THE DOLOMITES, A WORLD NATURAL HERITAGE SITE
Listed by UNESCO for their beauty and scientific importance
TRULY UNIQUE MOUNTAINS

On 26 June 2009 the Dolomites became a UNESCO World Natural Heritage Site. This status was awarded for their uniquely beautiful landscape and because of the scientific importance of their geology and geomorphology.

The Dolomites are listed as a serial property because, despite its size and diversity, the entire range is considered to be a single unit.

This extraordinary “fossil archipelago” consists of nine areas spread over five Italian provinces (Belluno, Bolzano, Pordenone, Trento, Udine), although the Province of Belluno is home to the greatest number of these magnificent peaks.

CORTINA D’AMPEZZO

An exclusive, elegant resort, loved the world over, Cortina is the beating heart of the Dolomites. Surrounded on every side by such magnificent peaks as Tofane, Cristallo and Pomagagnon, these mountains are all part of the Dolomite World Heritage Site, making it the ideal place to experience the full glory of this exceptional environment, with its stunning array of landscapes each with its own special character. Mountain ranges 1 (Pelmo-Croda da Lago), and 5 (Dolomiti Settentrionali) form a crown around Cortina and also link with the other Dolomite ranges.

This open-air laboratory has been a place of pilgrimage for over 150 years for scientists and students, making it the birthplace of some of the fundamental theories in the earth sciences. Cortina owes its enviable fame not only to the splendour of its landscape, but also to the warm welcome it extends to visitors, playing host to international sporting and cultural events that take on a very special magic when set in this mountain location.
WINTERTIME
FUN IN THE SNOW
SKIING IN CORTINA

The reputation Cortina has acquired is also due to the quality of its facilities with state-of-the-art ski-lifts and snow machines that ensure it is possible to ski from November to April. Alpine skiing enthusiasts have a wealth of exquisite slopes to choose from, including Faloria, Cristallo, Mietres, Socrepes-Pocol, Tofana, Ra Valles, Col Druscíë, Cinque Torri, Col Gallina and Lagazuoi. All these 110km of pistes are linked by lifts or a ski-bus service and the Dolomitisuperski pass gives you free rides on ski-bus services for the Great War Tour or the 26km “Panoramic” tour which takes in five Dolomite mountain passes, guaranteed fun for snowboarders and kids alike. Cross-country skiing fans have plenty of choice, from the challenging Passo Tre Croci, at an altitude of 1800m, to Fiamme, with trails that start at the nursery slopes with up to 30km of trails reaching as far as Dobbiaco, following the route of the old railway line, in a fairytale landscape, the site of the Granfondo Dobbiaco-Cortina race, no matter whether your preference is for the classical or skating technique. You can also enjoy the unique landscape of the Ampezzo Valley from the air, with a thrilling Snowkite session.

TORTOISE OR HARE?

Expert skiers can hurtle down the 1956 Olympic pistes with Skitour Olympia. If you want a break to get your breath back, why not try out the new trend “Slow Ski” in which the idea is to take your time, proceeding calmly and at a leisurely pace giving you the opportunity to appreciate the heart of the Dolomites to the full.

Cortina is the venue for countless winter sports events, including ski races, snowboarding and Telemark competitions, the Women’s Alpine Skiing World Cup and the Queen of the Dolomites is in the running to host the 2017 Alpine Skiing World Championships. Another must-see event is the spectacular Cortina Winter Polo, a thrilling match played on the ice of the frozen Lake Misurina.
LOTS MORE BESIDES

Hours of fun for kids and grown-ups alike
IT’S BACK TO SCHOOL TIME!

It’s back to school to learn how to surf the snow. Cortina’s expert instructors teach you how to trace curves on the snow, tackle death-defying jumps and do “grabs” with maximum agility, after all, aren’t we all bewitched by the magic of snowboarding? Over 250 instructors are on hand to give lessons to beginners and people who want to improve their style.

