



## Dolomites San Vigilio

# Dolomites UNESCO & Culture

San Vigilio \ La Pli \ Rina  
San Martin \ Antermoia \ Lungiarù





Nature park Fanes-Senes-Braies  
Dolomites UNESCO World Heritage





## Contents

- 1-2 Dolomites UNESCO World Heritage
- 3-4 Nature parks
  - 5 Rules of conduct in the nature park
- 7-8 Nature park house
- 9-12 Flowers and animals
- 13-14 Alpine pastures and alpine inns
- 15-16 Geology, streams and mountain lakes
- 17-18 World of legends of the Fanes
- 19-20 Mountaineering Village Lungiarü
  - 21 "Val di Morins" - Valley of the mills
  - 22 Viles - the hamlets
- 25-26 Ladin language
  - 27 Ladin clothes
- 28-36 Museums and other attractions
  - 37 Top 5 Must do's
  - 38 Church of Pieve di Marebbe
  - 39 Catarina Lanz
  - 40 Brunico
  - 43 Important numbers
  - 44 Guest card holiday pass

# Dolomites

## UNESCO WORLD HERITAGE

In 2009 the Dolomites were declared a World Heritage site by UNESCO. For UNESCO, who are very careful and rigorous in their selection process, the Dolomites are one of the most extraordinary natural phenomena

View from the summit of Piz da Peres,  
in the Nature Park Fanes-Senes-Braies



Their scenic beauty as well as their geological and geomorphological significance have been classified as unique in the world. The preservation of this irreplaceable heritage should be an obligation for all, whether locals or visitors.





# Rugged rock faces & flowering mountain meadows

The area of San Vigilio - San Martin is a paradise of nature. The two municipalities even boast two protected Nature Parks in this UNESCO world heritage site. The Nature parks Puez-Odle and Fanes Senes-Braies are framed by the most beautiful Dolomites landscape and offer many opportunities for nature enthusiasts.





## Fanes-Senes-Braies

- 25.400 ha
- Spread across 6 different municipalities
- Since 2009 part of the UNESCO World Heritage
- Highest summit in the municipality of Marebbe: Piza de Conturines 3,064m
- Nature park house: in San Vigilio
- Special features: lakes and waters around the pastures of Fanes

## Puez-Odle

- 10.100 ha
- Spread across 7 different municipalities
- Since 2009 part of the UNESCO World Heritage
- Highest summit in the municipality of San Martin de Tor: Piza de Pöz 2,913 m
- Nature park house: in Santa Maddalena/Funes
- Special features: all the rock layers of the Dolomites are present in the area

# Rules of conduct in the Nature Parks

- No engines permitted
- Do not leave the marked paths
- Do not leave garbage behind
- Do not pick mushrooms and plants or take home minerals
- Avoid making noise
- Respect huts and fences
- No tents or camping
- No open fires
- Dogs must be kept on leads

Malga Antersasc,  
in the Nature Park Puez-Odle









A photograph of three children, two girls and one boy, looking down at a display case containing animal bones. The child in the foreground is a girl with curly brown hair, wearing a white shirt and a brown watch. She is pointing at a bone. The child next to her is a girl with blonde hair, wearing a grey shirt. The child on the right is a boy with blonde hair, wearing a blue shirt. They are all looking intently at the bones in the display case. The background is dark, and the lighting is focused on the display case.

# NATURE PARK HOUSE FANES-SENESE-BRAIES

NATURAL TREASURES WITHIN REACH

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The Nature Park house San Vigilio is an open window to the Nature Park Fanes-Senes-Braies.

It offers comprehensive information on the formation of the Dolomites, the cave bear of the Conturines, the most important habitats of the Nature Park and the morphology of the protected area. The terrariums and the play corner for children are particularly interesting.





Str. Catarina Lanz 96,  
San Vigilio di Marebbe  
Tel. (+39) 0474 506120

### Guided hikes & activities

Every year the nature park house offers guided hikes for the public. More information can be found in our brochure "Summer activities".

