

ĀMAN
ROSA ALPINA

Summer & Autumn
Experience Guide



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The Aman Rosa Alpina Experience

Spectacular natural scenery extends in every direction from Aman Rosa Alpina, which lies at the heart of the majestic Dolomites in the village of San Cassiano. In summer and autumn, the resort serves as the perfect base for exploring the Dolomites in the sunshine, whether hiking, cycling, paragliding or simply picnicking. Even as the larch forests turn golden in their autumn finery, the mountains beckon with spectacular sunrises.

Drawing on long-standing relationships with local experts, Aman Rosa Alpina tailors personalised itineraries for guests, which can include bespoke activities, helicopter tours and culinary journeys, as well as seasonal experiences at the Pizzinini Family's private mountain huts. Meet with our experience team shortly after arrival to learn more about the area and discuss itineraries. This creative approach guarantees a fulfilling one-of-a-kind stay for every guest. To find out more about the possibilities on offer, read on, or contact the Aman Rosa Alpina Experience team to create a custom itinerary. Advanced reservations are encouraged.



Mountain Activities

The Dolomites diverse landscape, with its jagged peaks, emerald-green meadows, peaceful valleys and idyllic villages, is a veritable playground for outdoor enthusiasts. Hike, climb or cycle in complete seclusion and enjoy the rich, untouched landscapes that surround.



Road Cycling

Home to some of the world's best road and mountain biking trails, the Dolomites also hosts the annual Maratona dles Dolomites road bicycle race each July. Famed climbs such as Passo Giau, Passo di Pordoi, the Marmolada, Passo Gardena and Passo di Campolongo, to name just a few, have tested the strength and stamina of the world's fittest cyclists and inspired some of the most legendary stages of the Giro d'Italia.

Sella Ronda Bike Day

Taking place twice a year, in June and September, the Sella Ronda Bike Day allows cyclists to experience the beautiful open roads and passes around the Sella Group (Sella, Gardena, Pordoi and Campolongo) free from vehicles. From 8.30am to 3.30pm, birdsong and the sound of spinning wheels are all you will hear as you enjoy the spectacular scenery from your saddle.

Maratona dles Dolomites

The Maratona dles Dolomites covers seven mountain passes in the Dolomites in a single day. Open to amateur cyclists, the Maratona is one of the biggest Italian Granfondo bicycle races. Reservations are necessary and must be made well in advance.



Mountain Biking

Aman Rosa Alpina offers three-hour, half- and full-day tours starting from the hotel. Certain to invigorate even the most experienced of riders, e-bikes are also available, allowing cyclists of mixed abilities to ride together and expand their cycle touring possibilities.



Hiking

Hiking is the perfect way to experience the beauty of the Dolomites. Families and casual walkers will enjoy strolling through the sunny Armentarola and Stores Meadows, and along the Larch and Meditation Trails. Those who prefer longer hikes will appreciate Fanes-Sennes-Braies Natural Park and Lagazuoi Mountain.

Aman Rosa Alpina's expert team of hand-picked guides can tailor hikes to fitness level and age, and children receive a mini hiking backpack, a magnifying glass to study insects and a notebook in which to highlight their discoveries.



Climbing

Offering some of the finest and most exciting climbing terrain in the world, the Dolomites are best explored with a professional mountain guide. Whether you wish to work your way through the multiple graded routes, or try your hand at via ferrata, Aman Rosa Alpina can arrange an experienced mountain guide to show you the ropes. These highly trained professionals guide climbers along trails and mountain routes, as well as on glaciers and down steep couloirs. As members of the International Federation of Mountain Guides, they are trained in emergency procedures for all mountain activities and will ensure the finest and safest climbing experience possible.

Via Ferrata

A climbing route equipped with metal cables, iron steps and ladders, designed to help climbers scale mountain walls safely, the term ‘via ferrata’ literally means ‘iron road’ and these protected paths follow the natural contours of the Dolomite cliffs. They allow you to climb with confidence, as the metal infrastructure ensures a secure and exciting experience. Via ferrata routes vary in difficulty, ranging from easy to extremely challenging, with plenty of options in between. Our expert guide will discuss the available routes with you, and together you’ll decide which one suits your abilities and adventure level for the day. A scenic drive will take you to the starting point of the via ferrata, where you’ll be provided with a helmet and a via ferrata kit. In the morning, meet your private English-speaking guide in the hotel lobby and set off on an exhilarating mountain adventure.



