

La Perla

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Winter activities in ALTA BADIA

Cross-country skiing

In Alta Badia, you will find 30 km of cross-country ski tracks, surrounded by the Dolomites peaks. Cross-country skiing, probably the oldest sporting discipline on skis, is an elegant and healthy type of sport which can be learned easily by people of all ages.

Horse riding and equestrian centers

Horses and horse riding are among the great passions of Alta Badia. In Alta Badia equestrian traditions are very strong. Horses have always been part of the history of the valley and they still play an important role: faithful companions at work and in competitions and parades.

Ice skating

Ice skating is fun and easy to learn. It is a mixture of dance and sport that helps you tone up and burn calories in a short time even as an amateur. At the ice stadium in Corvara you can skate until late in the evening with the "Ice Disco Dance", a sort of on-ice disco where you can dance-skate while listening to the latest hits.

Indoor climbing wall & boulder

In Alta Badia, surrounded by the majestic peaks of the Dolomites, we love to climb. Since in winter there is plenty of snow climbing outdoors is usually not possible. The indoor climbing and bouldering wall provide an ideal training opportunity.

Skating Sompunt lake

The idyllic Sompunt lake freezes in winter and becomes a skating rink. A magical winter landscape surrounds the small lake where you can skating and curling during the day and in the evening. Skates and curling stones can be rented at the lake.

Ski touring in the Dolomites

During a ski tour in Alta Badia, you can experience the nature in an especially intense way. During a ski tour in Alta Badia, you can get to know the Dolomites winter world from its most stunning perspective: from above. Using skins on the undersides of the skis, you get to the top of the mountains and traverse fascinating winter landscapes.



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Sledge riding

Spinning down the slopes at what feels like a million miles an hour is a great experience for both adults and children. There are many fun sledging opportunities in Alta Badia.

Snowboarding

Since the 1980s Alta Badia has been a meeting point for snowboarders. The sunny slopes in the extensive skiing region are perfectly suited for pro-borders, but also for snowboarding beginners.

Snowshoes hiking

In winter the Dolomites and Alta Badia have a very special magic. The snow-covered scenery, the deep blue sky and the quiet ambience of the forests transform the villages in a fairytale landscape.

Snowshoeing offers the best way to get to know some of the most beautiful spots in Alta Badia.

Hiking with snowshoes might feel cumbersome in the beginning, but soon you will get the hang of it and have lots of fun.

Tennis

In the tennis hall in Corvara you can play tennis also in winter. The hall has two plastic granules courts. Who wants can also book tennis lessons.

Winter hiking

Live the Dolomites in winter walking through enchanted landscapes

While hiking through snow-covered meadows and forests, hustle and stress are forgotten in a few minutes.



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Summer activities in ALTA BADIA

Biotope lake

The biotope-relaxing zone in Corvara is frequently visited by young and adult guests that appreciated the three ponds, a lawn with showers, a bar with restaurant and a children's playground. The small lakes are divided into pond, children's pool and regeneration pond, which was built separately, to ensure the protection of the regeneration zone during bathing season. The pond is purified mechanically, but most of all biologically.

E-Bike

An E-bike tour is the easiest and most natural way to discover Alta Badia and its Dolomite landscape. In summer, from June to September, you can rent the latest e-bikes from the rental points on Mount Col Alt, Piz La Ila, Piz Sorega and at the tourism association offices in Corvara, La Villa and La Val at the end of the day, drop them off at one of these stations - which ever one is most convenient for you.

Fishing

In the Gadera River and Rio San Cassiano from the 1 May to the 30 September fishing is permitted. The license is issued by the tourist offices of La Villa, San Cassiano and Badia.

Golf

The South Tyrolean Alpine Golf Course Tranrüs in Corvara, 9 holes - PAR 72, is at 1700 meters above sea level, one of the highest golf courses in Europe and offers ideal playing conditions from June to October. In the "Tranrüs" golf lovers can enjoy a unique alpine golf experience surrounded by magnificent Dolomites peaks, in an incomparable green countryside.

Hiking

The vast hiking area around Alta Badia includes more than 400 km (249 miles) of carefully groomed and perfectly signposted hiking trails on elevations between 1,200 and 3,250 meters (3,937 - 10,662 ft). Its central location makes Alta Badia the ideal starting point for many legendary mountain tours in the Dolomites. Marco and Linda, our local mountain experts, are happy to help our hotel guests every day, taking them on simple walks, or more difficult excursions. This service is offered complimentary to all our hotel guests.