# The variety of flowers and animals



Fresh scents, bright colours, fine flowers: all this can be found on the mountain meadows. Medicinal and poisonous flowers, forage plants and grasses not only attract people, but are also important for insects, farm animals and wild animals. The nature parks offer protection for many animals of the Alpine region, such as chamois, deer, ibex, marmots, eagles and many more.















# Alpine pastures and alpine inns

A large part of the protected zone is covered by alpine pastures and mountain meadows. They are cut once a year. Some are only grazed. Farm animals keep the alpine pastures free of forest and promote the growth of many kind of flowers and plants. In autumn they are accompanied by a shepherd down into the valley during the cattle drive down from the pastures to their winter stables. The most beautiful animals are decorated with magnificent garlands.

Renowned pastures in our area: Fodara Vedla, Senes, Munt de Senes, Pice Fanes, Gran Fanes, Fojedöra, Munt da Rina, Antersasc





## The best catering on the alp

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The best catering in the mountains can be enjoyed in our alpine huts. Especially our Ladin delicacies are best enjoyed on the sun terraces after a beautiful hike.

Individual catering outlets can be found in our brochure  
“Gastromomy, shopping, wellness”.





## SPLASHING STREAMS AND FRESH MOUNTAIN LAKES

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There isn't anything nicer than cooling one's feet in cold mountain water at the end of a long hike. On the pastures in Fanes you can find 4 lakes: Lé Vert, Lé de Limo, Lé Picidol, Lé Parom. Smaller ponds also have their own charm. The most well-known lake is Lago di Braies, whose waters reflect the rock faces of Croda del Becco.



# GEOLOGY OF THE DOLOMITES

Today's mighty peaks of the Dolomites were formed about 270 to 200 million years ago, in the Upper Permian and the Triassic eras. They were once atolls and coral reefs from the tropical sea.

All the rocks typical of the Dolomites can be found in the nature park Puez-Odle, which is why it is often referred to as the "builders' hut of the Dolomites".

Lago di Limo,  
in the Nature Park Fanes-Senes-Braies

Princess Dolasilla,  
the war heroine in the Kingdom of the Fanes







# In the Kingdom of the Fanes

A MYSTICAL WORLD OF LEGEND

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The nature park Fanes-Senes-Braies is particularly known for the legends “Kingdom of the Fanes”.

The stories tell of war heroes, alliances and conspiracies. The rugged rock formations, the clear lakes and the many kinds of animals are likely to have encouraged these legends. The legends were first written down by Karl Felix Wolff. They are still being published in many languages and editions.

In San Vigilio the Fanes legends are displayed on the themed walk “Tru dles Liondes”. A description can be found in the brochure “Summer activities”.

[www.dolomiteslegends.it](http://www.dolomiteslegends.it)



The hamlet of Misci,  
in the Mountaineering Village Lungiarü





BERGSTEIGER  
DÖRFER

# MOUNTAINEERING VILLAGE LUNGIARÜ

in the Nature Park Puez-Odle

In 2018 the village of Lungiarü was added to the list of Mountaineering Villages and became the first Mountaineering Village in the Dolomites!

The aim of the Mountaineering Villages project is to promote regional development, environmental compatibility and sustainable tourism. This special distinction is awarded to only a few villages, as villages nowadays rarely fulfil the strict admission criteria.



Further information on Lungiarü can be found in the brochure "Lungiarü in the Nature Park Puez-Odle".



# Val di Morins

The valley of the mills in Lungiarü

“Val di Morins” - Valley of the mills is a special attraction, where visitors can immerse themselves in a bygone era.

Not far from the village centre of Lungiarü, surrounded by an incomparable rural environment, some 1.5 km along the rushing Rio Seres, there are eight water mills that can be reached on a gentle themed walk.

Individual mills are open to visitors on certain days during the summer.