It goes without saying that we haven’t forgotten our youngest guests who can ski in complete safety in the hands of our instructors, all specialists in teaching young children, guiding them as they learn their ABC of the snow, having loads of fun on the short gentle slopes of their very own pistes. The whole family can enjoy some rest and recreation in any one of the over fifty cosy, welcoming, mountain refuges, followed by an exciting sled-ride, guaranteed to get the adrenalin going! The winter sports options are boundless in wintertime Ampezzo, from challenging mountain climbing in the company of an expert Alpine guide, to gentle rambles on snow shoes “ciaspe”. Ice-climbing, also in the hands of expert guides, poses yet another challenge to climbing fanatics, while those inclined to more leisurely pursuits can have a game of curling in one of Cortina’s two rinks. Skaters can whizz around in the magnificent Olympic Ice Stadium, or root for the home Ice Hockey team, Sportivi Ghiaccio Cortina who have won no fewer than 16 league championships, and who were the 2007 Italian champions.

APRÈS-SKI RULES OK!

After a thrilling day frolicking on the pistes, you are spoilt for choice for trendy après-ski restaurants and clubs for convivial evenings among friends.

There is nothing more romantic than a moonlight trip in a horse-drawn sleigh, or for something more bracing, whizzing downhill on a sled. With the Moonlight Sledge excursion you can enjoy Cortina by night and the crystal clear mountain air makes the stars seem much closer and, weather conditions permitting, you may also be able to gaze at them through the telescope of the Astronomic Observatory at Col Drusciè.
CORTINA - DOLOMITI

SUMMERTIME
Sport meets relaxation in a natural wonderland.
THE MOUNTAINS IN FULL BLOOM

The sun-kissed Ampezzo Valley offers a vast range of walks, over 300km of trails of varying length and difficulty. Among the most magical walks is along the Montanelli trail which starts at Piè Tofana. More seasoned hikers will love the Dolomiti d’Ampezzo nature reserve, with trails that take in Val Travenanzes and the Fanes waterfalls. Then there are excursions to Lake Federa and the smaller lakes Pianozes, d’Ajal, Ghedina and Sorapiss, the latter famous for the extraordinary colours of its water. As well as nature rambles there are history trails taking in the Great War sites which transformed the mountain landscape into tunnels and trenches, an open-air museum between Cinque Torri, Piccolo Lagazuoi and Forte Tre Sassi.

CORTINA, LIVE LONG AND PROSPER!

Cortina is also a cyclists’ paradise with 16 trails for professional sportsmen and amateurs, for kids and grown-ups, not forgetting the famous “Lunga Via delle Dolomiti”. This cycle track which follows the route of the old Dolomite railway, on which trains ran to Cortina until 1964, offers a fascinating insight into the highly individual hamlets in the Boite valley.

As you cycle along this track you will discover the original railway stations still dotted along the length of the track, delightful churches, local museums and artisan workshops, all the while surrounded by the most stunning landscape offering breath-taking views, passing through Pelmo and Antelao until you are face to face with the majestic Tofane peaks. A holiday in Cortina means a stay in a natural paradise, and what better than a healthy game of golf, a sport for everyone, that has been popular here since the 1930s played on the greens at the foot of Monte Faloria, a chance to enjoy the fresh mountain air with this gentle, life-prolonging sport.
CORTINA - DOLOMITI

SUMMERTIME
Sport meets relaxation in a natural wonderland
AN ACTION-PACKED HOLIDAY

A creative, active holiday with the chance to meet people, take part in activities and follow courses designed to regenerate the body and mind. There are plenty of options for people who want to get fit, from gyms to the swimming pool, or take a more relaxing break having massages and treatments at a health and beauty spa. Thus reinvigorated, you can indulge in a spot of serious shopping. Cortina boasts everything from the “Cooperativa” department store, to no fewer than 250 designer fashion boutiques and fascinating art and antique shops. You can delve into Cortina’s rich cultural life with music festivals, more intimate events and entertainment in well-appointed rooms, or spend evenings at the cinema for special programmes of shorts and feature films. Wonderful collections of art and cultural artefacts are on display in the museums and art galleries of Ciasa de ra Regoles, the historic “Comunanza Regoliera”, an institution that brought together all the old families of the Ampezzo Valley and which owns all the pastureland and 90% of the woodland, and which acts as the unchallenged guardian of the natural environment, protecting it fiercely, even before its recognition by UNESCO. A visit to the Rinaldo Zardini museum will reveal the entire geological history of the Dolomites natural monument.

