



MEDIA KIT

Summer 2023



[livigno.eu](https://www.livigno.eu)

LIVIGNO



WELCOME TO LIVIGNO

WHERE YOU CAN TAKE A DEEP BREATH AND EXPERIENCE THE WONDER OF THE MOUNTAINS IN THE SUMMER.

Exploring unspoiled places with breathtaking views by venturing out on amazing hikes, savoring local specialties, and breathing in deeply the fresh air while getting into a shopping session. This is Livigno, a mountain paradise, both in the summer and winter, sheltered by the Italian Alps. A lifestyle destination that is chosen every year by Italians and international tourists - groups of friends, couples, or families - to spend their vacations full of fun, sports, relaxation, and good food.

Little Tibet has always confirmed itself as an Alpine benchmark for outdoor and winter sports activities. In just three years, the resort will be one of the venues for the Milan Cortina 2026 Olympics. An important dream has 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 and increasingly enhancing the green lifestyle of the resort.

This is the reason why the word “Naturally” has been chosen as Livigno’s headline, a simple word with a double meaning: it stands for the resort’s choice to face a sustainable change to become ever greener, but also for the fact that vacations can only be spent here, in this Alpine jewel located at 1800 meters of altitude and loved by 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



METEO



MYLIVIGNO
APP



ARCHIVIO
FOTO

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 KM²



FLATS
1.542



HOTELS
106



BEDS
15.000



OVERNIGHT STAYS PER YEAR
1.800.000
SUMMER 500.000 | WINTER 1.300.000



WINTER TOURISM
80% FOREIGNERS
20% 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. ROAD TO MILANO CORTINA 2026

A global proof of Livigno's excellence in the sporting world came thanks to the nomination for the Milan Cortina 2026 Olympics, on which occasion Livigno will be featured as one of the venues where international athletes will compete in Freestyle skiing and snowboarding.

