



# MEDIA KIT

*Winter 2023*



[livigno.eu](http://livigno.eu)

**LIVIGNO**



# WELCOME TO LIVIGNO

A NATURAL PARADISE OF RELAXATION,  
SPORT, FUN, AND WELLBEING

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Sport, shopping, food and wine, and a green lifestyle. All this is Livigno, a tourist and lifestyle destination loved by Italians and international tourists who choose it every year to experience a holiday full of fun, sport, and relaxation, both in the summer and the winter. A place that becomes even more magical during the winter period, when a soft blanket of snow covers the classic Valtellina dwellings of the town allowing all winter sports enthusiasts to enjoy skiing, snowboarding, freestyle skiing, ice climbing, ski mountaineering, and much more.

Not only a well-known resort in Valtellina but also the site of the Milan Cortina 2026 Olympics. An important dream come true for Livigno that proves itself to be one of the best winter resorts for Freestyle skiing and snowboarding worldwide.

On this occasion, there will be an important focus on eco-sustainability. Little Tibet is planning some infrastructure projects that will be realized for the Olympics bringing long-lasting improvements in city life.

Of course, Livigno's new headline best represents the resort's aims: Firstly, the choice to face sustainable change to become ever greener, but also the fact that holidays - whether winter or summer, for leisure or dedicated to sport - can only be spent here, in a mountain town surrounded by greenery that enchants visitors from all over the world.

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# 1. USEFUL INFORMATION

Livigno has always been focused on the needs of its visitors. That's the reason why it has provided a series of online services that allow staying up to date with the destination to enjoy a peaceful holiday.



WEBCAM



WEATHER



MYLIVIGNO  
APP



PHOTOGRAPHIC  
ARCHIVE

## 2. A FEW FIGURES ABOUT LIVIGNO

Livigno is a place to be discovered and experienced first-hand to appreciate its different souls. A few simple lines are not enough to describe it, but a few numbers can help to understand how Little Tibet confirms itself every year as an international and highly accommodating destination.



ALTITUDE  
**1.816**



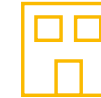
INHABITANTS  
**6.792**



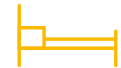
SURFACE AREA  
**227 KM<sup>2</sup>**



FLATS  
**1.100**



HOTELS  
**112**



BEDS  
**15.500**



OVERNIGHT STAYS PER YEAR  
**1.800.000**  
SUMMER 600.000 | WINTER 1.200.000



WINTER TOURISM  
**75% FOREIGNERS**  
**25% ITALIANS**



SUMMER TOURISM  
**75% ITALIANS**  
**25% FOREIGNERS**

### 3. LIVIGNO GREEN

The municipality of Livigno has always been green by its nature. Many are the eco-sustainable actions that the resort carries out every day to preserve the environment, its territory, and its landscape.

The first sustainable initiative is focused on boosting the use of public transportation by Livigno residents and international tourists. Little Tibet has also made the public shuttle connection between the different town areas completely free: in the summer, there are two bus lines available, and they become four in the winter season. In addition to this, the free shuttle service between Livigno and Trepalle is available all year round.

In partnership with the Lombardy Region, Sondrio's Agenzia del Trasporto Pubblico and the Municipality of Livigno, Italy and Switzerland created the Omni-BUS 4.0 project to promote the implementation of a modern, integrated and sustainable public Alpine cross-border transportation system. Within the cross-border cooperation project, Interreg V Italia-Svizzera Omni-BUS 4.0 touches on crucial issues in the relationships between the two Countries: mobility and accessibility, which are essential for citizens, workers, and for the many tourists that move between the Sondrio Province and the Canton of Grisons. Expanding the public transportation network and promoting the interconnections between different operators - railway lines, bus lines, shipping companies, and cableway installation providers - the project aims at increasing the number and quality of transportation services offered to local users and tourists by promoting local enhancement and accessibility and favoring low-environmental-impact transfers.

Italian tourists can reach Livigno by train by purchasing at a promotional price the **lo Viaggio Ovunque** ticket in Lombardy which allows them to reach the Tirano station and then move by bus line to Livigno.

Swiss tourists can use the Graubünden Pass to reach Zernez by train, and then continue by bus lines or by train up to their destination. The Little Tibet has also taken steps to improve inter-regional traffic in border locations, and public transportation timetables will be changed to guarantee connecting buses to Livigno.

For those who own **electric vehicles or e-bikes**, Livigno has provided charging stations for simultaneous and fast charging of vehicles thanks to a partnership with Repower. The charging stations are strategically set to supply the entire territory so that at any point in the town drivers and bikers can recharge and leave again.

Another action aimed at making Livigno a real “green” jewel is the implementation of the project related to the **creation of about 60 Molok®** areas between Livigno and Trepalle. It is a safe and clean solution to **dispose of any type of waste** sustainably and efficiently improving the separate collection. Also, through the large capacity of the bins, the use of traffic vehicles for waste collection is reduced, consequently leading to a decrease in environmental pollution.

## 4. LIVIGNO SKI AREA

Livigno has always been an internationally renowned and beloved winter destination: its more than **115km of slopes** at nearly 3,000 meters above sea level - some of which start directly from the town centre, near apartments, and hotels - are a true paradise for all winter and snow sports lovers. In the valleys surrounding Little Tibet, there are 74 slopes with different levels of difficulty and therefore suitable for everyone. These are connected by **6 gondola lifts** - Carosello 3000 I and II, Mottolino, Livigno Centro Tagliede I and II, Cassana -, **14 chairlifts** and **11 platter lifts**. Thanks to the two free shuttles of the **Skilink** service, running since 2018, skiers can move from the Carosello slope to the Mottolino slope in minutes.

- SKI INSTRUCTORS
- SNOWPARK | SNOWBOARD | FREESTYLE
- FUNPARK
- FREERIDE AND HELISKIING
- HIGH-ALTITUDE EXPERIENCES
- PROMOTIONS



# WINTER SPORTS INSTRUCTORS

More than **150 instructors** trained by the **Italian Ski School** - one of the most excellent in ski instruction- are available to all those interested in perfecting their technical level but also to amateurs approaching the various winter sports disciplines. Among the instructors, there are also former professional athletes and national instructors who are prepared to meet any needs ranging across all snow sports, such as **alpine skiing, snowboarding, telemark, cross-country skiing, freestyle, and freeride**. Thanks to the **knowledge of many foreign languages**, including English, German, Polish, Russian, and many more, the instructors will be able to make themselves available to any foreign tourist who would like to experience the sporting soul of Livigno.

Instructors are organized into **9 local schools**, all strategically located at the start of the slopes: the New Ski and Snowboard School (via Ostaria 257), the Italian Ski School Azzurra (via Ostaria 81), the Italian Ski School Livigno Galli Fedele (via Saroch, 634), the Italian Ski School Livigno Italy (via Fontana, 210), the Italian Ski School Livigno Ski Planet (via Saroch, 810) and the Central Ski and Snowboard School (via Plan, 273), and also the Livigno 2000 Cross-country Ski School (via Isola 113), the Giorgio Rocca Ski Academy (via Fontana, 90) and the Madness Snowboard School (via Bondi 473/B).