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Horse riding and equestrian centers

All those who spend their holidays in Alta Badia and love to be in close contact with animals should try horse riding on the most beautiful paths in Val Badia. Thanks to the famous Haflinger horses, a very docile race and characterised by the long blond mane, horse riding is very popular in South Tyrol. These horses are also ideal for beginners.

Mountain bike

Alta Badia offers the best conditions for mountain biking, and many stunning tours await you in the heart of the Dolomites. Take advantage of experienced local guides or discover for yourself the challenging climbs and dizzying descents as well as experience the pure adrenaline that over 80 km of off-road trails of the Sellaronda have to offer! In addition, bikers can take advantage of the numerous lifts, which take you directly to beautiful summits from where you can enjoy fascinating rides in the summer.

Mountain bike holidays in Alta Badia in South Tyrol mean that each day will bring you new adventures and excitement in the heart of the Dolomites.

Movimënt recreational parks

Nordic walking and Kneipp therapy with a view of Marmolada glacier. Work your muscles surrounded by blooming alpine meadows. Alta Badia presents Movimënt, the most novel fitness center in the Alps. Various sporting activities await you at two particularly pretty outlook points on the high plateau between Corvara, La Villa and San Cassiano - a treat for body and soul. In the Movimënt Parks, one can, surrounded by alpine meadows, undergo Kneipp therapy, work one's muscles at the various fitness stations, or test one's coordination at special machines. The high plateau's terrain is perfect for Nordic walking or jogging. Since the fitness parks are located at roughly 2,000 metres (6,561 ft) above sea level, the training effect is further increased. It is up to you which paths and facilities you use and how intensely you work out.

Paragliding

See the Dolomites from above: a dream that can come true with a paragliding flight, of course with an expert!

Road bike Pinarello

South Tyrol and Alta Badia are already well known to road bicycle racers in Italy and abroad. Giro d'Italia, Maratona dles Dolomites or Transalp are the names that spring to mind. The hairpin bends and high Dolomite passes provide ideal training conditions for road racers and guarantee pure riding fun. La Perla is the right destination for all, which has to do with the **Leading Bike** project, as conceived to respond to cyclists searching for something truly special, and yet which can be a shared experience with family and friends. Our technical partner **inGamba** will take care of every necessary detail. All aspects of bike rental and maintenance, cleaning, and setting up for your perfect day out are taken care of and we also pay



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particular attention to the nutritional offer and provision of suitable meals and packs to make your stay a happy and healthy one.

Rock climbing and boulder

South Tyrol offers a well-developed network of hiking and mountain trails and numerous via ferrata, climbing tours and climbing parks. The Dolomites in and around Alta Badia, a UNESCO World Heritage Site, are a challenge not to be missed for rock climbing and mountaineering. Vertical rock faces and steep towers guarantee pure climbing fun. The Dolomite climbing terrain has many faces. Here, every climber will find a suitable tour, no matter if you are a beginner or experienced mountaineer. The Tre Cime di Lavaredo, the Rosengarten, the Sella towers and Mount Kreuzkofel are legendary and are on Reinhold Messner's list of first ascents. In addition, when a climbing tour ends, the next one is already calling. South Tyrol offers more than 100 climbing parks and more than 1,000 climbing tours. Perfect for training are also the artificial climbing walls in our region, such as the outdoor climbing wall in Corvara or the indoor climbing wall and boulder in San Cassiano.

Sport fields

If you are keen on a sports match with friends, you can find football, volleyball and basketball fields in Alta Badia. In addition, Alta Badia offers a bocce court, a skate park and an athletics track.

Tennis

For tennis, players there are various outdoor playgrounds in the summer and a tennis hall in Corvara with two acrylic courts. If you wish, you can also book a private tennis lessons with a tennis instructor

Zipline

An explosion of adrenaline on the biggest Zipline in Europe! Yes, the name Adrenaline could not be more appropriate. Zipline is the name of this extreme adventure which frames the excitement of a thrilling flight within a breathtaking backdrop, immersed in the green heart of the Dolomites, fastened to a cable 100 meters high, sliding speedily towards the valley, with the wind in your hair and your heartbeat going off the scale! The most panoramic journey in Europe nestled within the Dolomites in one of the most sought-after locations in the world for landscapes and nature parks. San Vigilio di Marebbe, an oasis of unspoilt nature: immersed within it you will experience a unique and unforgettable sense of excitement as you face up to a drop of a good 400 metres over 3 kilometres, the steepest in the world!