## Les Viles - living example of Ladin architecture

“Viles”, as the hamlets are called in Ladin, are traditional Ladin settlements. The ancient houses, hay barn, ovens, wells and paths are still largely in their original form. “Les Viles” are a tangible image of both the past and the present, as they are still inhabited today.


Particularly beautiful circular paths for exploring the Viles on foot can be found in Lungiarù and in Pieve di Marebbe. The route description can be found in our brochure “Summer activities”.





Nature Park Puez-Odle,  
Dolomites UNESCO World Heritage





The mountains provide  
the backdrop. It is up to us  
to fill them with history.

Nicolas Helmbacher

# LE LADIN

## BEL LINGAZ DLA UMA

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What differentiates the people in Val Badia and around the Sella massif from the rest of the region in Italy and South Tyrol is their own language: le LADIN

- is a retoromance language
- is the mother tongue of 97% of the population in our region
- is spoken by some 30,000 people
- each village has its own dialect
- is the oldest language group in South Tyrol
- is a recognised official and school language
- is the third language of the country

The meaning of the Ladin flag: green as the meadows

blue as the sky, white as the Dolomite rock, green as the meadows



This is how the Ladin language sounds in Marebbe:

Bun de, bun domisdé - good morning, good afternoon

Bona sera, bona net – good evening, good night

A s'odei – goodbye

Iolan - thank you

Nia da dí! - you're welcome

Co aste pa ennom? – What's your name?

Co vara pa? – How are you?

Ara va bun - I am fine

Vëgneste a marëna? - Are you coming for lunch?



## Ladin Clothes

The Ladin people celebrate their tradition and culture and have protected these treasures and incorporated them into everyday life. Traditional dress is not worn every day. It is largely worn for big church events and during processions.

White apron and a garland on the head = unmarried woman  
Dark blue apron = married woman





# Museums and other attractions



in San Martin | 10 km from San Vigilio

## MUSEUM LADIN CIASTEL DE TOR

The Museum Ladin “Ciastel de Tor” provides special insights into the life of the Dolomites Ladins. The main focus is on the language and on Ladin traditions. You can also admire exhibits from the areas of geology, archaeology, tourism and economic history, as well as the handicrafts from the five Ladin valleys. The ticket is also valid for entry to the museum Ladin Ursus Ladinicus in San Cassiano.

[www.museumladin.it](http://www.museumladin.it)

May to October: TUE - SAT: 10 am - 5 pm | SUN: 2 pm - 6 pm  
July and August: MON - SAT: 10 am - 6 pm | SUN: 2 pm - 6 pm  
In winter open on three afternoons a week



## MESSNER MOUNTAIN MUSEUM CORONES

The MMM Corones showcases traditional Alpinism and the history of Alpinism with well-known characters. The unique building was created by world-renowned architect Zaha Hadid. A cable car run from Passo Furcia to Plan de Corones and in summer also several hiking paths.

June to mid-October & end-November to mid-April  
10 am - 4 pm | (seasonal cable cars) no closing day  
[www.messner-mountain-museum.it](http://www.messner-mountain-museum.it)

on the top of Plan de Corones

## LUMEN MUSEUM

The unique Museum Lumen is dedicated to the photography of the mountains. Pictures are not only witnesses of past history. At the Lumen, they also tell of modern perspectives and apparently curious stories.

June to mid-October & end-November to mid-April  
10 am - 4 pm | no closing day  
[www.lumenmuseum.it](http://www.lumenmuseum.it)  
10% discount with the Holidaypass



on the top of Plan de Corones





## ISTITUT LADIN MICURA DE RÜ

The Ladin Cultural Institute "Micura de Rü" is an important information point for everyone wishing to learn more about the Ladin language. The specialist library offers a comprehensive collection of books in Ladin and Ladin-related books in other languages.