Sky Running

Founded in 1992, the International Skyrunning Federation defines the sport as “running in the mountains above 2,000 metres where climbs do not exceed Grade 2 and the incline is over 30%”. To put it simply: Skyrunners run on mountains that are incredibly steep but do not require technical rock climbing. The suggested trails below do not all lead above 2,000-metre altitude and incline over 30%, but they will take runners into mountain goat terrain where the earth touches the sky for sure.

Dolomites WWI History Tour

Exploring the Frontlines of the Dolomite Mountains, step back in time and immerse yourself in the history of the Dolomite Front, a key battleground during World War I. The Great War in the Dolomites, fought primarily between Italian and Austro-Hungarian forces from 1915 to 1918, transformed the stunning alpine landscape into a battleground. This region, known for its breathtaking peaks and picturesque valleys, witnessed ferocious battles and the establishment of intricate trench systems, as soldiers navigated the harsh and rugged terrain. The war left a lasting impact on the local communities, altering demographics and cultural identities while also prompting the preservation of numerous historical sites that commemorate the sacrifices made during

this tumultuous period. Today you will still encounter a network of trenches, fortifications and bunkers that were used by soldiers during the war. These structures, many of which have been meticulously restored, offer an unforgettable look at the harsh conditions and strategic importance of this mountain front. Today, the Dolomites stand not only as a natural wonder but also as a testament to the resilience of those who fought there. This unique tour offers an in-depth exploration of the Dolomites’ war areas taking you through sections of the well-maintained military pathways, providing an evocative sense of what life was like for soldiers living and fighting in such extreme conditions. In the morning, meet your private English-speaking guide in the hotel lobby and embark.



Sunrise Hike in the Dolomites

Start your day with the unforgettable beauty of a sunrise hike in the Dolomites, where you'll witness the first light of day casting a golden glow over the rugged peaks and serene valleys of this UNESCO World Heritage site. This early morning adventure offers a unique opportunity to experience the Dolomites at their most tranquil and inspiring – while the mountains are still cloaked in the quiet magic of dawn. As the first light begins to break over the horizon, you'll start your ascent, following a well-marked path that meanders through alpine meadows, pine forests and rocky outcrops. The cool morning air and the peaceful surroundings set the tone for a truly meditative experience. As you gain elevation, the rugged beauty of the Dolomites unfolds around you. The jagged peaks are bathed in soft, warm light, casting long shadows and creating a surreal, almost

otherworldly landscape. The early morning fog in the valleys below, the crisp alpine air and the chorus of birds waking up to greet the day make this hike a truly sensory experience. Reaching the summit, you'll be rewarded with panoramic views that are second to none. The sight of the Dolomites bathed in the golden light of sunrise is an experience that words cannot fully capture. This quiet, serene time in the mountains allows you to connect deeply with the landscape and nature, creating memories that will stay with you long after the hike ends.

Very early in the morning, meet your private English-speaking guide in the hotel lobby and begin your journey with a pre-dawn transfer to the trailhead. From there, enjoy each step.