**Lessons are carefully designed** to meet the needs of learners of all ages, as well as being customizable for children and people with disabilities. The instructors of the Little Tibet schools are **also qualified to teach people with disabilities** of all ages using specific equipment: for example, the use of the B.A.S.S. (Borney Adapted Snowboard System) allows assisted snowboarding or the monoski for people with lower limb disabilities. For blind people, schools provide intercom guidance: via a small radio, and thanks to the skills of the designated instructor skiing will be a unique and safe experience.





Not to be missed is the **Instructors' Show of the Livigno Ski Schools** taking place every Tuesday evening at 9 p.m. A series of evenings that will entertain visitors with performances related to the sports world: from the parallel giant slalom competition to freestyle acrobatics with skis and snowboards, exciting ski choreography wearing vintage clothing and equipment, a torchlight procession, and a raffle with ski lessons up for grabs.

## SNOWPARK | SNOWBOARD | FREESTYLE

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Little Tibet's snowparks have always been a point of reference for all freestyle and snowboarding enthusiasts who, every year, can choose from numerous snowparks - also in mini versions - such as the Mottolino Snowpark, The Beach - Snowpark Carosello 3000, the Amerikan Snowpark - perfect for beginners who can experience their first jumps on 15 facilities available - and the Snowpark20, over 200 metres long, created and managed by the guys of the Funny Twenty Area, which has about 20 facilities for all kinds of fun.

These maxi-areas, dedicated to adrenaline lovers, allow them to try out **jumps of easy, medium, and high difficulty**, exciting **tricks** in the snow and runs, which have made Livigno the ideal Italian host city for the snowboard and freestyle skiing competitions of the **2026 Milan-Cortina Olympics**.

The **Mottolino Snowpark**, with over **20 years of history**, offers an adrenaline-pumping experience for beginners and experts alike. The world's best professional riders in freestyle and snowboarding have always chosen to train in this Snowpark for the most important competitions of their careers - even the Olympic ones - because it offers a wide range of cutting-edge facilities including the inflatable Big Air Landing, more than 50 meters long, which allow athletes to test themselves the chance to test themselves and improve their skills, expressing their creativity.



Fun and adrenaline are guaranteed by an 800-meter-long area, more than 60 obstacles of different levels of difficulty and size, and 4 lines of jumps. An amazing show of tricks that can be enjoyed from the Mottolino ski area. But that's not all, skiers and snowboarders can try their hand at the Freeride Cross, an innovative course that features the natural obstacles typical of freeriding, such as steep curves, undulating sections, step-ups, and fun box. The innovative and modern facilities of the Mottolino Snowpark have allowed it to **host such top international events** as the Burton European Open, Audi Nines, Burn River Jump, World Rookie Fest, and European Cup.

**The Beach-Snowpark at Carosello 3000**, on the other hand, offers freeskiers and snowboarders the chance to immerse themselves in a tropical setting characterized by different structures that allow them to **increase their level of technique for jumps and tricks**, while pro-riders can experience moments of adrenaline and fun. At the foot of the Snowpark is the Surfer's House, where guys from all over the world meet and share their passion for snow.

On both sides of the valley, however, there are a lot of **Mini Snowparks**, suitable for those who are beginners in the world of freestyle but still want to try to get off the slopes in an unconventional and as much adrenaline way.

## FUNPARK

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There are many **Fun Areas** in Little Tibet, where professionals and amateurs can test themselves with new types of runs or experience something different and adrenaline-pumping. **The Beach-Fun slope**, located below the top of the Carosello 3000 gondola, features a course of more than 1,700 m that hides obstacles of special summer design, thus making it the most tropical and longest fun area in the world.

The course, consisting of 22 steep curves, 8 bumps, and 2 spirals, is suitable for skiers of all ages at all levels of skiing.

Also available at Carosello 3000 is the **Flying Km**, a very steep slope with flat parts that ensures an adrenaline-pumping run.

On the Mottolino side, on the other hand, there is the **Natural Pipe**, a completely natural half-pipe for sequential jumps and tricks, the **Natural Moguls** where natural bumps are formed during snowfall, and the **Self Timing** area with race poles and a time trial for challenging friends and family and getting new personal records. For those who do not like snow sports or just want to try something different, the perfect alternative is sledding on slopes 17b, 20, and 23, even by night.

## FREERIDE E HELISKI

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Little Tibet, with its **100km<sup>2</sup> backcountry**, offers expanses of soft, powder snow to all Freeride enthusiasts. The location, and the altitude, make Livigno **extremely snowy with high-quality and long-lasting soft snow**.

But freeride is not the only sport for “limitless” experiences. In Livigno, it is possible to practice **Heliskiing**, an unforgettable and highly adrenaline-pumping experience that starts with taking off in a helicopter from one of the available areas and reaching the highest points of the Livigno Alps. There, Freeriders - previously trained on safety measures and accompanied by a UIAGM Mountain Guide – can experience the thrill of off-piste skiing. Given the strong increase in the number of people interested in Freeride and Heliskiing, the Municipality of Livigno has decided to activate and strengthen the services dedicated to off-piste skiing with the **Freeride Project**.

It's unique in Italy and involves the **preparation and distribution of an Avalanche Bulletin** which is a daily information service prepared every morning by the Livigno Avalanche Service (Livigno Avalanche Centre is a member of the European Avalanche Warning Services Association (EAWS)) that provides all the information about the stability of the snowpack in each area of Livigno.



The bulletin is available on the resort's official website, on local signage, on videos displayed at lift stations, on the advertising totems in the town, and on MyLivigno free app.

The news - also provided through a newsletter service to all tour operators - is also supplemented thanks to information obtained through the regional Avalanche Bulletin of Arpa in Bormio and that of the Swiss Avalanche Centre SLF.

The **Snow Quality Bulletin** can also be consulted daily: here, snow conditions, skiing quality, and rock exposure in the three different skiable areas (alpine, wood, and below the wood) are shown.

In addition to the online consultations, the **Freeride Centre Team** and the **mountain guides** are available daily to give helpful advice for the success of our guests' ski trips.

## HIGH-ALTITUDE EXPERIENCES

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Not only sports but also unique and unforgettable experiences to supply Livigno's offering.

The **Powder Days** are days aimed at celebrating all together the great snowfalls that dye Little Tibet white. **On this occasion, the slope is not groomed** so that anyone can try a freeride run in maximum safety from the early morning. From 7:30 a.m. the Carosello 3000 gondola in San Rocco's district opens earlier at no additional cost to the normal ski pass, while at the Freedom Eagle - at the top of the gondola - hot tea is served to all participants.

**Sitas Ski Area** offers unforgettable experiences at different times of the day: for sunrise lovers, the **Sunrise Emotion & Luxury Breakfast** is the perfect solution to experience the sensation of skiing on pristine slopes at sunrise. If, on the other hand, you are a sunset lover, the **Sunset Emotion** is great, as it includes an unmissable snowcat ride starting at 6:30 p.m.





Then, for night lovers, there is the **Dark Emotion**, after having dinner at the mountain restaurant Rifugio Cotsaccia participants have the chance to ski down by night using torch lights that will provide a unique show for both participants and spectators.

For those who love good food the **Top Emotion** is something special: at 7 p.m. participants board a snowcat and set off to reach the mountain restaurant Rifugio Cotsaccia. Once arrived, the typical mountain atmosphere will be waiting for them, but the dishes served will instead be those of a prestigious gourmet fish dinner.

## PROMOTIONS

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Besides the many opportunities to practice sports and activities, Livigno provides several offers and promotions suitable not only for professional athletes, amateurs, and adrenaline junkies, but also for children, families, and those looking for some outdoor fun during the winter season.

