**Dolomiti passo dopo passo - 3 giorni**

**Dolomites step by step – 3 days**

**1st Day: Trento – Val di Fiemme – Val di Fassa**

Arrival at **Trento**, at the first places for quality of life and of location between the Italian cities, rich with art and history and a perfect place for the starting to discover Trentino.

Founded by the Celtic population it was taken by the romans and called “**Tridentum**”. The Austrian-hungarian domination realized different works like the construction of the railway station of Brennero. The special autonomy has contribuited in making of Trento one important centre of administration and commercial.

Visit of the Duomo’s square where there you can see wonderful noble palaces with fresco like “Case Cazuffi-Rella”. Here there is the roman Duomo of San Vigilio, where were held all the formal appointments of the Trento’s Council. The Duomo, together with the palace Pretorio and the crenellated tower Vanga from XIII century are creating a spectacular complex which dominate the square, decorated also with fountain of Nettuno from the eighteenth-century. Spectacle for the eyes is also the Castle of Buonconsiglio, composed of one series of buildings from different era and once residence of the Trento’s bishops, today hosts many museums.

Proceeding the tour towards Val di Fiemme…the “**forest of the violins**”: here the fir tree is the prime matter of the luthier teachers, that long time ago were carried until here in Cremona(homeland of violins) to buy the finest wood, transforming it later in musical instruments of rare perfection, from here the name of the forest. It has been told that Stradivari personally was moving in the **Paneveggio’s forest** to search the most suitable wood for the creation of his violins: many-centuried red fir trees which wood, thanks to its particular “resonance”, was ideal for the construction of the harmonic cases that obtained the maximum of musicality.

Passing to **Canazei**, one of the most famous places in the Dolomites situated in the splendid scenery of the Sella’s group, of Sassolungo and of Marmolada. With its 1465 m ASL enters between the thirty highest Italian communities, is considered the capital of the winter sports in Val di Fassa. The citizens of Canazei were told “Pazedins” referring to the **pazeida** a recipient of wood used for making the pastaof[***cajoncìe***](https://www.canazei.com/it/Piatti-Tipici-Fassani), of ravioli refilled, once the most delicious dish and now a typical food very appreciated. Because of this, the citizens of Canazei were considered people of good taste.

Accomodation in hotel in zone of Cavalese, dinner and overnight.

**2nd Day: Passo Sella, Val Gardena and Lake of Carezza**

A day dedicated to a tour by bus long one of the most beautiful paths of the Dolomities. **Passo Sella** connects Val di Fassa and Val Gardena,one of the most famous crossing of the Dolomities, dominated by the splendid Towers of Sella and by the barrier of Mesules: unforgettable the panoramic view to the group of Sassolungo. The pass Sella is one of the most desirable goal of the cyclists from all around the world, it was several times climbed by *Giro d’Italia* and represents one of the legendary steps that are tied with the events of the strongest cyclists from all times. Proceeding to Val Gardena with the picturesque centers of Selva di **Val Gardena**, Santa Cristina; a break for the visit of **Ortisei**, gracious capital situated in one wide valley limitated from ample forests and renowned for the artistic and artisan carving of wood. The valley is officially trilingual, and all the denominations are reported in Italian, Latin and German. Continuation of the journey with a break in one restaurant for lunch. The gastronomic specialties in these villages are fruit of one tradition preserved by generations and generations. Today also are served the typical “Crafucins”( Schlutzkrapfen, ravioli filed with spinach) or the “Puessl” (Schmarrendi mele, a broken sweet omellett). You can’t miss the speck of Alto Adige, with the crunchy Schüttelbrot and grey cheese (Graukäse) or the malga, with radishes, chives and pickled cucumbers.

Through the **Val d’Ega**, which net of a path in the pure nature is 500km, you can climb to the Passo of Costalunga situated between the group of Latemare and Catinaccio. In these places the nocturnal sky is one of the most beautiful of Italy, because here the light pollution does not exist. Long the pats we make a break for admire the suggestive Lake of Carezza, known also like “Lake of the Rainbow”, which surrounded by pine forest, represents the classic “postcard of Dolomites” with its green water in which you can see the grey light of the rocks reflected in a shape of reeds of Latemar.

A legend: in the **lake of Carezza** used to live one beautiful nymph, and one magician named Masare’ was desperately in love with her. In order to seduce her, the witch Lanwerda advised him to change himself into jewelry merchant and with the precious stones to create a rainbow from **Catinaccio** to **Latemar**. The magician followed her instructions, but forgot to change himself: so the beautiful nymph discovered the trap and forever disappeared in the lake. The magician, out of his mind threw all of the jewels that were creating the rainbow into the water: that’ why even today the lake reflects a thousands of colors.

Return in the hotel for dinner and overnight.

**3rd Day: Cavalese – Moena – Passo San Pellegrino – Belluno**

Departure to **Belluno** following the path through **Moena**, which nickname is “fairy of the Dolomites”, exactly on the border between the valleys Fiemme and Fassa. The **Passo San Pellegrino** is next, an important touristic station on the majestic massive of Civetta and the interesting touristic localities of Falcade and Agordo.

Belluno, crossed by the river Piave is the most important “door of the Dolomites” and in the same time an open window to the plain of Veneto; it is surrounded by a splendid crown of mountain hills that are hugging her, on the south with the profiles of the Prealpi of Nevegal, on the north with the imposing mount Serva and the rock walls of the Schiara’s group. The splendid Dolomites are declared patrimony of UNESCO.

Belluno represents a typical aspect of the Venetian citizens, with streets flanked of gothic and Renaissance houses, often portico, and squares with fountains. On the main square the Duomo entitled to San Martino, the Palace of the Rettori and the civic tower. Near by there is also the Market Square, surrounded by porticos buildings of the Renaissance, with the beautiful gothic fountain of San Lucano. From here starts street Mezzaterra, the principal board of the antique centre, flanked with monumental buildings. We also recommend the Museum of the 7th Alpine regiment, with its seat inside the barracks Salsa.

Return at home.