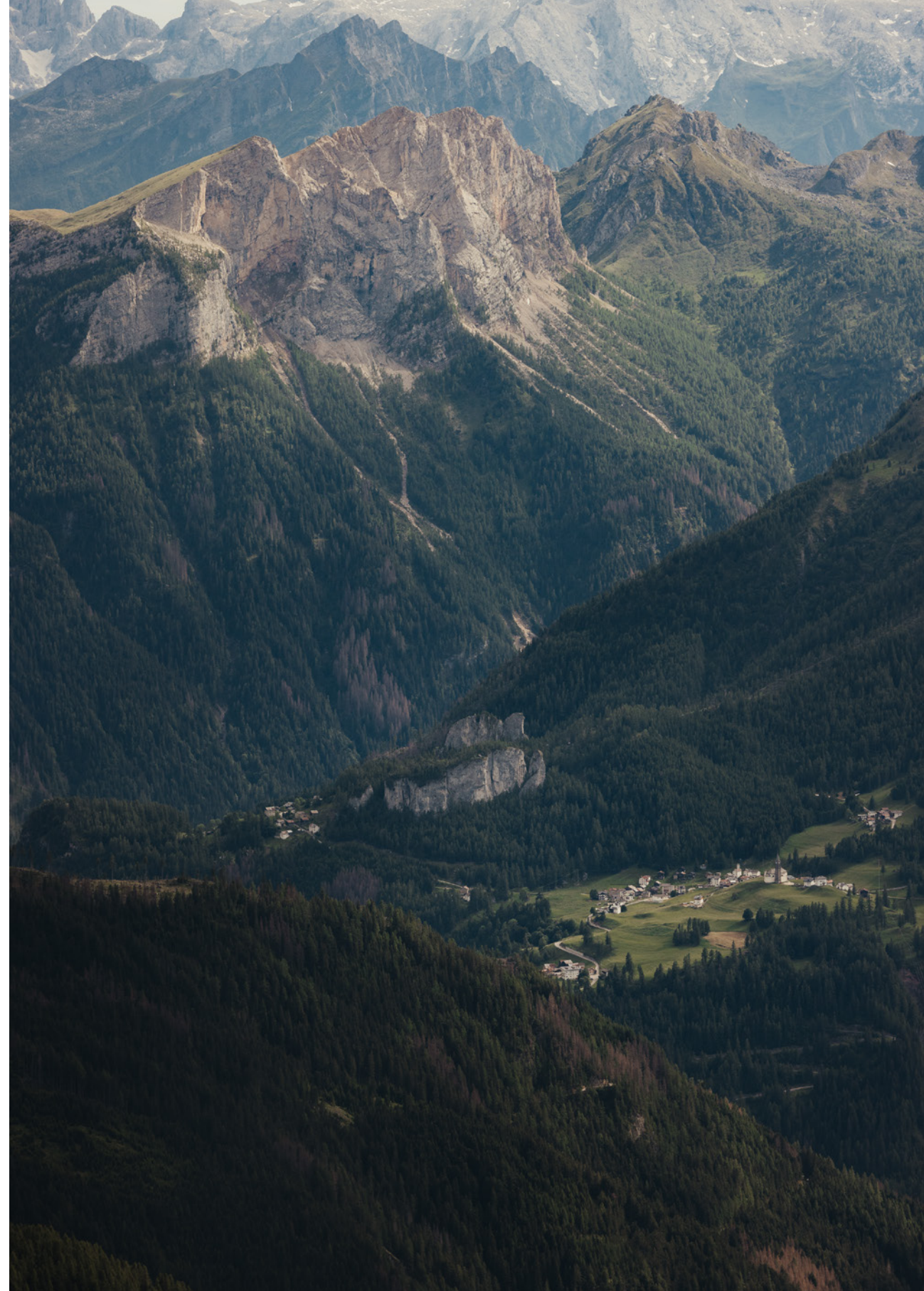


Adventures by Air

Viewing this incredible landscape from the air is an inspiring way to discover the immense breadth and scale of the Dolomites. Aman Rosa Alpina works closely with the area's best pilots to offer a range of helicopter tours taking in the region's most spectacular natural attractions. Flights depart from a helipad just three minutes by car from the resort, and tours can include breakfast or lunch at a local rifugio.

Panoramic Helicopter Flight Over the Dolomites

Soar above the jagged peaks, lush valleys and alpine meadows of one of the most iconic mountain ranges in the world. Your adventure begins as you board the helicopter, where you'll be treated to a safety briefing from your experienced pilot before taking off. As the helicopter ascends, the breathtaking beauty of the Dolomites unfolds beneath you. From the air, you'll see the dramatic spires and cliffs and other breathtaking landmarks, giving you an eagle's-eye view of the Dolomites' most famous peaks and hidden gems. The ever-changing scenery, from rocky ridges to serene alpine lakes, offers a rare and awe-inspiring perspective that can only be experienced from the sky. Whether you're a photography enthusiast, an adventure seeker or simply someone who wants to see the Dolomites in a truly extraordinary way, this helicopter tour will leave you with memories to last a lifetime.



Family Activities

Alta Badia offers a world of activities for children, allowing them freedom outside in the fresh air and the opportunity to climb, run around and learn more about this unique part of Europe.

Local Parks

The region's parks can be accessed on foot via grippy logging roads, or more comfortably via chair lift or gondola. The parks at Piz Sorega and Piz La Ila are equipped with climbing walls, zip lines, giant trampolines and caves, while in Spaghetino Park at Pralongià, children and parents can find out more about the fauna of the Dolomites. To get to the fitness parcours, we recommend the Alta Badia Summer Card. The pass allows adults and children to use all the lifts and gondolas operating in summer in Alta Badia.

Fossil Hunting

Since ancient times, shepherds and farmers in the Dolomites have found strange rocks in their pastures and fields. But it wasn't until the 19th century that the fossils of ancient sea creatures would be recognised as evidence that the Dolomites, like Venus, the ancient goddess of beauty, were born out from the sea in the geological past. Today, it is easy to spot ancient reefs and marine sediment, and fossils can often be found. Families can also visit the fossilised bones of a prehistoric bear, *Ursus Ladonicus*, in the museum opposite to the San Cassiano church. Our team can provide you with a family activity guide.