Among them is the **Skipass Free**: This promotion is available from December 2 to 22, 2023, and from April 13 to May 1, 2024, which allows everyone staying in participating hotels or apartments (for at least 4 or 7 nights) to get the ski pass for free. The package can be purchased by booking directly at a tourist facility or on Livigno's website.

## 5. LIVIGNO WINTER ACTIVE

Lovers of winter sports will not be disappointed in Livigno: here there is no shortage of opportunities to experience snow activities and sports, such as skiing and snowboarding – two great winter season classics –, and other extreme and adrenaline-pumping activities, including paragliding and freeriding, or more fun activities such as sledding, skating or horseback riding. A rich offer of outdoor experiences to challenge yourself and your limits for an unforgettable vacation in Livigno.

- ▶ CROSS-COUNTRY SKIING
- ▶ SKI TOURING, SNOWSHOEING, AND PATROLLED TRAILS
- ▶ ALTITUDE TRAINING
- ▶ FAT BIKING
- ▶ WINTER TRAIL
- ▶ BIATHLON
- ▶ OTHER WINTER ACTIVITIES



# CROSS-COUNTRY SKIING



Livigno is one of the destinations of reference for **cross-country skiing** lovers, a sport born from Nordic skiing that **can be practiced already from the last week of October** in Little Tibet. During this period the loop designed for this discipline is opened thanks to the use of some snow preserved during the summer by **snow farming** which is an innovative technique enthusiastically chosen by Livigno since 2016. On one hand, it preserves the snow fallen during the significant late winter precipitation using sawdust and geothermal sheets preventing snow from melting, and on the other hand, it entails environmental and green benefits allowing substantial energy and fuel savings that would otherwise be required for the handling and production of artificial snow. Those who want to learn more about this technique can visit [www.snowfarm.it](http://www.snowfarm.it).

Starting from the Forcola and Alpe Vago area, there is a **30km track** along which sports teams, professional athletes, and enthusiasts can enjoy natural snow even out of season for high-altitude training. In addition to this, there is the “Marianna Longa” trail, a 5km technical loop that includes several elevation changes for a perfect workout. At the Cross-Country Skiing Stadium, it is possible to get access to free locker rooms or book a lesson with qualified instructors.

Every year Little Tibet organizes many competitions both for professionals and amateurs from international countries: among them, one of the most important is **La Sgambeda**, in which hundreds of professionals and amateurs cross-country skiers compete at the Cross-Country Stadium. For the younger ones, **La MiniSgambeda** is an opportunity to take the field and show off their skills inside the Stadium.

# SKI TOURING, SNOWSHOEING, AND PATROLLED TRAILS

**Ski touring** is a unique experience to enjoy the mountains in all their nuances surrounded by pristine nature. Livigno is an ideal destination for those who are enthusiasts or want to approach this discipline: the large snowy area and the wide variety of trails offer the chance to organize excursions suitable for everyone.

The peaks that can be reached with ski mountaineering are different from those of classic skiing, so it is always advisable to arrange for an **Alpine Guide** to be with you. At the start of the most popular excursions **checkpoints** are placed to verify the proper functioning of the avalanche transceiver: once checked in, you can venture out to discover the wilderness.

Also, on the other hand, it is ideal for those who prefer to experience powder snow: thanks to their shape, **snowshoes** allow you to walk into the woods, **on paths and ungroomed ground**, just as the ancient mountaineers did to move more nimbly during the winter season. You can also book your guided tour by contacting the **Cross-Country Ski School** or the **Mountain Guides** who weekly organize excursions for groups of 6 to 10 people.

For several years, the resort has offered its guests “**patrolled trails**” created by the Freeride Project Team which are in areas near the lift facilities and allow beginners to try their hand at these disciplines on constantly monitored trails. There are **5 patrolled trails for ski mountaineering and 7 for snowshoeing**, which are groomed after each new snowfall and marked - as they were summer trails - with blue and orange poles for ski mountaineering, and green and orange poles for snowshoeing.



The trails can be found on the website and for ski mountaineering, they are Costaccia, Trepalle-LiCrapena, Croce Valandrea, Deschana, and Carosello. For snowshoeing: Tee Val Federia, Val delle Mine, Sentiero dell'Arte, Crap de la Paré, Baitel da Plascianet, Giro delle Tee, and Tea dal Brun.

All maps can be found free of charge by visiting Livigno's website, whereas the Avalanche Bulletin and Snow Quality Bulletin provide all the information about the stability of the snowpack in each area of Livigno and the snow conditions, ski quality, and rocks exposure in the three different skiable areas.

## ALTITUDE TRAINING

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Situated 1,816 meters above sea level, Livigno is considered a true **open-air, high-altitude gym**. Physical activity has always been recognized as fundamental to having an all-around feeling of well-being. It is good for health, fortifies the spirit, and sculpts the muscles, but it is even more effective when carried out at high altitudes, because it acts on the oxygen transport mechanisms increasing the body's performance, especially in endurance sports.

Due precisely to its altitude, Livigno is chosen every year by several **national teams for their athletic preparation** for competitions and championships: among them, there are the Italian, Spanish, Japanese, Norwegian, Czech, Finnish, Swedish, Swiss, English, German, and Estonian **National Cross-Country Ski Teams**, as well as the Italian Alpine Ski Team, the Italian Biathlon National Team, and the Japanese National Team. They all choose Livigno during the spring season when snow is still there.

To round out the training, each athlete can also go to the **Aquagrande Centre**, a landmark in town for swimming and all gym-related sports activities.



# FAT BIKE

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**Fat Bikes** are an innovation of the last decade with unique technical features including an enlarged cross-section and low tire pressure that ensures **maximum grip** even on soft surfaces such as **snow**. For the less skilled, E-Fat Bikes are also available to enjoy a ride on any type of trail or slope without too much effort.

For all biking enthusiasts, there is a **20km** bike lane that winds along the village, perfect all seasons round and suitable for all ages. Fat bikes are also available for children, or you can rent the “Charriot,” a baby carriage designed and built on skis for carrying children from 0 to 6 years old.

For those who wish, it is possible to book the **Fat Bike Easy Tour** with a professional MTB guide who will lead guests on different rides, from the most adrenaline-pumping to the most panoramic. For those looking for an enchanting excursion, the **Fat Bike Night Ride** is a perfect choice: a moonlit ride through the snow in Val Federia that leads to a traditional mountain cabin where you can enjoy a typical Livigno dinner wrapped in a cosy mountain atmosphere. The **Fat Bike Freeride Tour** is one of the most adrenaline-pumping tours on toboggan trails surrounded by nature that also includes stretches by shuttle and chairlift. Last but not least, the **Fat Bike Cross Country Tour** is the most exciting tour to do in Livigno: it is a 3–4-hour tour to explore the woods and the Little Tibet valley enjoying a unique view of Livigno landscape.





## WINTER TRAIL

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Surrounded by nature and a pristine blanket of snow, the **Winter Trail** offers amateur and professional runners alike the chance to **enjoy running - even at high altitudes** - surrounded by a unique landscape. It is a **20-km groomed snow trail** that starts in the heart of Livigno and winds its way through the valley.

