

AMAN
ROSA ALPINA

Winter
Experience Guide

Winter Experiences

Amidst the UNESCO-protected Dolomites lies the charming mountain village of San Cassiano, and at its heart, Aman Rosa Alpina. Providing unparalleled access to the Dolomiti Superski, this elegant retreat is also the ideal base for experiencing the region's natural beauty and outdoor pursuits. In the winter season, San Cassiano is transformed into a snowy wonderland. Explore the village and the wider Dolomite region with our series of excursions.

Ski Lift Free Adventures

Without question one of the most dramatic mountain ranges on earth, the Dolomites and their jagged spires have poetically been referred to as 'God's Backyard'. With Mother Nature providing the backdrop, a range of adventurous activities are set to challenge every guest. Aman Rosa Alpina can arrange a plethora of guided tours and experiences, personalising each and every trip.

Winter Hike

Embark on an unforgettable winter hiking adventure, fully immersed in nature's beauty. Equipped with water-repellent shoes, cosy mountain apparel, a cap, gloves, sturdy walking sticks and a rucksack packed with a warm beverage and a tasty snack, you'll be ready to embrace the magic of the season. Breathe in the crisp, fresh air as you traverse serene trails, often without encountering another soul. Strengthen your body, refresh your spirit and marvel at breathtaking vistas along the way. Your journey begins with a warm welcome from your private English-speaking IFMGA guide in the hotel lobby. This guided hike, lasting four-six hours, includes a well-deserved lunch break. For an additional

In addition to our Aman Rosa Alpina Signature Experiences, certain excursions are offered in conjunction with some of the most professional guides in the area, many of which are offered in private settings. Please note that these adventures are subject to changes and cancellations throughout the season. Our dedicated team will communicate these updates.

charge, savour hearty dishes at a charming mountain *rifugio* (mountain refuge) or enjoy a prepared lunch packet amidst the stunning landscape.

Snowshoe Hike

Snowshoeing offers a delightful way to explore snowy landscapes, combining the simplicity of hiking with the magic of winter. By strapping lightweight, racket-like snowshoes to your boots, you'll glide effortlessly across snow-covered terrain without sinking, making every step a joy. Best of all, snowshoeing is accessible to everyone, no experience required. Your adventure begins as you meet your private IFMGA guide in the hotel lobby. Over the course of four-six hours, including a relaxing lunch break, you'll revel in the pristine beauty of this winter wonderland. Enjoy lunch, for an additional charge, at a *rifugio* (mountain refuge) or as part of a packed picnic surrounded by nature. All essential equipment, snowshoes and poles are provided.



Helicopter Sightseeing

Discover the snow-covered splendour of the Dolomites with a panoramic helicopter flight over this UNESCO World Heritage landscape. Soar above jagged, frost-draped peaks, glistening alpine lakes and pristine valleys blanketed in snow, all illuminated by the soft light of winter. Your adventure begins as you board the helicopter and receive a thorough safety briefing from your experienced pilot. Then, take off into the crisp winter air, where the dramatic beauty of the Dolomites unfolds beneath you. From above, you'll marvel at the rugged spires, sheer cliffs and iconic landmarks transformed by winter's touch. The ever-changing scenery, from rocky ridges crowned with snow to serene, untouched white expanses, offers a rare perspective that can only be experienced from the sky. Whether you're a photography enthusiast capturing winter's majesty, an adventure seeker craving a unique experience or simply a lover of natural beauty, this helicopter tour of the Dolomites in winter promises memories you'll treasure.

Ice Climbing

Experience ice climbing in the Dolomites, with a professional mountain guide. With a variety of grades and a large number of routes, Serrai di Sottoguda is an ideal spot for keen ice climbers. A deep slash through the base of Val Pettorina, formed during the Ice Ages as glacial meltwater, gouged down through the rock, Marmolada towers above the gorge, which is so narrow in some places that the walls almost meet.

Ski Touring

Step off the beaten path and embrace the purest form of winter adventure: ski mountaineering. With skins under your skis, ascend secluded peaks and carve your way down untouched mountain slopes, discovering the Dolomites in their most pristine and serene form.

Uphill skiing has been a cornerstone of European ski culture for years, blending fitness and exploration. Whether you're a seasoned skier or a curious beginner, your expert guide will tailor the route to your fitness level and set a comfortable pace. Your journey begins with a meet-up in the hotel lobby alongside your private IFMGA guide. This adventure lasts four-six hours, complete with a well-deserved lunch break at a cosy *rifugio* (mountain refuge) or a packed meal amidst breathtaking scenery. All essential gear, including skis with mountaineering bindings, specialised boots, seal skins, ARTVA and a rucksack, is provided, ensuring you're fully equipped for this winter escapade.

Cross Country Skiing

Try your hand at Cross Country Skiing, a sport that provides full-body exercise while helping to raise self-awareness, reduce stress and improve general health. Aside from the physical benefits, research by the Mayo Clinic credits cross-country skiing with boosting one's ability to think mindfully, lifting one's mood and improving sleep.



Signature Mountain Adventures

Aman Rosa Alpina's Signature Mountain Adventures, combined with exceptional dining and curated adventures – whether it's watching the sun set across the famed Dolomites or dining in cosy mountain huts.

WWI Ski Tour

Combining skiing with history, our WWI Ski Tour follows in the footsteps of the soldiers from more than 110 years ago. The 80 kilometres (50 miles) tour takes you to astonishing mountains and important historical sites. Begin on top of Lagazuoi mountain and descend a 7.5 kilometres scenic run. At the end, try the famous horse drawn people lift and enjoy a leisurely lunch at one of the cosy *rifugios*, serving excellent cuisine nearby.

Skiing Sella Ronda

A plateau-shaped massif rising over 3,000 feet above sea level, spend the day circum-skiing around this naturally beautiful region. The well-connected lifts and superbly prepared slopes will allow you uninterrupted skiing on almost 30 kilometres of ski runs in one single day, never covering the same slope twice. Take in the views of the astonishing mountain range that is the Dolomites on a trip that covers four Dolomite passes.



Culinary Journeys

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.

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