

# La Perla

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CORVARA

## 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.