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

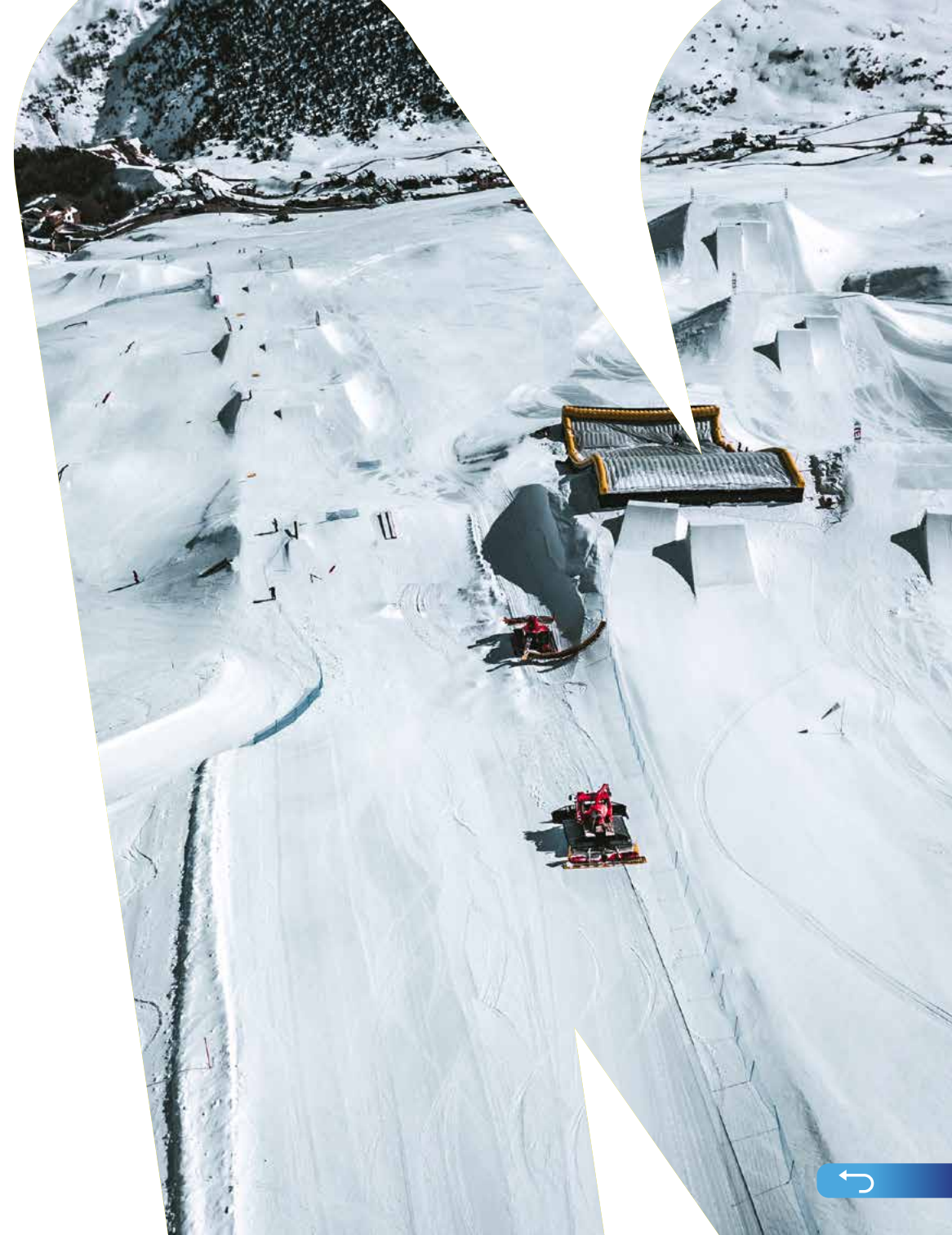
THE RESORT

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

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

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**.

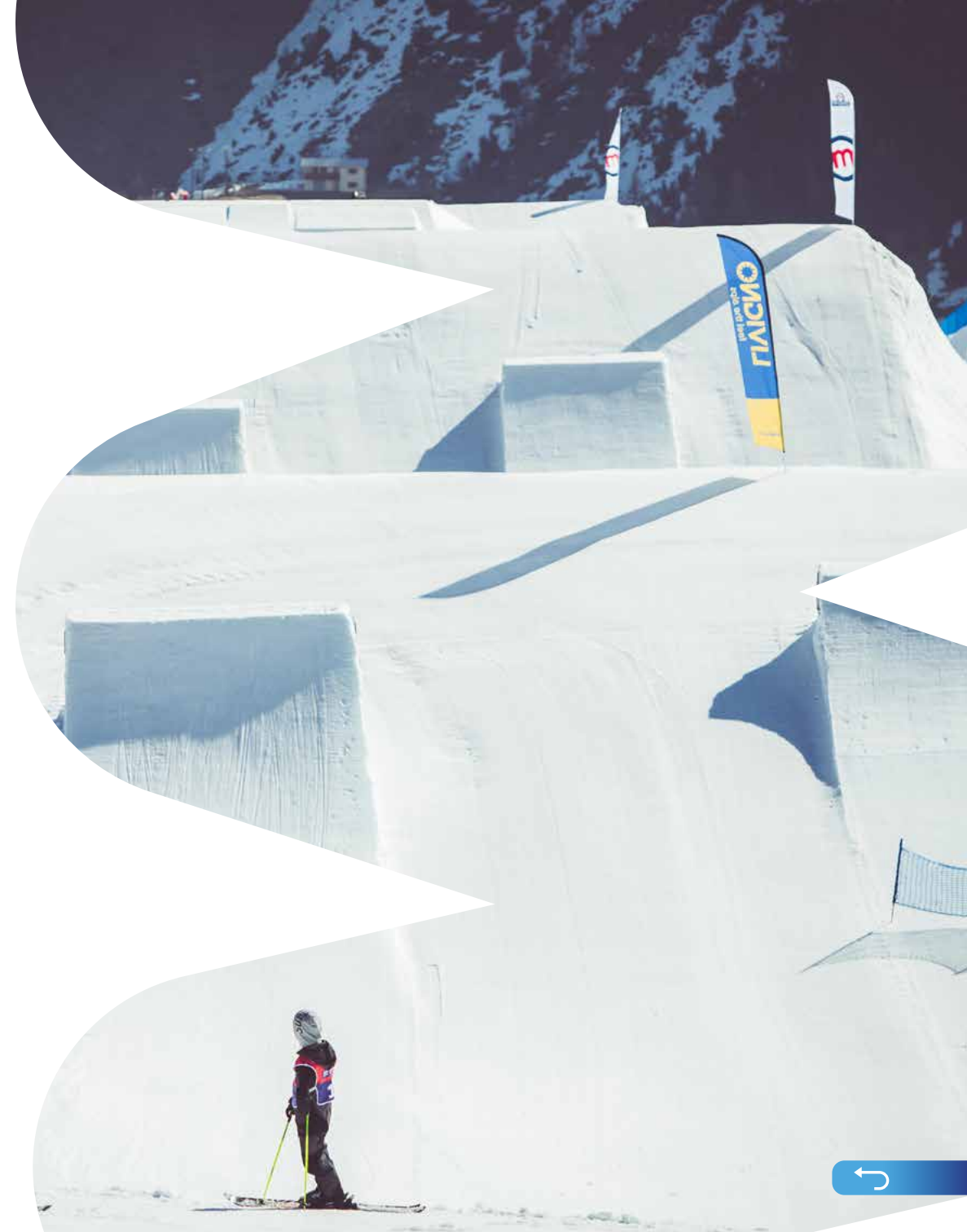
The landscape, the amount and quality of services offered, infrastructures, sports activities, and attention to detail made Livigno a top destination for all sportsmen and women. It has always been recognized as a **sports centre that allows amateurs and professionals to train at high altitudes surrounded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

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

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 and Jessica Bormolini (Mountain Bike), Elia Viviani and Letizia Paternoster (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.