The trail is also suitable for horseback riding and Nordic Walking which is a walking technique with sticks to strengthen arms and shoulders, improve back posture, and tone buttocks and abs. This activity is suitable for all ages: thanks to the sticks' support, which help to increase the speed of walking, it is also easy and immediate to reap the benefits of this outdoor activity. By contacting the **Cross-Country Ski School**, which weekly organizes tours for groups of 6 to 10 people, you can book your guided tour.

## BIATHLON

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The Biathlon Arena, which recently opened in the Forcola area, is a modern shooting range with 12 electronic targets. That's the place to be both for shooting and cross-country skiing enthusiasts who want to have fun, and for national athletes who want to train at high altitudes. The Biathlon Arena rounds out, therefore, Livigno's Nordic skiing offerings.



## OTHER WINTER ACTIVITIES

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For those who want to try new experiences, Livigno offers several activities still in the snow but without skis and snowboards.

One of these is **ice climbing**: with the assistance of a mountain guide and equipped with all the necessary equipment -boots, helmet, and harness – you can challenge yourself to climb an icy mountain wall.

**Ice skating** is a sport that is suitable for everyone and can be done in a group, with family or friends. At the Ice Arena, a large ice rink that also hosts ice hockey games, you will enjoy a day full of fun.

Another interesting activity is **Ice Driving**, which allows you to drive a car on an icy track at the Ice Driving School. Here you can take part in safe, sporty, and competitive driving tests, but also organize races among friends. But that's not all... For more extreme and adrenaline-pumping activities surrounded by the winter landscape, **quad bikes**, **go-karts**, and **snowmobiles** can be rented at the lake and at Passo D'Eira rentals.

**Paragliding** is suitable for those who want to live an unforgettable experience and enjoy a unique view of the Livigno valley to be admired from above after jumping into the sky by Livigno Feel the Sky.

For those who want to have a relaxing experience while admiring the surrounding landscape completely covered in snow, the ideal solution is a **horse-drawn sleigh ride**: a moment to be enjoyed with the whole family, your partner, or friends.

# 6. ROAD TO MILANO CORTINA 2026

Livigno has always been considered the home of athletes, not only thanks to its “natural” altitude but also because over the years it has managed to build state-of-the-art facilities that allow athletes to train in optimal conditions. The crowning glory of Livigno’s sporting dream was its nomination to host 24 medals at the Milan-Cortina 2026 Olympic Games.

- ▶ THE RESORT
- ▶ THE SITES AND DISCIPLINES
- ▶ OLYMPIC VISION AND GOALS
- ▶ THE INFRASTRUCTURES
- ▶ THE ATHLETES OF LIVIGNO

# THE RESORT

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For the **Milan Cortina 2026 Olympics**, Livigno will be the site of the Freestyle and Snowboard competitions confirming itself as one of the world's reference places for winter sports.

A dream come true for Little Tibet and a source of pride for the entire Valtellina, which will be a leading venue for the five-ring event.

The quality of services, facilities, and activities proposed to amateurs and professionals had already allowed Livigno to obtain the **European Town of Sport Award in 2019**. Livigno has always carried out local sports projects aimed at improving lifestyle and it could get this important award also thanks to its international reputation as a sports centre of high interest to amateurs and professionals who want to train at high altitudes in the heart of nature.

The Milan Cortina 2026 Olympics will also be a unique opportunity for sports fans and amateurs to watch the training sessions of professional athletes preparing for Olympic competitions.





## SITES AND DISCIPLINES

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Both Livigno ski sides will be involved in the Milan Cortina 2026 Olympics event. **Mottolino** will host the **half pipe, slopestyle, big air, snowboard cross, ski cross, and parallel giant slalom** competitions. **Carosello 3000**, on the other hand, will be the place where the world's best athletes will compete in the **moguls and aerials** disciplines.

With complete respect for the land and the environment, Livigno has chosen **not to build an Olympic Village**. Athletes and technicians coming from across the world will be accommodated in a selected number of existing hotel facilities which will be rearranged and secured to meet the Olympic standards.

In keeping with the eco-sustainable approach, any additional facility will be temporary and therefore removed at the end of the Games.

## OLYMPIC VISION AND GOALS

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Each site for the Milan Cortina 2026 Olympics was identified and chosen by several principles, the same ones that were also taken in Lausanne and led to the Milan Cortina 2026 victory. Besides the sustainability **values** and the maximal use of existing iconic sites, consideration was also given to the experience that athletes will have at the different sites, to the **opportunities** for spectators, and the **legacy** that the **Games can bring to the territories** - following the development plans of cities and regions - and finally to the renovated facilities and **improved accessibility for future generations**.

The landscape, the amount and quality of services offered, infrastructures, sports activities, and attention to detail made Livigno a top destination for all sportsmen and women. It has always been recognized as a **sports centre that allows amateurs and professionals to train at high altitudes surrounded by nature**, thus helping to achieve the goal of the Olympics.

Another factor has also contributed to the nomination as an Olympic site: Livigno has been following the path to sustainability for several years becoming greener and greener in many ways to preserve its fantastic natural setting. For this very reason, when the Olympic Games will be over, most of the structures temporarily built will be removed.

## INFRASTRUCTURES

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Livigno has always been recognized as a **highly advanced resort** for services designed for sportsmen and women. Since being nominated as an Olympic site, the Municipality immediately took the first steps toward the Olympics by making improvements to several of the town's infrastructures.

**Aquagranda**, the fitness and wellness centre of Little Tibet, was recently named an **Olympic Preparation Centre** being officially qualified by the Italian National Olympic Committee (CONI) and holding all the quality standards required by the sports federations. This journey began in 2014, when the athletes of the Italian national swimming team led by Federica Pellegrini, chose the centre for their training sessions. Since then, the centre has become a high-level multi-sport facility with high-quality equipment that each year hosts several national teams for altitude training. The Aquagranda centre has already been chosen for sports gatherings and workouts of several teams, and therefore, it will be confirmed as **one of the largest sports facilities and a landmark for all athletes**.



Another construction project that has been privately financed and realized in the run-up to the 2026 Winter Olympics is the **new Mottolino Fun Mountain headquarters**. It's a one-of-a-kind facility in Italy, an important investment that allows Livigno to focus even more on the Olympics dream.

It is divided into three floors: the ground floor is dedicated to the sports world, with **rentals, a ticket office, a ski school, a shop, and a storage area**. On the first floor, there is the “Digital Cave” of about 300sqm and with a clean and essential design meant for **smart working** and coworking, but with a gaming room where you can relax.

The second floor is reserved for the restaurant **Kosmo Taste the Mountain**, which offers a food selection based on the ethical “Cook the Mountain” philosophy of Norbert Niederkofler - a chef with three Michelin stars one of them for sustainability. Here it is possible to enjoy classic dishes prepared with high-quality local products or try innovative flavours, upstairs, in the special room La Téa del Kosmo.

## LIVIGNO'S ATHLETES

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During these years, Livigno has had the opportunity to create special bonds with several world-class champions. Some of these are Livigno natives, born and raised in Little Tibet where they trained and then gained success and medals in both national and international competitions.

The **Livigno Team** is composed of athletes, both from Livigno and non-locals. Carrying the name of the resort around the world, they have specialized in different disciplines such as snowboarding, cross-country skiing, summer sports, Mtb, and triathlon. The members are Jole Galli (Ski Cross), Maurizio Bormolini (Alpine Snowboard), Niccolò Colturi and Michela Moioli (Snowboard Cross), Gioele Bertolini, Mattia Longa (Mountain Bike), Elia Viviani (road bike) and Michele Bormolini (Auto), Nicolò Cusini and Veronica Silvestri (Cross-country Skiing),



Giacomo Bormolini (Telemark), Giulio Molinari (Triathlon), and Paolo Rodigari.