IN SAFE HANDS

On Corso Italia, Cortina’s main street, you will find a monument to another of Cortina’s favourite sons, Angelo Dibona, the legendary mountaineer of the first half of the 20th Century, still standing guard over another of Cortina’s institutions “Scoiattoli” (the Squirrels), an association founded in 1939 by a group of 20 young friends, who were all under 20 at the time, inspired by their common love of the mountains. Many members of Scoiattoli are also mountain guides, expert climbers with a world-wide reputation, whose slogan “Avventura-Sicurezza” (Adventure and Safety) is the key to their approach to the hiking and climbing outings they organise and the courses in rock and free climbing they run. Hiking, mountain biking, orienteering and Nordic-walking all make for an action-packed holiday.
TRADITION
REDISCOVERED
CORTINA - DOLOMITI
A TASTE OF THE MOUNTAINS

Ampezzo cuisine reflects the flavours of the Ladin mountains with a touch of the Alpine foothills. The local specialities include speck, a delicious variation on bacon, barley soup, casunziei (half-moon-shaped ravioli), knödl (bread dumplings), yellow polenta with venison, and aromatic, herb-flavoured grappa. Among the traditional sweet treats are a sweet omelette with mountain cranberry jam, apple fritters, strudel, brazorà (bread sprinkled with granulated sugar), fartaia (an egg-based dish) and deep-fried carafoi. To tickle the palate, all these delicious dishes are served in Cortina’s many elegant restaurants and cozy, welcoming traditional mountain refuges (known as malghe).

CORTINA... SIX IN ONE... ON A MOUNTAIN OF JOY

Cortina is six districts in one, the Sestieri di Ampezzo, each with its own church crammed with original art treasures. The borders were fixed in the early 20th Century based on the water courses: Alverà, Azon, Cadin, Chiave, Cortina and Zuèl. The Sestieri organise both a summer and winter “Palio”, a race on foot in summer and on skis in winter, the Carnival floats featuring the traditional folk culture, and open-air food fairs and dinners. The heart and soul of Cortina can be experienced in the magnificent seven-day band festival “Ra Festa de Ra Bandes”, which is held during the last week of August. Over 500 years after the German traveller and pilgrim Friar Felix Faber described it as “locus laetissimus inter montana!” (the most joyous place in the mountains), nothing has changed, Cortina is just the same.
How to get here

**BY CAR**
- **From the North:** from the A22 Modena-Brenner motorway, exit Bressanone then continue along the Val Pusteria main road in the Dobbiaco direction. At Dobbiaco take the Cortina turning. From the SS68 of Dolomiti, cross over the Falzarego Pass from the West or the Tre Croci-Misurina Pass, from the East.
- **From the South:** from Venice, take the A27 motorway, exit Pian di Vedoia then continue along the S55I of Alemagna road.

**BY BUS**
- From Belluno-Calalzo di Cadore on the Dolomitibus line. From Dobbiaco on the SAD line.
- From Venice and Bologna on the Cortina Express and ATVO line.

**BY TRAIN**
- From Venice or Padova, get off at Calalzo di Cadore, then continue by Dolomitibus line bus. In high season there is a direct Rome-Calalzo di Cadore motorail service. From Fortezza-Dobbiaco continue by bus.

**BY AIR**
- The nearest airports are: Venice “Marco Polo” 162km, Treviso “Antonio Canova” 135km, Verona “Catullo” 260km, Innsbruck 165km. Direct shuttle transfers available.
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