5. LIVIGNO ACTIVE

Little Tibet has many souls, but the predominant one is certainly the sporting one. In the summer, the area turns into an outdoor gym where professionals, amateurs, and families with children can spend days under the open sky. During the summer there are many sports activities suitable for everyone such as the classic ones like mountain biking, hiking, and trekking, or also climbing with Alpine Guides, running, horseback riding, paragliding, fishing, and playing golf and tennis. All activities make it possible to spend time surrounded by nature, between fun and adrenaline.

► BIKING

- BIKE SKILL CENTER, BIKE SCHOOL OFFER, AND BIKE TOURS
- MOTTOLINO BIKE PARK
- CAROSELLO&SITAS FLOW TRAILS
- BIKEPASS LIVIGNO
- BICYCLE PATH
- EBIKING
- ROAD BIKING

► HIKING

- ALPINE LAKES
- BAITEL
- ALPINE PASTURES
- TRAIL RUNNING

► LAKE LIVIGNO

► HIGH ALTITUDE TRAINING

► SUMMER ACTIVITIES



BIKING

One of the best ways to explore Livigno is to get on your bike and kick off an unforgettable two-wheeled experience while riding on the **3,200 km of GPS-tracked** trails. Biking is the king of summer sports, both kids and adults can be involved and get won over.

1 | The Bike Skill Center is an important point of reference for all bike enthusiasts, professionals, and amateurs alike. Here, qualified instructors are on hand to provide tailored advice according to one's needs and level of preparation for the best biking experience ever. You're spoiled for choice between routes you can tackle on your own, planned excursions with guides, as well as many options to experience the bike world: MTB, enduro, cross-country, flow-country, downhill, e-biking, and road biking.

Children will also feel at home at the Bike Skill Center, where they can get familiar with MTBs and improve their riding skills thanks to professional instructors and many bike structures designed for learning while having fun, such as pump tracks and wooden boardwalks.

2 | For downhill and freeride biking lovers, the perfect choice is definitely the **Mottolino Fun Mountain Bike Park**. It's the only Bike Park in Valtellina, the first one in Lombardy, but above all one of the best in Italy. It was built in 2005 for the MTB World Championships and has been constantly implemented and updated ever since. In the park, there are **14 tracks** suitable for everyone divided into **three levels of difficulty**: the **Blue Trails** are suitable for beginners. The **Red Trails** are designed both for those who want a flowing and fast track and for those who prefer a technical and captivating riding style based on rhythm and vigor. The **Black Trails** are designed for the enjoyment of bike park riders and downhill enthusiasts. Inside the bike park, you'll also find bike structures providing the right amount of adrenaline for beginners and experts alike: the Jump Area for sequential jumps on packed dirt trails, the North Shore Area to immerse yourself in the wood between suspension bridges and wooden features, the Slopestyle line which is designed for pro riders, four Drops to test your skills, and the maxi airbag for aerial evolutions.





3 | Livigno's bike area also consists of the **Mountain Park Carosello 3000** and the **Mountain Area Sitas**, both designed for all bikers.

Since the opening of the first trail in 2015, both the Mountain Park Carosello 3000 and the Mountain Area Sitas have been offering 50 km of trails divided between preexisting hiking trails and newly built trails, among them there are: the flow trails are suitable for beginners and families but also for skilled bikers looking for adrenaline-pumping rides, the enduro trails for skilled bikers who want to enjoy a more natural and technical riding experience.

Among the most iconic bike trails are: the Roller Coaster, a sheer Flow trail with stunning views of Livigno Lake, the ultra-fast H-Dream (Hutr) where expert bikers can reach a top speed of 70 km/h, the enjoyable Coast to Coast trail and the technical Flow trail along the Blueberry Line.

The **Sitas Mountain Park**, on the other hand, can be reached by lifts starting right from the town center. Once there you can choose among several mountain bike trails suitable for all levels of preparation. Beginners can have fun on the five easy trails, with limited elevation gain and a few jumps to spice up the ride; MTB enthusiasts can enjoy two medium-difficulty trails at higher inclines and adrenaline-pumping sections. Expert bikers, on the other hand, can choose between the two more technical and challenging "black" trails.

There you'll also find a 5-kilometer MTB trail called Bike Academy. It's suitable for beginners and children thanks to several training areas specifically designed to get familiar with your bike, the jumps, and obstacles such as rock garden, jumps, step down, drops, skinny, balance, north shore, and switch back.

4 | Thanks to the **Livigno Bike Pass** — a daily or multi-day ticket depending on your needs — MTBikers can get all the MTB-designed lifts of the Mottolino, Carosello, and Sitas areas. They'll have the chance to freely ride on both mountainsides and have unlimited fun on the many plotted-out trails.