The mountains, trails, paths, and slopes of Livigno and Aquagranda are essential for all athletes and for their seasonal preparation to achieve the best results.

Many other well-known sports stars choose Livigno for their training every year among them the multiple-time Ironman world champion Sebastian Kienle, the Italian National athletics team, as well as 50-kilometer march champion Matej Tóth (Olympic in Rio de Janeiro 2016 and world champion in Beijing 2015), cyclists Matteo Trentin, Alberto Bettiol, Davide Formolo, Sonny Colbrelli, Wout Van Aert, Mathieu Van Der Poel, and the entire UAE Team Emirates captained by star Tadej Pogacar. Also, other winter sports champions chose Livigno for their training, among them the Italian National Alpine Ski Team with Sofia Goggia, Federica Brignone, and Marta Bassino, Lara Gut with the Swiss National Alpine Ski Team, Mikaela Shiffrin, Tessa Worley, Ester Ledecka, Andrea Dovizioso, Andrew Musgrave, the Norwegian National Cross-Country Skiing and Biathlon Team, the British National Freestyle and Snowboard Team, Federico Pellegrino, and Greta Laurent with the Italian National Cross-Country Ski Team, and many others.

Among the former athletes, who have had and still have a strong bond of affection with Livigno, there are Federica Pellegrini, Livigno's number-one ambassador around the world, Italian cross-country skiers such as Marianna Longa, Simone Urbani, and Morris Galli, but also alpine skiing professionals such as Giorgio Rocca, Luca Moretti, Daniela Zini, Lorenzo Galli, Iwan Bormolini, Maddalena Silvestri, Daniel Giacomelli, and Simon Talacci. Livigno is also the hometown of top athletes, such as snowboarding champions Rudy Galli, Vanessa Cusini, Hanzel Longa, Mauro Longa, and Matteo Bormolini, and freestyle skiing and freestyle moguls Yuri Silvestri, Damiano Bormolini, Giorgio Zini, Rudy Mottini, Mattia Pegorari, Simone Mottini, Walter Bormolini, Mariangela Parravicini, Luca Ferioli and rugby player Rudy Biancotti. Among the athletes who proved their skills on the ice, there are Katja Colturi and Olympic medalists Katia Zini and Mara Zini. Further Italian biathletes who have made history in this discipline in Italy are Livigno's Rudy Zini and Olympic medalists Dorothea Wierer and Lisa Vittozzi.



## 7. LIVIGNO FAMILY FRIENDLY

With a unique natural setting and a wide range of indoor and outdoor activities both for adults and children, Livigno is confirmed as a family-friendly destination, that combines relaxation, sports, and fun. All this is possible thanks to many activities designed to turn every stay into an exciting family adventure to discover the valley and its traditions.

- ACCOMMODATION
- CHILD-FRIENDLY ON THE SLOPES
- NOT JUST SKIING
- PROMOTIONS





## ACCOMMODATION

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In Livigno, there are more and more **Family Hotel&Apartments** where families can experience an unforgettable vacation, full of relaxation and fun. These kinds of facilities provide many family-oriented **services** such as babysitting, laundry, play areas, strollers, and bikes with child seats, as well as child carrier backpacks, sleds, and baby menus.

## CHILD-FRIENDLY ON THE SLOPES

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Livigno is a family-friendly Valtellina destination offering **services that are tailored to children's** needs. children of all ages will be able to have fun in the snow, with or without skis!

The 9 ski schools with more than **150 highly specialized and multilingual instructors** will be on hand for all children who want to **have fun** on the skis. Private or group lessons are tailored to one's needs.

Many **fun parks** are available such as the **Kids Fun Park** at the Mottolino ski area where the little ones can have fun with or without skis, and the Yepi Area, a mini park where children together with the mascot Yepi can approach the first freestyle structures such as music tunnels, boxes, and punch balls, steep curves, and small waves of artificial snow.



At **Kinder Park Lupigno** near the Central Ski School children have a play area just for them where they can boost their creativity, together with other children, having fun on the playground with trampolines and inflatables. The Mascot Lupigno - Livigno's good wolf – and qualified staff will take care of the children. Parents can also leave their children with the staff for lunch, so they can spend the day doing some of the activities offered by Little Tibet. Next to the park, there is also the **Kinder Club Lupigno** where children can have fun together in the snow on adventure trails, magic carpets, a racing track, inflatables, and snow tubing. Children will take their first steps on snow and get their very first skiing skills.

The **Kinder Club M'eating Point Mottolino** has a large organized, and staff-assisted area which is located at a high altitude and can be accessed free of charge every day (except Saturdays) from 10 a.m. to 4 p.m. by all children between the ages of 3 and 7 while toddlers must be accompanied by an adult.

## NOT JUST SKIING

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Indoor and cultural activities, that combine fun and interest, are also offered in our Little Tibet.

The **MUS! The Museum of Livigno and Trepalle** allows children to discover the history of the resort, its traditions, and the daily life of the past. There, ancient home environments have been faithfully recreated, as well as some interesting thematic sections, such as one about children's education.

**Aquagranda**, Livigno's fitness and wellness centre, has also something special for the little ones. The Slide&Fun area has pools, slides, and games designed for children from 0 to 14 years old, such as the Baby Pool with 20cm high water (ideal for 0 to 3-year-old kids) or the Magic Castle, a colorful play structure where children aged 3 to 14 years old can have fun throughout the day.

Children taller than 120 cm can try the three adrenaline water slides, “Bazooka,” “Active Blue” and “Crazy River”. But, if you prefer to spend quality time with the family, the Family Sauna and Family Hammam are the right places: a sauna and a steam room to relax all together enjoying their unique benefits.

For children who love nature and want to know all the behind-the-scenes details of dairy production, the ideal thing is a guided tour of the Alpe Livigno. There, it is possible to visit the dairy and the little ones can experience the thrill of milking cattle.



## 8. HIGH ALTITUDE LIFESTYLE

Going on a holiday in the snow surrounded by nature does not mean giving up the comforts and entertainment of the city. As for lifestyle, shopping and nightlife, Livigno is a fashionable, all-inclusive destination. It offers a wide selection of restaurants, bars and boutiques for all tastes, and the streets of the town centre are the perfect place for treating yourself after a day in the snow.

### ► SHOPPING

### ► LIVIGNO FOOD AND WINE, BETWEEN TRADITION AND INNOVATION

- ASSOCIATION OF CHEFS AND PASTRY CHEFS OF LIVIGNO
- TAS'T
- LEINA DA SAOR
- ASSOCIAZIONE MATTIAS
- FOOD EVENTS

### ► LIVIGNO NIGHTLIFE | APRÈS SKI AND AFTER DINNER



# SHOPPING

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A paradise at 1,816 meters altitude for all shopaholics. The pedestrian centre of the town is an **open-air mall** with **more than 250 stores** and exclusive and single-brand boutiques for a glamorous & slow shopping experience. Strolling along the streets of the centre, shoppers will find a selection of **prestigious Italian and international brands** from different branches (fashion, accessories, and beauty, both for him and her).

Sportspeople and technology enthusiasts will be able to find products suited to their needs and hobbies thanks to the many **hi-tech and sports stores**, ideal for those who want to buy high-quality products for a top sports experience.

