PRESS RELEASE

**ALTA BADIA**

**NOS LADINS – WE LADINS**

**AN AUTHENTIC JOURNEY THROUGH LOCAL CULTURE AND TRADITIONS**

**Alta Badia, located in the heart of the Dolomites, a UNESCO World Heritage site, is an authentic territory deeply connected to a culture and millennia-old traditions that define the Ladin people, the inhabitants of these lands. The Nos Ladins – We Ladins project aims to bring visitors closer to these roots by offering an immersive experience of the local way of life. There is no better guide to reveal the true essence of this place than those who were born and raised here.**

**Alta Badia (South Tyrolean Dolomites-Italy) –** Winter provides unique opportunities to directly experience the places, people, and ways of life typical of the Ladin community. In this context, the highly anticipated events of Nos Ladins – We Ladins are returning, allowing visitors to spend a few hours as a true “local.” The undeniable protagonists of this project share a deep, innate passion for the places where they were born and raised. No one can convey these experiences more vividly than those who live here. Spending time with a young baker, a craftsman, a crochet enthusiast, a telemark instructor, or a cross-country skiing teacher creates unforgettable memories for those participating in the Nos Ladins – We Ladins activities.

**These are the appointments not to be missed during the winter season 2024/25:**

**NEW: THE BAKER - HOW BEAUTIFUL IT IS TO HAVE YOUR HANDS IN THE DOUGH**

Michele learned the art of baking while having fun as a child in his father's bakery. Now that he has grown up, that play has transformed into a true profession. Together with him, participants in Nos Ladins – We Ladins will have the opportunity to learn how to make cookies (January 15) and dumplings (February 12), as well as be enchanted by the art of preparing authentic strudel (March 12). There’s no better way to get a detailed explanation of each recipe so that you can recreate these dishes at home once your vacation is over.

**NEW: LADIN AND CRAFTSMANSHIP – A WORLD TO DISCOVER**

In Alta Badia, there is more than just ski slopes, cozy mountain huts, and enchanting mountains. There is also a somewhat hidden yet very creative reality made up of people who cut, glue, saw, create, and develop with genuine Ladin craftsmanship, waiting to be discovered. Participating in the events with Daniel is like taking a journey into the company that has been creating the medals for the Maratona dles Dolomites-Enel for three years, using only local materials such as hay and flowers. The events are scheduled for December 19, January 8, and February 20 at 14.00.

**NEW: THE ART OF CROCHET**

Gemma is originally from Spain, but she has lived in Alta Badia for many years, where she has created her family... and she speaks Ladin as if she were born here. Besides being a mom, she organizes weddings and dedicates herself to her passion for crochet, which in her hands resembles the bow of a violin. During the scheduled events on December 12, January 22, February 6, and March 19, from 9.00 to 11.00, Gemma will share her passion with participants, allowing them to get creative with colorful yarns and crochet hooks.

**CROSS-COUNTRY, IT'S ALWAYS SKIING**

Cross-country skiing is not only a sporting activity, but also a beneficial discipline for body and mind. Egon, director of the Alta Badia Cross-Country Ski School, which was founded 30 years ago, will give those curious about this discipline the opportunity to spend two exciting hours, with a visit to the new cross-country centre. In addition, together with Egon, they will discover cross-country skiing-related activities, such as biathlon. Appointments are on 23 December, 6 January, 17 February and 3 March, always from 13.30 to 15.30.

**TELEMARK WITHOUT SECRETS**

Telemark skiing is an elegant and sinuous discipline. Arthur discovered it in 1995 together with a group of friends. After years of experience and countless courses to perfect his technique, he is now a true telemark master and is ready to pass on this passion like a true insider. Lessons with Arthur as part of Nos Ladins-We Ladins, are scheduled for 11 December and 26 March from 14.00 to 17.00.

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

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