5 | For those who love **road biking**, Livigno is the ideal start/finish point for unforgettable tours cycling on some of **the most famous and legendary Alpine passes** such as Stelvio, Bernina, Gavia, Mortirolo, Foscagno, Maloja. Swiss Alpine passes — which are known for impeccable road surfaces — are very close, such as the Bernina pass, and make this area a real road-biker's paradise. Followed by **Alpine**



Guides, who provide technical, logistical, and mental support, road bikers can indulge in a Road Bike Tour choosing from many legendary routes.

During the summer season, Little Tibet is also chosen by many professional teams for their high-altitude training.

6 | For road bikers who, on the other hand, prefer a more leisurely ride surrounded by nature, the solution is the bicycle path. It's a **pedestrian and bicycle lane** suitable for everyone - even families with children. It winds along the valley for about **17 km** and can be reached from several access points. Along the path, there are several facilities such as picnic areas with benches and tables to have a snack and relax surrounded by nature; the Agility Dog area – designed for your four-legged friends, as well as playgrounds for children.

7 | For those who wish to discover the Livigno area on their bikes, but without too much effort, the ideal solution is **e-biking**. E-bikes are pedal-assisted electric bicycles that make the biking experience easier for young and adults alike.

Among the many trails available, the suitable ones for e-biking are Larix Park trail, it's about 12 km long with an elevation gain of 200 meters and runs through a fragrant larch forest reconnecting then to the bike path; the 17 km-long trail of Val Federia which is among the most amazing valleys surrounding Livigno with its pastures, forests, and alpine huts; and the trails to Cancano Lakes — 30 km with 980 meters of elevation gain — characterized by magnificent views of the high mountains, by alpine passes and tracks to test yourself on the uphill end enjoy the ride down.

Not only a two-wheeler for excursions in nature but also a popular means of transportation in Livigno town, where you can find Repower stations for simultaneous and fast charging of E-bikes.

HIKING

1 | 1,500km of trails to be discovered and hiked, step by step, immersed in the unspoiled nature of the Italian Alps. The paths of Little Tibet wind through the forests, where hikers can breathe fresh air, but also restore their strength as well as their spirit by being in harmony with the beauty of the mountains and their views. **The wide trail network reaches a 3,000-meter altitude** and the trails are easily accessible on foot as well as by gondola.

It is known that “ mountains are for everyone” which is why in Livigno you can find hikes suitable for both young and adults among them also some themed short hikes organized by the mountain guides during the weeks. A nice chance to enjoy a half a day outing to explore Livigno’s flora and fauna.

For experienced hikers and those who want to put their fitness to the test, there are the **22 peaks** around Livigno which are part of the Italian Alps and reach a height of **over 3,000 meters**. Ten of these have always been considered the most representative of Livigno by all those who want to reach the highest peaks to enjoy a stunning view: Cima Cavalli, Cima Fopel, Corno di Capra, Monte Brevi, Monte Garone, Monte Vago, Piz Cotschen, Pizzo Cassana, Pizzo Filone, and Pizzo Paradisino. On each of these ten peaks, there is a QR code to be scanned via the MyLivigno app so that you can write your own **digital “peak diary”** and, once home, you’ll be able to read it again recollecting memories of a day spent at high altitude.



2 | Lake lovers, on the other hand, can't miss the six beautiful **alpine lakes**: Lago Nero (black lake) which gets its name from its dark waters; Lach da li Mina, an alpine glacier; Lach dala Valeta, located in the valley with the same name; Lach da la Forcola which includes a series of alpine lakes situated at high altitude whose waters are pure and cool; Lach dal Vach which is characterized by a turquoise hue due to copper phosphate; Lach dal Mont, one of the largest in Little Tibet surrounded by wide meadows where you can also find a typical baitèl where to rest and enjoy the view after the hike.

3 | What are **Baitél**? These are small huts that have been renovated and cared for by the community. In Livigno, there are five baitel located on the edge of the forest, which must be carefully preserved. They can be used as resting places, both during the day and at night, or they can provide shelter for walkers in case of bad weather. They are equipped with a small wood stove, a table, and spots to spend overnight sleeping. A place where you can feel at home while being surrounded by the beauty of nature.

4 | Throughout the whole area, there are typical **Malghe** which are Alpine farmsteads where you can taste the true flavors of Livigno by choosing from different typical dishes prepared with local products. Here it will also be possible to get in touch with the animals by visiting the calf shed and feeding them, or by milking cows and goats and learning more about the whole milk-processing procedures right up to the tasting of delicious cheeses and dairy products.

5 | Even lovers of **trail running** will get satisfied. In Little Tibet, there are many trails designed for runners with every level of sport preparation and suitable for every need: a week will not be enough to run on them all! They range from hilly ones located closer to the village to the more challenging and vertical trails that reach the 3000m peaks around the valley, and most of them are reachable on foot from the town center. In June, Livigno hosts the famous Livigno Skymarathon race along a spectacular, sky-high trail that can also be hiked, alone or accompanied by mountain guides, in one or more days.





LAKE ACTIVITIES

Lake Livigno is another natural setting that allows plein air enthusiasts to try many activities designed for everyone's amusement - kids and adults, pairs or groups of friends and families.