To these are added the **stores of local artisans** linked to the traditions of the area to meet everyone's needs with a rich and diversified offering.

## LIVIGNO FOOD AND WINE, BETWEEN TRADITION AND INNOVATION

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Livigno offers a wide selection of bars and restaurants livening up streets of the pedestrian town centre, as well as mountain cottages and cabins in the surrounding valley. The fil rouge of Livigno's food and wine proposals are **quality products and genuine raw materials** that are carefully chosen by the chefs and then used to create unique dishes that tell the story and traditions of Livigno.





The Municipality of Livigno also promotes several important initiatives focused on enhancing the area and its food and wine traditions:

**1 | The Livigno Chefs and Pastry Chefs Association - Associazione Cuochi e Pasticceri di Livigno (ACPL)** - was founded in the spring of 2001 and aims to preserve and promote the culinary customs of Livigno's tradition. That's a proactive association that brings the gourmet side of territorial cuisine to the stage thanks to designated events.

**2 | The Tas'T – Livigno Native Food Project** involves the organization of buffet corners in local hotels and apartments to let guests taste local food - **100% made in Livigno** – such as bresaola (local dried meat), dairy products, bread, and desserts. These Tas'T-labelled products are made by local producers with raw materials that are completely Italian and carefully chosen to obtain natural and high-quality food. Also, during each town festival, these products are offered to raise awareness of local flavours while boosting the local economy.

**3 | The bilingual photo book “Leina da Saor”** was created by the Livigno Chefs and Pastry Chefs Association and published by Mondadori. The writing of this recipe book has involved the entire Livigno community that helped recover **ancient recipes and ingredients from the tradition** to be preserved and handed down from generation to generation, allowing all tourists to replicate the locally tried dishes even when they return home. The result is a book containing **100 traditional recipes, 37 reinterpreted dishes, and more than 250 photographs.**

**4 | The Associazione Mattias** was founded in memory of **Mattias Peri**, the first chef in Livigno and Valtellina to receive a **Michelin Star in 2009**. Thanks to him, Livigno made a great leap forward in culinary quality, and his dedication and passion have traced a path that is still alive today. The Association named after him wants to continue to be a **source of inspiration** for tomorrow's chefs, by encouraging them to pursue their dream and supporting their professional growth by awarding **scholarships** to the most deserving students at Hotel and Catering High Schools in Lombardia and Trentino Alto Adige.

Every year, friends, and supporters of the Associazione Mattias take part in the **Sunrise Mattias**, an emotion-filled event that pays tribute to Livigno's food tradition and its valley by remembering one of its most beloved and inspired interpreters.

5 | The Associazione Mattias and the Livigno Chefs and Pastry Chefs Association are the two beating hearts of the resort's gastronomic verve. Throughout the year they organise two events to showcase Livigno cuisine. The events not to be missed are the **Sunrise Mattias** for the winter season and the **Sentiero Gourmet** for the summer season which is an itinerant trail at the Alpe Vago area that winds its way over five kilometers through the wood of Little Tibet. Participants in this event can stop at different stands and taste different proposals of gourmet finger food and reinterpreted traditional dishes accompanied by a selection of excellent Valtellina wines.

## NIGHTLIFE IN LIVIGNO

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The streets of Little Tibet offer a wide choice of bars and restaurants where you can enjoy your evening after a day full of sports, relaxation, and other leisure activities.

Starting at 4:30 p.m., there are many traditional bars and cabins on the slopes and at the bottom of the valley that organise **apres-ski** parties. The perfect chance to enjoy a moment of relaxation and fun with friends sipping a hot drink, a beer, or a typical **bombardino**.

For those who don't know it, **bombardino** is the winter cocktail par excellence, it was created in Livigno in the 1970s by a young man from Genoa to face the freezing temperatures in the mountains. This hot drink is made of milk, whiskey, and eggnog.



It is said that the first lucky taster exclaimed, “Damn! It’s a bombard!” thus giving the drink its official name.

Popular après-ski bars are Stalet and Centrale après-ski Bar with DJ sets by international guests, or David’s après-ski Bar where you can enjoy many typical dishes in a cosy atmosphere in true mountain style. At the start of the Livigno-Centro gondola, there is the Tagliede bar and restaurant which is a historic venue in the resort where live music events are often organized throughout the day and in the late afternoon offers a not-to-be-missed après-ski party on the outdoor terrace overlooking the ski slopes which is partly covered and heated. The Helvetia Pub offers after-dinner fun with themed parties that are organized every night with disco music, games, and karaoke.

If you are a night owl, in Livigno you’ll find many **Disco Pubs** for after dinner. Marcos Pub, for example, is famous for its rock music nights, and during the winter season, it organizes more than 80 events with live music and entertainment. Bivio Club right in the centre of Livigno is a venue where Livigno’s tradition blends with a modern and glamorous environment with DJ sets every night. Miki’s Pub is the most popular hangout for young people and anyone who wants to have fun on the dance floor with music and karaoke.



## 9. DISCOVERING THE ORIGINS

Livigno has always wanted to celebrate its traditions by organising many annual events and activities that can be joined to travel back in time and to discover its past, the habits of locals, and the path taken to get to the present day, where Little Tibet has become a globally appreciated lifestyle tourist destination.

- ▶ A WALK THROUGH THE HISTORY, BETWEEN PAST AND PRESENT
- ▶ MUS
- ▶ FATHER PARENTI AND HIS MISSION IN TREPALLE: THE ROOTS OF GUARESCHI'S DON CAMILLO IN THE HIGHEST VILLAGE IN EUROPE





## A WALK THROUGH THE HISTORY, BETWEEN PAST AND PRESENT

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A more than 22km long valley at an altitude of 1,816 meters, here is situated Livigno whose name probably comes from the late Latin word *labineus*, “place subject to avalanches” and first appeared in a document in 1187. A few centuries later, more precisely in 1799, the district of **Trepalle** was included in Livigno’s territory. It is the **highest inhabited district of Europe** since it’s located between 1,900- and 2,200 meters altitude.

Despite the harsh climate and isolation, locals managed to survive thanks to a great spirit of adaptation: the economy was based mainly on **livestock farming, dairy processing**, and meadow care because, due to the freezing temperatures, agricultural production was based solely on the cultivation of **turnips**, the only vegetable that thrived and was to find in all local vegetable gardens. Only after the opening of the **Foscagno pass** in 1952, along with the **Munt la Schera tunnel** at the end of the 1960s, did reaching Livigno become easier and quicker. This calm rural village has become a **lively tourism destination**.

## MUS! THE MUSEUM OF LIVIGNO AND TREPALLE

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Located in an old Livigno house, the **MUS! The Museum of Livigno and Trepalle** aims to promote culture and tradition, documenting local history and organizing educational workshops and events not to be missed.



It is a place that allows all visitors to plunge into the past of Livigno discovering its traditions and customs about daily life, food, and education. Inside the museum, **old domestic environments** have been faithfully recreated, as well as some interesting thematic sections with ethnographic objects carefully and thoughtfully preserved over the years. A true journey through time that allows reliving the history of Livigno and appreciating, even more, its present. The museum tour can be enjoyed on its own, thanks to the information labels in each room and the handy audio guide which is a free App that can be downloaded directly to your smartphone and with all the information in Italian, English, and German. A guided tour service lasting about an hour is also available.