Golf

From June to October, golf lovers can enjoy a quiet game on the new nine-hole, par 72 golf course just a few kilometres from the centre of Corvara. At an altitude of 1,700 metres, the course offers spectacular views but is not too tiring, with a height differential of only 45 metres. The layout of the holes, following the gentle reliefs, makes for an entertaining and creative game. The simple wooden clubhouse offers changing rooms and showers. There is also a putting green, a practice green and two professional assistants. Aman Rosa Alpina guests enjoy a 20% reduction on the green fee.

Museum Ladin *Ursus Ladonicus*

Don't miss the chance to visit this fascinating three-storey museum in the village of San Cassiano. Dedicated to the discovery of the prehistoric bear remains found in the Conturines Cave, it also reveals the origins of the Dolomites. Once you have marvelled over the actual fossilised bear remains, explore a reconstruction of the cave depicting the sleeping bear, and other fossils typical of the region.

Culinary Journeys

Hiking with Private Barbecue

Hike approximately 60 minutes to the top of Sass de Stria (Witches’ Rock), as you admire the sun-gilded mountains all around. The name of the peak comes from the shape of its east face, which esembles a witch’s hat, as well as a local legend that tells of witches living on the grassy slopes around the summit. Descend from Sass de Stria and continue to hike along the crest of Settsass to the Pizzinini family’s private mountain cabin, known as Prè Isti. A barbecue prepared by the Aman Rosa Alpina team will reward all your efforts. In the late afternoon hike back down to San Cassiano or return by gondola.

A Journey of Distinction: Spirits & Cigars

In Aman Rosa Alpina’s sumptuous Cigar Lounge two guided tasting experiences bring together aged spirits and premium cigars. Designed for both connoisseurs and the curious, The Whiskey World Tour and The Americas Rum Journey showcase fine flavour combinations in informative yet sensory pairing sessions.

While admiring views across the forest through floor-to-ceiling windows, the world’s finest spirits and cigars are presented with information on their origins, artisanal production methods and aroma analysis.

Pizza Masterclass

Embark on a hands-on culinary journey that celebrates the art of authentic Italian pizza. Available daily, from 3-5.30pm, this masterclass commences with a welcome drink. Guided by our expert pizzaiolo, explore recipe origins, regional variations and the essentials of dough-making and ingredient selection before creating your very own dough from scratch, learning the importance of kneading, hydration ratios and leavening times.

Top with a curated selection of the finest Italian ingredients including San Marzano tomatoes, artisanal mozzarella, seasonal vegetables and cured meats or opt to enhance the experience with decadent fresh truffle and caviar. Slide your creation into the oven before enjoying your creation, accompanied by a glass of Italian wine or soft drink.

Tips for Enjoying the Mountains

Hike in cooler temperatures

Summer hiking presents heat-related challenges that should not be taken lightly. Plan your departure and return time to facilitate a rest in the shade during the middle of the day. This way, you will make better time and not risk getting heat stroke.

Carry plenty of water

Adequate water intake is critical for a safe and enjoyable trip. When planning a full day’s hike, water should be the heaviest item in your pack.

Eat adequate amounts

Eating enough food will help replace the electrolytes (salts) that you are sweating out. You will need two to three times your normal food intake to meet your energy needs while hiking.

Plan your trip carefully

Always tell someone where you are going and when you will return. Check local weather forecasts and road conditions. Stick to your planned itinerary and check in when you return. It is easy to become disoriented as many landmarks and rock formations look similar. The team at Aman Rosa Alpina are available to offer advice and help plan itineraries.

Dress appropriately

Protect yourself from the elements. Good hiking shoes, loose-fitting, breathable fabrics with UPF protection, a wide-brimmed hat, sunglasses and sunscreen are a must. A high SPF sunscreen should be applied liberally and regularly, as the sun in the mountains is strong.

Book a professional guide

To ensure your safety and get the most out of your mountain experience, while learning more about the region’s history, flora and fauna, it is highly advisable to book one of our professional guides.

Cancellation Policy

We understand that schedules change, and we will do our best to accommodate your needs. Since your activities have been arranged for you alone, we kindly ask you to give a minimum of one day cancellation notice. For cancellations made less than 24 hours before and for no shows, 100% of the total amount will be retained.

AMAN

AMAN ROSA ALPINA

Strada Micura de Rue, 20
39036 San Cassiano in Badia (BZ) – Dolomites, Italy

Tel: +39 0471 849500
Email: amanra.concierge@aman.com

aman.com