PRESS RELEASE

**ALTA BADIA**

**A SEASON END WITH ECUILIBER AT ITS HEART**

**Ecuiliber is born, a new event taking place from March 13th to 16th, aimed at those who want to experience activities focused on enhancing their psycho-physical well-being. At the end of the season, the great classics return: Roda dles saus, Wine Skisafari, and the Ski Carousel Vintage Party.**

**Alta Badia (South Tyrolean Dolomites/Italy)** – With Ecuiliber, the new event for the 2024/25 winter season, Alta Badia is ready to host four days filled with unique experiences that combine sports, nature, and wellbeing, offering participants engaging activities set in the extraordinary UNESCO World Heritage Dolomites landscape.

Thursday, March 13th kicks off with an introduction to Nordic Yoga, an experience that combines yoga and cross-country skiing for physical and mental well-being, integrating body awareness and sports technique. This activity will take place at the Cross-country skiing centre Alta Badia. The day continues with "Racconti dalle montagne", a meeting with mountaineer Hervé Barmasse at the Corvara event hall, where the audience will have the chance to hear about his extraordinary mountaineering adventures. The talk will be hold in Italian. On Friday, March 14th, the excitement of the Dolomites at dawn will be the highlight with a ski mountaineering excursion to the Prati di Camera, led by Hervé Barmasse and local alpine guides. A unique opportunity to approach this discipline while enjoying the magic of the first light of day at high altitude. Also on Friday, March 14th, Corvara will host the Sellaronda Skimarathon, one of the most anticipated events for ski mountaineering enthusiasts.

Saturday, March 15th features two unmissable appointments focused on wellbeing and creativity. The day starts with a walk guided by expert botanist Helga, who will lead participants in discovering the properties of local plants around the L’Tamá mountain hut in Badia. In the afternoon, at the La Raisc restaurant in Armentarola, chef and ski instructor Davide Crazzolara will hold a workshop on how to prepare homemade energy bars, combining taste and health. On Sunday, March 16th, adventure lovers can try their hand at ice climbing at the Sas Dlacia waterfalls. Guided by experts, participants will approach this discipline in a spectacular natural setting, challenging themselves in total safety.

The registration for the various activities is mandatory and can be done online at [www.altabadia.org](http://www.altabadia.org) or at the Alta Badia information offices.

OTHER END-OF-SEASON EVENTS

**SOMMELIER ON THE SLOPES**

Discovering the finest wines from South Tyrol becomes a unique experience that combines skiing with tastings, thanks to the Sommelier on the slopes initiative. The purpose of the events, scheduled for March 11 and 18, and April ), is to highlight the combination of skiing with the region's exceptional products. The initiative features fantastic skiing sessions on the slopes of Alta Badia paired with tastings of some of South Tyrol’s most prized wines. Participants will be accompanied by a ski instructor as well as a professional sommelier. The cost for the tastings, including ski guide, is €40.00 per person. Reservations must be made at the tourist offices in Alta Badia, or online at www.altabadia.org. The tastings will take place at the following mountain huts: Ütia Bioch, Club Moritzino, Ütia I Tablá, Ütia Las Vegas Lodge, and Ütia Pic Pré. The events are organized in collaboration with the South Tyrol Wine Consortium and the South Tyrol Sommelier Association.

**RODA DLES SAUS: LADIN CUISINE ON THE SLOPES**

This winter, Roda dles Saus returns: the week from March 16 to 23 will be dedicated to Ladin cuisine and culture in the Skitour La Crusc ski area. Skiing from hut to hut, you can savor dishes that originate in the heart of the Dolomites, paired with the finest South Tyrolean wines. Ladin cuisine, known for its simplicity and authenticity, is the focus at the huts within the Skitour La Crusc area. Each hut specializes in preparing a traditional Ladin dish, following grandmother’s recipes to the letter.

**WINE SKISAFARI: THE WINE SAFARI ON SKIS**

The event on Sunday, March 23, brings the best South Tyrolean wines to high altitudes for an exclusive tasting, which will take place from 10 AM to 3:30 PM at the Piz Arlara, Bioch, I Tablà, and Pralongiá mountain huts. For wine enthusiasts, this is a delightful ski journey discovering the rich variety of local wines, all accompanied by live music at each hut. The event is organized by Alta Badia Brand, in collaboration with IDM South Tyrol and with the support of the South Tyrol Wine Consortium.

Tickets for the wine tasting are available for €35.00, and can be purchased directly at the participating huts or online at [www.altabadia.org](http://www.altabadia.org). A brochure with details is available at Alta Badia tourist offices. Skiing with caution is advised.

**THE SKICAROUSEL VINTAGE PARTY: THE WINTER SEASON IN ALTA BADIA ENDS IN RETRO STYLE ON 5 AND 6 APRIL**

To close the 2024/25 winter season on a festive note, Alta Badia is planning an original retro-style event. On Saturday 5 and Sunday 6 April, the atmosphere of a ski resort from several decades ago will be recreated both in the valley and on the ski slopes. Thanks to the collaboration with the various mountain huts, which will be presenting traditional local dishes on their menus, an atmosphere of skiing from bygone days will be created at 2000m. The refuges will choose the vintage period they prefer, giving the venue a congruous atmosphere both in the setting and in the choice of music. Saturday evening will continue in the village of La Villa. On Sunday, however, skiers will compete in a vintage ski race at the La Para slope, where one of the last ski lifts is still in operation. Anyone can take part in the obstacle race, provided that the skis used are not carving, but old skis. Registration can be done directly on site, on the day of the race. Participants will be asked to wear retro ski clothing and equipment throughout the whole weekend with the aim of creating a 'vintage' ambience throughout the ski resort. The event is a collaboration between Alta Badia Brand and the Skicarosello Consortium.

**For further information:** Alta Badia Tourist Information Offices – [www.altabadia.org](http://www.altabadia.org) – Phone: +39 0471/836176-847037 – Email: info@altabadia.org

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