easy to get on the incorrect lift or trail in this area. Read the signs and maps carefully, keep your group together and ask for directions even with this... you will still somehow get on the wrong trail and have more reasons to ski to repeat the slopes.

Useful links

- Ski Lift prices- Go down to the bottom there's a calculator to help you put in your needs and dates
<https://www.dolomitisuperski.com/en/Ski-pass/Prices>
- San Cassiano Ski and Snowboard School- OFFICE on top of Piz Sorega
<https://www.scuolascisancassiano.it/en/>
- Dolomites Ski School- OFFICE on bottom of Piz Sorega
<https://www.skidolomites.it/>
- Ski hire- Ski Peppi. Operated by owners Peppi and Cecilia who give a really superior personalised service and have lots of unique and quality skis and snowboards. They will deliver your hired gear straight to the ski room at Diamant hotel and put your boots on the boot warmers for you. You can book your gear ahead online and then visit them on arrival for customization for your needs.
<http://www.skipeppi.com/en-index.htm>
- Ski hire- Skirental skibar. Get discounts online, and also discounts for ski school. They offer lockers on their premises with boot warmers so you can lock up your hired gear.
<http://www.skirental.it/en/>
- It is unusual to rent ski clothing in Italy and can work out more expensive than purchasing. Most purchase their own clothes. Perhaps the cheapest place to buy ski gear in Italy is Decathlon. The closest store to San Cassiano is in Bolzano. Check out their website if you'd like to find a store closest to the airport you fly into. If you'd prefer to not travel with bulky clothing you can vacuum pack the clothes and organise for postage to and from Australia.
<https://www.decathlon.it/>