For those who want to try some water sports, here it is possible to **stand-up paddling** or **kayaking** with a qualified instructor who will teach you the essential kayak techniques and give some tips for an unforgettable experience.

On the shores of the lake, you can rent **rowboats, pedal boats, and non-motorized boats** (to respect the green spirit of the resort), as well as the equipment needed to enjoy an outing on the lake and reach the Floating Island, a floating wooden island where you can stop for a break while relaxing on deck chairs.

Also, Lake Livigno along with the creek Spöl and artificial lakes is the place to be for **sport fishing** for trout and char. An alternative way to experience the lake is by learning the tricks of the trade from experienced local fishermen.

HIGH ALTITUDE TRAINING

Training at high altitudes is recognized as a real “must” for athletes and amateurs who want to improve their sports performance. High-altitude training generally allows the body to adapt to hypoxia as it is stimulated to increase the production of red blood cells suited to transport the low amount of oxygen in the air. After altitude training, once you come down in height, your red blood cell levels remain high for a few more days, allowing you to improve performance as oxygen in the atmosphere increases and red blood cells work more efficiently improving performance.

In addition to providing performance gains, training at altitude during the summer with cooler and pleasant temperatures ensure fitness benefits.

Along with mountains and trails, **Aquagranda** is an essential site for athletic preparation for all athletes – professionals, and amateurs – where they can train in optimal conditions and achieve the best results. Aquagranda is one of the largest fitness and wellness centers in Europe and in October 2022 it was officially named an **Olympic Preparation Center** being officially qualified by the Italian National Olympic Committee (CONI) and holding all the quality standards required by the sports federations.

Over the years, the center has become a premium multi-sport facility with state-of-the-art and high-quality equipment. The center spreads over 10,000 sq. meters with different areas dedicated to fitness, body care, and wellness. Many athletes and national teams of different sports disciplines train right here to round out their athletic training and improve their aerobic skills.

SUMMER ACTIVITIES

In Livigno, there is always something to do, and it is impossible to get bored. Those looking for an active vacation will not be disappointed by the many outdoor sports activities on offer, including soft ones. From playing golf and paragliding to horseback riding and adventure parks, adults and children can enjoy a new activity every day.

A kind of soft sports activity, that combines the exploration of the territory and the love of animals, is **horseback riding**. To discover the territory, among forests and scenic routes, La Tresenda Agriturismo offers guided tours suitable for both experts and those who are getting on a horse for the first time.





What about getting a bird's-eye view of Livigno as **paragliding**? It's an adrenaline-pumping activity that allows you to fly over the area and admire the spectacle of nature hundreds of meters above the ground.

Livigno's **Golf Training Area** is the highest synthetic course in Europe — unique in the Alpine landscape. It's open from June to September and it's designed both for golf enthusiasts and for those who have never tried their hand at playing it. During the summer season golf classes are organized for adults and children, both for those who want to sharpen their skills and for beginners hitting a golf ball for the first time. The training course covers 10,000 square meters with pitch and putt areas, a 250-meter driving range, and three greens of varying difficulty, each reached from three different starting tees.

Livigno's **Larix Park** is a must-do experience for having fun together. There are eight courses suspended in the trees, a succession of ropes, pulleys, and lianas that allow children and adults to explore nature while playing. The **Avventurando** in Val delle Mine is an adrenaline-pumping experience: you'll cross rivers, alpine canyons, and trails... Surrounded by untouched nature, it's a real adventure to be experienced with the whole family and accompanied by a qualified mountain guide.

6. LIVIGNO FAMILY FRIENDLY

Little Tibet is the perfect destination for families who want to enjoy the mountains in the summer. Fresh air, pleasant temperatures, direct contact with nature, and many opportunities to have family fun are the key elements for an unforgettable vacation in a safe and child-friendly environment. Thanks to its unique natural landscape and a wide range of indoor and outdoor activities, Livigno has been proven as a family-friendly destination where to combine relaxation, sports, and fun. Many designed activities to turn your vacation into an exciting family adventure discovering the valley and its traditions.

- ▶ ACCOMMODATIONS
- ▶ SPORT AND ADVENTURE FOR ADULTS AND CHILDREN
- ▶ FIRST STEPS ON A BIKE
- ▶ FAMILY-FRIENDLY HIKES
- ▶ ADVENTURES FOR EVERYONE
- ▶ PLAYING COMES FIRST
- ▶ LAKE ACTIVITIES
- ▶ NATURE EXPERIENCES
- ▶ AQUAGRANDA FOR THE LITTLE ONES





ACCOMMODATIONS

In Livigno, there are more and more **Family Hotel&Apartments** where families can stay to experience an unforgettable vacation, full of relaxation and fun.

These are indeed facilities that provide family-oriented services, such as babysitting, laundry, play area, availability of strollers and bicycles with child seats, as well as hiking carriers, sleds, and baby menus to meet the taste buds of the little ones.