Monday - Thursday 10 pm - 12 noon and 3 pm - 5 pm  
 Friday 10 pm - 12 noon  
[www.micura.it](http://www.micura.it)

in San Martin | 10 km from San Vigilio

## MUSEUM LADIN URSUS LADINICUS

The museum Ladin Ursus Ladinicus is dedicated to prehistoric cave bears and the geology of the Dolomites. The ticket is also valid for entry to the museum Ladin Ciastel de Tor.

May to October:  
 TUE - SAT: 10 am - 5 pm | SUN: 2 pm - 6 pm  
 July and August:  
 MON - SAT: 10 am - 6 pm | SUN: 2 pm - 6 pm  
[www.museumladin.it](http://www.museumladin.it)



in San Cassiano | 26 km from San Vigilio



in Lungiarü | 15 km from San Vigilio

## OPEN AIR MUSEUM

The open air museum is not really a museum at all. A local artist had fun on hiking path Vi - Passo Göma, and has set up various installations made of wood and other materials along the way

Always accessible except in winter

## SMACH VAL DL'ERT

Val dl'Ert, meaning “art valley” is a sculpture park in San Martin. It is a permanent exhibition of works from recent editions of the SMACH art competition, in which artists from all over the world have created works of art for the Dolomite region.

[www.smach.it](http://www.smach.it)



in San Martin | 10 km from San Vigilio





## FARM MUSEUM LÜCH DE ORIANA

Living on a farm: then and now. In the rustic farm museum Lüch de Oriana, in the centre of the hamlet of Seres, you can admire and re-discover historic agricultural equipment and domestic utensils.

Visits by appointment only & with guided hikes  
Tel. (+39) 0474 590 161  
[info@oriana.bz.it](mailto:info@oriana.bz.it)

in Lungiarü | 15 km from San Vigilio

## SOUTH TYROL MUSEUM OF FOLK TRADITIONS

The museum showcases the daily life of the rural population in earlier times. The outdoor area in particular reflects rural life in South Tyrol.

Easter Monday to October TUE-SAT 10 am - 17 pm  
Sundays & bank holidays 2 pm - 6 pm  
Mondays closed (no closing day in August)  
[www.volkskundemuseum.it](http://www.volkskundemuseum.it)



in Brunico | 18 km from San Vigilio



## MESSNER MOUNTAIN MUSEUM RIPA

This museum, founded by the famous mountaineer Reinhold Messner, tells about mountain peoples from all over the world as well as their culture, religion and tourism.

Mid-May to October 10 am - 6 pm  
 From December to mid-April 12 noon - 6 pm  
 Closed on Tuesdays  
[www.messner-mountain-museum.it](http://www.messner-mountain-museum.it)

in Brunico | 17 km from San Vigilio

## TAUFERS CASTLE

The castle is not only remarkable because of its exterior architecture, but also for its Gothic frescoes and wood panelled rooms.

Guided tours are offered daily during the summer and high winter seasons.  
[www.burgeninstitut.com](http://www.burgeninstitut.com)



in Campo Tures | 35 km from San Vigilio





## MANSIO SEBATUM

Interesting finds not only from Roman times tell the history of settlement of the Val Pusteria region.

MON - FRI 9 am - 12 noon & 3 pm - 6 pm

SAT 9 am - 12 noon

July and August: MON - SAT 9 am - 1 pm & 3 pm - 6 pm

Closed on Sundays and bank holidays

[www.mansio-sebatum.it](http://www.mansio-sebatum.it)

in San Lorenzo di Sebato | 14 km from San Vigilio

## ABBAZIA DI NOVACELLA

During a guided tour of the Abbey visitors discover much interesting information about the 870-year long history of this College of Canons and the order of Augustinian Canons.

Guided tours are offered several times a day, MON-SAT. Registration requested  
[www.kloster-neustift.it](http://www.kloster-neustift.it)



in Novacella | 41 km from San Vigilio



in Predoi | 59 km from San Vigilio

## FORMER MINE PREDOI

Predoi was once an important source of copper. Today, visitors can enter the mine and discover more about the hard work of the miners.