## FATHER PARENTI AND HIS MISSION IN TREPALLE: TO THE ORIGINS OF GUARESCHI'S DON CAMILLO IN EUROPE'S HIGHEST INHABITED VILLAGE

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Connected to Livigno through a road and a beautiful panoramic trail passing through the Val Tort, the **Trepalle district is the highest residential dwelling in Europe at 2,069 meters altitude**. It has a special history that is intertwined with that of Father Alessandro Parenti, an energetic and innovative parish priest who left a lasting imprint on the history of the village and Valtellina.

The story of Trepalle and its parish priest began in **1929** when, as soon as he was ordained as a priest, Father Parenti arrived in Livigno where there was **no electricity, the telephone did not exist**, and in the winter months snow was thawed to get water and the temperature was often 30 or more degrees below zero.

From the very beginning, the parish priest set himself the goal of educating and guiding the community with Holy Masses, preaching, confessions, catechesis, and some rectory rooms were also designated as kindergarten and elementary school. Furthermore, he concretely supported the inhabitants by aiding the sick and the neediest families and went well beyond the traditional pastoral work. He soon began to take advantage of the extra-customs condition starting a cooperative and a company to run the petrol station located within the village.

Thanks to his unwavering commitment and connections to high-ranking persons, he succeeded, change after change, in revolutionizing the small village. In 1936 he managed to bring electricity into the rectory and other buildings, first only in the summer using a water turbine and later year-round with an internal combustion engine. In 1948 the telephone line was connected; in 1951 he obtained the winter opening of the Foscagno road and the aqueduct in 1958.

Thanks to all the improvements and the priest's efforts, a long-lasting, strong bond was created between the priest and the community.

In September 1970 Father Parenti left his rectory after no less than 41 years of intense service, charging Father Adriano Ponti, his precious collaborator, with the mission he had begun. He died on October 17, 1980, leaving behind countless memories.

The person of Father Parenti would have inspired writer **Giovannino Guareschi**, who visited Trepalle in the summer of 1948 and met the priest on this occasion. Guareschi was greatly impressed both by the parish priest and by the village, an ideal destination for those who want to live outside the city life and be surrounded by nature. In the first story of "Gente così" published in the weekly magazine *Candido* on Oct. 10, 1948, he mentioned a village renamed Trebilie that is an obvious literary counterpart of Trepalle, but above all the sparkling energy of this Priest, his generosity and sensibility inspired Guareschi in describing Don Camillo's adventures in the "Storie dell'esilio e del ritorno" within the book "Mondo Piccolo".



# 10. CHRISTMAS 2023

Christmas has always been the most magical time of the year...but spending it in the mountains makes it even more so! During the Christmas period, Livigno turns into a little Christmas village with stands, Christmas decorations, and lighted trees. A fairy-tale landscape covered by pristine snow.

- ▶ THE CHRISTMAS VILLAGE
- ▶ CHRISTMAS SHOPPING
- ▶ NEW YEAR'S EVE
- ▶ GHIBINET



## THE CHRISTMAS VILLAGE

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Throughout the Advent period, the Christmas Village is up in the centre of Livigno surrounded by lights, colours, flavours, scents, and above all the **magical and warm atmosphere** of Christmas. Here, some cosy little wooden houses wrapped in a whirlwind of colourful and twinkling lights await international visitors. They can try local products - such as roasted chestnuts, hot chocolate, sweets, and mulled wine - but also appreciate the creations of Livigno artisans that attract both young and elderly people every year.

## CHRISTMAS SHOPPING

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With more than 250 stores, Livigno is definitely the place to be for Christmas shopping. It doesn't matter which kind of gift you need, if for family, friends, or one's partner, in the pedestrian centre of Little Tibet you'll find the perfect one. There are not only exclusive boutiques and single-brand boutiques that are ideal for **fashion lovers**, but also **perfumeries**, **hi-tech stores**, **jewellery stores**, and **stores** that offer items related to the tradition of the area... The best gift ever is assured!

# NEW YEAR'S EVE

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The perfect way to welcome the New Year? Livigno organises several events to fully enjoy the last day of the year. From 6 p.m., ski instructors will ski down the village's lit slopes holding a flashlight or a torch performing a unique show that guests and Livigno residents can participate in by parading alongside the instructors (upon registration at the Central Ski School). At the end of the torchlight procession, the ski instructors will set fire to a wooden sign saying goodbye to 2023 and welcoming the new year.

# GHIBINET

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In Livigno, the Christmas holiday lasts until Epiphany. On this day, the children of Livigno and Trepalle ride their sleighs through the streets of the town centre, knocking from door to door and uttering the traditional exclamation “**Bondì Ghibinet!**” expecting gifts and sweets in return. All over the Valtellina, and thus also in Livigno, on Epiphany Day people greet each other using this ancient formula, probably stemming from the German “Gaben-Nacht” which means “night of gifts” and recalls the Gospel episode in which the Three Wise Men arrive in Nazareth with their gifts.



# 11. AQUAGRANDA

Aquagranda is one of the biggest state-of-the-art sports and wellness centres in Europe, where everyone – kids and adults - can find the right mix of **relaxation, sport, and fun**. Here you can find fitness, body care, and wellness areas spread over 10,000 square metres.

Since October 2022, **Aquagranda** has been appointed as an **Olympic Preparation Center**, a position obtained thanks to the official qualification of CONI, which deemed there were all quality standards required by the sports federations. Many athletes and several national teams from different disciplines go there for their fitness training and to improve their aerobic skills.

Aquagranda is the place to be also for those who want to experience relaxation and leisure moments thanks to the dedicated **Slide&Fun** and **Wellness&Relax** areas.

- FITNESS&POOL
- WELLNESS&RELAX
- SLIDE&FUN
- RUN&PLAY
- BAR&BISTROT



## FITNESS&POOL

The **Fitness&Pool** area is the perfect place for those who wish to practice sports both in the gym and in the pool.

The 350-square-metre fitness area is equipped with the latest generation **Technogym** equipment and the brand new **MagneticDays** bikes, which can be used either on your own or with the support of qualified **Personal Trainers**, who prepare training plans for every need and request throughout the year.

A modern and cutting-edge place that also features **KINEO** technology with machines for **personalised training** ideal for physical and **athletic rehabilitation**. The goal is functional training, starting with single or double stance functional tests, to reach top athletic performance, with viscous, isometric, isotonic, and isokinetic training that is perfect for pre-or after-surgery physical therapy.

In addition, more than **20 fitness and water classes** for everyone are offered in dedicated fitness rooms including classes of Total Body, Spinning, ABT, Pilates, and Aquarelax, to find body and mind well-being, and special classes such as Aquafunctional, Tabata, and Cross-Functional.

For an all-round fitness experience, Aquagrande centre also provides a **50 m Olympic-size swimming pool** – where the Italian national swimming team and many other European federations, as well as a training site in the past of Federica Pellegrini, who chose the Aquagrande facility as the home of her Academy.





## WELLNESS&RELAX

For those looking for moments of relaxation and well-being, the **Wellness&Relax** area is a perfect choice. It is furnished in the traditional alpine style with stones, wood, and fire as predominant elements, just like Livigno.