SPORT AND ADVENTURE FOR ADULTS AND CHILDREN

The key element of a family vacation is to enjoy some quality time and spend unforgettable moments with your loved ones by combining the passions and hobbies of young and adults. Livigno makes it possible thanks to the wide range of sporting and adventurous activities to do while being surrounded by the unspoiled landscapes of Little Tibet.

FIRST STEPS ON A BIKE

Let's all get in the saddle! Livigno boasts a dense network of roads and trails that can be discovered on two wheels, whether with your buddies or with mom and dad.

Intended for children of all ages, the **Bike Skill Center** is the ideal place to become familiar with MTBs and improve one's riding skills, always accompanied, step by step, by qualified instructors,



who will also be able to recommend the best routes suited to your riding abilities. To learn while having fun under the expert guidance of the instructor, the park features wooden boardwalks, jumps, bumps, and courses on dirt as well as **specific tracks** to help children become tomorrow's bikers. "Let's get these training wheels off" - It's a class that helps little ones to ride without the support of training wheels; the "Ready to ride" class, on the other hand, allows you to tackle real mountain trails together with your peers, always guided by a qualified instructor; the "First Rides" class, was created to teach younger children the MTB basics letting them grow in confidence by discovering firsthand the tricks of mountain biking on the cycle path that winds along the valley. Lastly, dedicated to children aged 12 to 16, there's the "Ride and jump" class at the Mottolino Bike Park, which is designed to provide a unique experience by trying the thrill of downhill among jumps, steep curves, and north shore.

The Sitas **Ski Area's Bike Academy** is also designed for learning mountain biking techniques. It's a 5 km-long training trail that combines 8 exercise areas (balance, step down, switch back, rock garden, north shore, drop, jump, and skinny) for getting ready to tackle any type of mountain trail.

For a bike ride with the whole family, the ideal solution is the 17 km-long **bicycle path** that runs along the valley starting from the Latteria di Livigno and reaching the Forcola area. On the way, it is possible to indulge in some relaxation by stopping in one of the many playgrounds and green areas or having a picnic with the whole family in one of the many equipped areas. Also, along Livigno's bike path, the **Selfie Frame** is worth a visit. It's a modern sculpture that has been entirely made of typical mountain elements representing the beauty of the resort. It's right the perfect place for a souvenir photo or a selfie with friends and family to be shared on social media tagging #Livigno, in the meanwhile adults and children can enjoy the surrounding green area or relax in the sun on specially set up chairs and benches.

FAMILY-FRIENDLY HIKES

For those who want to completely immerse themselves in nature and get in touch with the environment, Livigno offers a rich program of “family format” walks, also suitable for the little ones, and thanks to the lifts you’ll reach higher altitudes easily. Together with the Alpine Guides, every week it will be possible to discover the treasures of the surrounding valleys thanks to short half-day outings during which you get the chance to enjoy the scents and colors of summer, observe typical fauna and flora, and, above all, be captivated by the view once you reach the top. Among the most charming places to visit, there are the Val Nera Waterfall, Val Saliente, Val Federia and Sorgente Solforosa (sulfurous spring), and Val Alpisella, passing through Val Tort.

New this year is the children’s workshop “Discovering the 4 Elements” in which children born from 2011 to 2014 can learn the secrets of the nature surrounding the trails.

To fully enjoy the peacefulness of the mountains, Livigno has provided the **Check&Go** system, a quick and easy way to choose the best trail for your hike even before you set off. At the trail entrances, you’ll find panels with QR codes: by framing it, you’ll be checked in and it will be possible to check the turnout on the different trails.

For those, on the other hand, looking for an interactive alternative, the new **Carosello Moki Trail** is the ideal solution. This is a trail of about 2.7km with six themed stages, each of which includes activities, challenges, and games designed to develop a special interaction between parents and children. At each stage, there’s a tiny house where you’ll find a stamp to be printed on the map. Once all the stamps are collected, you can go to the Allegra Hotel to get a tasty prize.

Families who are looking for an unusual, fun, and special experience can choose **lama and alpaca trekking**. You and your family will have the chance to walk a cuddly, sociable animal along the trails around the La Tresenda Agriturismo.





ADVENTURES FOR EVERYONE

In Livigno, there are many opportunities to have fun and experience a healthy adrenaline rush. Little Tibet's two adventure parks are the perfect place where children and adults can spend a day outdoors, challenging themselves and their skills on trails at different heights surrounded by nature.

The **Larix Park**, not far from the center, is nestled in a forest of centuries-old larches, a small haven of peace where you can have an adrenaline-filled experience with your family among ropes, pulleys, and lianas to fly from tree to tree. Fun is guaranteed! There are nine different courses suspended in the trees divided into different levels of difficulty suitable for everyone to explore, have fun, and learn how to walk on trunks, Nepalese bridges, and wooden boardwalks reaching up to 18 meters in height also using lianas. Within the adventure park, there is also the Yepi area (named after the Mottolino mascot) which is entirely dedicated to children to let them play and have fun with their peers or with mom and dad.