April to October  
TUE - SUN: 8:30 am - 4:40 pm  
MON: Closed (except August)  
[www.museominiere.it](http://www.museominiere.it)

## SOUTH TYROL MUSEUM OF ARCHAEOLOGY

Over four floors, the Archaeology Museum invites you on an exciting journey into the past. Ötzi – the ice mummy is at the heart of the exhibition: Ötzi is the world-renowned mummy from the Copper Age.

TUE - SUN: 10 am - 6 pm  
Closed on Mondays  
[www.iceman.it](http://www.iceman.it)



in Bolzano | 85 km from San Vigilio





Further recommendations of museums and exhibition rooms can be found at  
[www.museen-suedtirol.it](http://www.museen-suedtirol.it)

# TOP 5 MUST DO'S

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## NATURE & CULTURE

- 1 Learn how to greet people in Ladin  
#ladin #bunde #language
- 2 An excursion to the UNESCO world heritage  
#unesco #worldheritage #dolomites #naturepark
- 3 Discover Ladin architecture on a circular walk around the hamlets  
#viles #tradition #timestandstill
- 4 Cool your feet in a mountain lake on a hot summer's day  
#nature #bestplace #water #relax
- 5 Visit the museums Lumen and Corones on Plan de Corones  
#museum #culture #mountains #kronplatz



## The mother church of Val Badia

The church of Pieve di Marebbe can be said to be the mother church of Val Badia, as for a long time religious life radiated from it across the whole valley. In the centre of the wood-carved high altar is the miraculous statue of Holy Mary, who in the year of the plague spared the population from the disease. The church is therefore still a popular and much visited pilgrimage destination.



## “Tyrol’s Joan of Arc” Catarina Lanz

On the village square in San Vigilio is the 100-year-old statue of Catarina Lanz, probably the most famous Ladin woman. She is also immortalized in all local history books. According to legend, “Tyrol’s Joan of Arc”, better known as the “Girl from Spinga”, successfully drove away the French with her pitchfork as part of the struggle for freedom. Catarina Lanz was born in 1771 in San Vigilio.







# Brunico

A CITY WAITING TO BE DISCOVERED

17 km from San Vigilio is the medieval city of Brunico. It is well worth a visit, particularly because of its beautiful historic city centre. Yellow, red and blue façades accompany visitors on their stroll through the city and provide the perfect setting for the countless of shop windows. Artistic gable constructions, lanterns and old wrought-iron inn signs line the wide, paved path. Above the historic city centre is Brunico Castle, home of the MMM Ripa.



The most creative artist  
is nature

Andreas Tenzer







## Emergency

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San Vigilio pharmacy  
(+39) 0474 501 240



Medical service for holiday guests  
(+39) 0474 501 570



Health Department Val Badia  
(+39) 0474 524 552



Brunico hospital  
(+39) 0474 581 111



Dentist Dr. Baratella  
(+39) 0474 501 877



San Vigilio Police  
(+39) 0474 501 031



Ski pass office  
(+39) 0474 501 131



Vet  
(+39) 335 54 33 699





free

# Holidaypass Mobile in South Tyrol

During your stay in San Vigilio, your host, as a member of the Tourist Association, will provide you with a free ticket which entitles you to unlimited use of all public transport throughout South Tyrol, including the regional railways. You also benefit from many discounts and free participation in various activity programmes. Alternatively, you can purchase a weekly card (Mobilcard) for 28.00 Euro.

The transport of bicycles on public transport is only partially possible.

[www.guestinfo.it](http://www.guestinfo.it)

# Dolomites San Vigilio

see also

Winter activities

Summer activities

Cycling

Kids & Family

Gastonomy-Shopping-Wellness

Accommodation

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[www.sanvigilio.com](http://www.sanvigilio.com)

 **Raiffeisen**  
Cassa Raiffeisen Val Badia  
[www.valbadiaonline.it](http://www.valbadiaonline.it)