Its several areas can lead to a real **restoring path**. These are designed to **take care of oneself** and meet every need: a swimming pool with hydromassage beds and seats, a salt-water pool, a Turkish bath, a bio sauna, a Finnish sauna (90°C) for Aufguss rituals, a cooling area with ice and cold well, a Kneipp path, 3 relaxation areas, and heated outdoor tubs to relax enjoying the stunning view of Livigno's mountains.

In the sauna, you can enjoy the Aufguss rituals three times a day which are moments of well-being that lead to an aromatic rise in temperature. The benefits of this practice are considerable and they are appreciated by sportsmen and women because they help muscles relax, improve the lymphatic system, strengthen the immune system and expel toxins.

In the treatment cabins, on the other hand, you can experience a unique moment of relaxation by choosing from different types of **massage** - relaxing, sports or customised - or if you prefer you can choose one of the special facial and body treatments offered by the centre.

In addition, Aperiwellness events are organised at the **Wellness Bar**. These are moments of relaxation and fun during which you can sip a light drink and eat some snacks while listening to a live music performance. Aquagrande is the perfect place to take care of yourself and feel revitalised all round.

# SLIDE&FUN

The **Slide&Fun** area has been created for the entertainment of the whole family, from 0-year-old children up to adults, everyone can have fun together with pools, slides, and much more.

For children from 0 to 3 years old, there is the **Baby Pool**, a 20cm high pool with water games, while for children from 3 to 14 there is the **Magic Castle**, a colourful structure with slides, splashes, waterfalls, and a giant bucket that turns into a fun water bomb.

Children over 120cm and adults can experience the two adrenalin-pumping water slides **Bazooka**, and **Active Blue**, and the innertube water slide **Crazy River**.

For those who want to spend a moment of wellness with the whole family, there are the **Family Sauna** and the **Turkish bath - Family Hammam** to relax all together conveying to children the importance and benefits of their use.

A **babysitting service** is also available every day - except Saturdays - from 4 p.m. to 6 p.m. with a €5 surcharge on the ticket. It is dedicated to children and young people between 4 and 14 years of age, you don't need to book this service and it is offered directly at the pool: children can have fun in the Slide&Fun area under the watchful eye of the staff, while parents can enjoy some time to themselves also thanks to the easy access to the **Wellness&Relax** area.

In this area, an **entertainment service** completely free of charge is available every day from 2 p.m. to 8 p.m. (except Saturdays). A skilled entertainer organises games and activities for people of all ages, from children to adults.

New in 2023 - In the Slide&Fun area, visors for augmented reality experiences in the pool will be available to the guests.





## RUN&PLAY

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The **Run&Play** area is located outdoors and surrounded by the breathtaking Alpine landscape. It consists of a **6-lane athletics track** where all athletes, who choose Livigno, can train at high altitudes and in the open air also being protected from the wind thanks to a plant-covered wall.

The area is equipped with a **regulation football pitch** made of a mix of real and synthetic grass, which is very popular among the football teams for their training camps. The necessary equipment to practice the various athletics disciplines, such as hurdles running, javelin throwing, shot putting, and the 3000-meter steeplechase, is also available on site. There is a **beach volleyball** and **beach tennis court**, too.

Aquagranda also runs all the **tennis courts** in the area. At Plaza Placheda, it is possible to book the court for private use or one-to-one or group lessons with a FIT-qualified instructor.

## BAR&BISTROT

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After some well-deserved relaxation and the right amount of fun, it's time for some tasty dishes. The Bar&Bistrot area is directly connected to the Slide&Fun area by large windows. Here you can order **healthy and tasty dishes** - from salads to first or main courses - made with **genuine, local, and high-quality raw materials** such as Felicetti pasta, which is an official sponsor of Livigno. The Bar&Bistrot area has a large outdoor terrace where weather permitting, you can have lunch or sip your favourite drink while being warmed by the winter sun.

## 12. OUR PRODUCTS

The deep connection to the territory is an evident aspect of the town and a source of pride for all inhabitants of Livigno. To highlight this, Livigno has created three different Livigno products: a clothing line, a gin, and a board game. This gives you the opportunity to always have a piece of Livigno with you after your holiday.

- ▶ CLOTHING LINE
- ▶ GIN CONTRABBANDO ( SMUGGLE GIN)
- ▶ THE GAME “FILON: AL PLU GUZ DA LIVIGN”





## CLOTHING LINE

Livigno's clothing line was born from the desire to keep a souvenir of the resort always inside the closet of Little Tibet lovers and sportsmen. The project aims to promote the resort's values such as Italianness, creativity, and sportsmanship, three key elements that fully represent some of the souls of the resort.

The collection - which can be purchased in the resort's sportswear stores - is 100% Made in Italy and garments are 90% handmade, from the prints to the stitching details.

The collection is composed of four different lines, each designed to meet the different needs and passions of all customers. The first line is dedicated to biking, running, and cycling, with technical clothing suitable for sporting activity. The second one, on the other hand, is more casual, with garments suitable for everyday life without sacrificing style. The third one is focused on streetwear, the perfect mix of comfort and style; and the last one, instead, is dedicated to accessories, essential details to round out every look.



## IL GIN CONTRABBANDO

Contrabbando is Livigno's gin containing the true essence of the area and a clear reference to history. It is made locally, starting from the harvesting of juniper berries, a tenacious plant that can withstand the winds and the weight of the mountain's snowpack.

This gin tells the incredible stories of mountain smugglers, men who faced a treacherous night journey defying the law and nature and carrying large rough canvas sacks full of sugar, coffee, bottles of alcohol, and cigarettes.

On their way were often low and thorny juniper bushes. Junipers (*Juniperus L.*) - just like smuggling - do not immediately leap to the eye because they are completely covered by snow for long months. However, they have always been considered special having thick prickly needles and a tough, nerveless wood that was burned by the ancients and later waved in the air, because its dense aromatic smoke was believed to have purifying properties. However, are the berries that make it so famous: they ripen in a couple of years, turning bluish, and inside them are seeds rich in an incredibly aromatic, intense, and pungent essential oil that has been used for thousands of years both in herbal medicine and in cooking to flavour certain dishes...and to produce gin.

# THE GAME “FILON: AL PLU GUZ DA LIVIGN”

A board game that entertains young and old alike. Friends and family can play together to find out who is the real “Filon” of Livigno.

After choosing the token that you most like - from groundhog to skier - it's time to start playing this Livigno-branded board game. In the game, there are three different types of properties: apartments, hotels, and ski lifts, on which you can build businesses to earn money and invest it to make other players lose... but pay attention not to be caught smuggling Livigno gin or other duty-free products by the Customs Finance Guard!

Between buying, building, selling, and trading properties and businesses, you will also have to deal with some **Ocasgions** (Occasions) and **quizzes on Little Tibet** that come up and can increase your budget. For an explanatory tutorial, you can visit the website.

The game is available in four stores: 2+2 Stationery Store (via Domenion 189), Studio Più Gioco (via dala Gesa 460), Bazar Longa (via Rin 438), and L'Artigiano (via Saroch 518).



## 13. OUR PARTNERS

An eye always on innovation, a strong sporting vocation, hospitality, but above all love and respect for the territory. These are just some of the cornerstones of Livigno - a holiday destination that is appreciated by national and international tourists right for its values rooted in history.

Little Tibet is a perfect showcase for all companies that fully support and share the values of the place. This is the very reason why Livigno's partnerships are so important. Thanks to these shared core values, innovative projects, and tailor-made communication plans are developed every year enhancing all parties and raising their profile and visibility in the Italian and foreign markets.