Avventurando is Livigno's second adventure park, with a unique mix of trekking and adventure in the nature of the Val delle Mine. Accompanied by Livigno's Alpine Guides, adults and children - from eight years old and up - will be able to climb steep rock faces in harness, cross alpine canyons and Tibetan bridges, experiencing the mountains in an adventurous way, always surrounded by typical Valtellina larch trees.

PLAYING COMES FIRST

Mountain vacations, especially for children, are the perfect opportunity to have fun outdoors and get closer to nature. Little Tibet has many parks and playgrounds throughout the village - from the most central areas near the pedestrian center to the outlying ones - and all along the bicycle and pedestrian path, too, confirming Livigno as a perfect destination for child-friendly family vacations.

At the Scuola di Sci Centrale you'll find the **Kinder Club Lupigno**. It's a play area where children can experiment and stimulate their creativity together with new friends of the same age. The opportunities for having fun outdoors are endless: snow tubes, electric cars, trampolines, and much more to spend fun-filled summer days always under the supervision of experienced staff and Lupigno, the local mascot. A rich activity program is offered every week to make the children's days more varied and interesting: hikes, hands-on activities such as playing with salt dough, modelling clay, and crafts ideas, but also adventure park outings, and much for an unforgettable vacation in Livigno.

At the top of Mottolino - which can be reached by gondola - you can enjoy moments of pure fun. Once at the **M'Eating Point**, you can choose the activity that best suits your needs whether you decide to venture out on one of the trails or to stop at the mountain restaurant for a tasty lunch with local specialties enjoying the view from there. Children will definitely not be bored thanks to a dedicated play area equipped with seesaws, trampolines, and climbing toys. A lot of stimulating activities to keep the little ones entertained during the stopover.

At the top of the Carosello 3000 gondola, just outside the mountain restaurant, is a play area, too, where children of all ages can have fun while stimulating their motor skills with balancing games, bouldering, and adventure courses. The area has been developed on two levels: the upper one is designed for children from 6 to 12 years old, which includes an adventure course, slacklines, and a three-meter pyramid for approaching climbing; whereas on the lower level, children from 3 to 6 years old can have fun thanks to a balancing course, a mini-bike course, an area with mini-sized construction vehicles, seesaws and more.





LAKE ACTIVITIES

Woods, flowers, plants, and wildlife seem to be the main naturalistic attractions of a vacation in Livigno... But so is water which is one of the natural elements most appreciated by children. And the perfect place for water activities lovers is Lake Livigno - a real pearl of the Lombardy Alps also known as Lake Gallo. Delimiting it - at least in part - is the about 17 km-long bicycle and pedestrian path along which you'll find several picnic areas and playgrounds for children.

Lake Livigno offers plenty of fun opportunities designed for the whole family, but also just for children. You can try **stand-up paddling** or **kayaking**, and also book a lesson with a qualified instructor who can teach you all the secrets of this water sport for unforgettable experiences.

For a family adventure, you can rent **rowboats, pedal boats, and non-motorized boats** (to respect the green spirit of the resort), as well as the equipment needed to enjoy an outing on the lake

Everyone will be free to choose his or her favorite way to enjoy the beauty of the lake directly on the water. What's our destination? The Floating Island of course. A floating wooden island where you can stop for a break and some relaxation on deck chairs.



NATURE EXPERIENCES

If you really wish to experience an authentic vacation in Livigno then you have to immerse yourself in its mountain traditions and history characterized by lush nature. That's the reason why nature lovers - whether young or old – can't pass up the opportunity to enjoy one of the special experiences offered by Little Tibet.

La **Giornata del Contadino - The Farmer's Day** is the perfect choice to experience firsthand everyday life at the Alpine pasture Malga Federia. This interesting activity begins with the milking of cows and goats at 5 p.m., followed by a typical farmer's dinner with appetizing and genuine dishes and an overnight stay on site. The next morning, after waking up at dawn, the animals will be taken to pasture, and you'll head back to the valley late in the morning.

Broadly speaking, it is worthwhile to include **visits to the “malghe” (alpine pastures)** in your holiday program. Here, children will be able to come into direct contact with the animals by visiting the calves' barn, feeding, and taking care of them. Furthermore, at all the alpine pastures in the area, you'll have the chance to taste traditional recipes prepared with genuine and local products, but also to watch the milking and discover the process of making milk. If you have chosen to dine in a malga, the walk back to the hotel can be magical having a walk under the stars by moonlight to enjoy a unique moment of peace with your family.

AQUAGRANDA FOR THE LITTLE ONES

Aquagranda is Livigno's fitness and wellness center that takes care of every member of the family, from the eldest to the youngest, offering solutions for everyone's fun and relaxation.

Located inside is the **Slide&Fun** area which has been created for the entertainment of children with pools, slides, and water games designed for kids from 0 to 14 years old.

Children can have fun either alone - under the watchful eye of experienced and qualified staff – or with mom and dad. 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 colorful structure where they can have fun throughout the day. Children over 120cm can experience the three adrenalin-pumping water slides Bazooka, Active Blue, and 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 enjoying the unique benefits of these two well-being treatments typical of other parts of the world.



7. HIGH ALTITUDE LIFESTYLE

Livigno is not only about sports and outdoor activities but also a lifestyle destination where you can combine moments of the typical mountain life with the comforts and diversions of city life. In Livigno, you'll have the chance to savor typical and fine dining dishes, but also to go shopping in the downtown streets or enjoy the nightlife.

► 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

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

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.

LIVIGNO NIGHTLIFE

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.

Along the streets of the pedestrian center, there are many bars and clubs where you can savor already in the afternoon a good Aperitivo, choosing between beers, wines, drinks, and soft drinks to sip while tasting the typical appetizers.

After having a delicious dinner at the hotel or at one of the restaurants or mountain huts of Livigno, what about an after-dinner drink? 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 live rock music nights. **Bivio Club** right in the center 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.



8. 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

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

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

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".



9. 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 **25m pool** – where Federica Pellegrini used to train and the Italian national swimming team usually trains - and a newly opened 50m pool ready to welcome all athletes and amateurs who wish to experience swimming in an Olympic-size pool at 1816 m altitude.





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. Aquagranda 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 **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.



Here, adults and children (over 7 years old) can try the DIVR®, a hyper-immersive VR snorkeling experience in partnership with Ballast Technologies, which uses state-of-the-art and multi-sensory technology that allows guests to digitally transport themselves into four different worlds while floating in the center of the pool.

Once the VR headset is put on, you can choose to immerse yourself in four breathtaking digital settings: Ocean - to explore the depths of the sea, coming across a pod of whales and going in search of an ancient shipwreck; Atlantis - to discover the wonder of the famous underwater city while swimming surrounded by coral reefs; Space - for those who want to try hovering in the cosmos traveling in the interstellar stations of Mars, Moon, and Venus; Sky - to experience the feeling of freedom and lightness of a wingsuit launch into the Grand Canyon.

RUN&PLAY

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

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 sun.



10. EVENTS

Throughout the summer, Little Tibet bustles with many events both for townspeople and tourists from all over the world. Livigno thus stands as an ideal summer destination thanks to a wide range of activities to be experienced outdoors and a **schedule of events** related to different fields such as sports, culture, music, and traditional food highlighting the oomph and vitality of the town.

- ▶ ALPS ORIENTEERING CUP
- ▶ ENJOY STELVIO VALTELLINA
- ▶ LIVIGNO SKY MARATHON – SKY TRAIL
- ▶ BIKE TRANSALP
- ▶ STREETS FESTIVALS
- ▶ SENTIERO GOURMET
- ▶ GREAT DAYS
- ▶ STRALIVIGNO AND MINISTRALIVIGNO
- ▶ LA MILANESIANA
- ▶ TRADITIONAL COSTUME FESTIVAL
- ▶ NOTTE NERA - BLACK NIGHT
- ▶ FESTA DEL FEN – HAY FESTIVAL
- ▶ 1K SHOT AND GARA DA LI CONTRADA DA LIVIGNO
- ▶ NATIONALPARK BIKE MARATHON
- ▶ ICON LIVIGNO EXTREME TRIATHLON
- ▶ ALPENFEST LIVIGNO AND TREPALLE



ALPS ORIEENTEERING CUP (JUNE 2-4, 2023)

From June 2 to 4, 2023, Livigno will host for the first time, the Alps Orienteering Cup – Italian Championship. A three-day event in the mountains of Livigno during which Italian and international athletes will put effort into searching for control flags.

ENJOY STELVIO VALTELLINA (JUNE 3, 2023)

CLOSING OF THE FORCOLA PASS TO TRAFFIC AND CYCLIST-ONLY RIDE

All in the saddle to ride to the Forcola Pass, which on Saturday, June 3, 2023, will be closed to car traffic and open exclusively for cyclists who wish to ride on this stunning Alpine pass connecting with Switzerland.

LIVIGNO SKY MARATHON – SKY TRAIL (JUNE 17, 2023)

One of the most eagerly awaited events for skyrunning enthusiasts, who will have the chance to test themselves in two different competitions: the first one is the Sky Marathon which features a course of about 34km in wild environments on the Swiss border, with breathtaking views, steep climbs, endless mountain ridges, snowy sections, technical descents, and single tracks; the second competition is the Sky Trail which is a 17km race in the beautiful mountains of Little Tibet, also suitable for runners who are just getting into the world of nature running.

BIKE TRANSALP (JULY 10-11, 2023)

The Bike Transalp, in its 25th edition, is pure adrenaline for real bikers: a mountain bike race of 500 kilometers, more than 17,000 meters of positive elevation gain, and 7 stages that crosses the Alps, starting in Nauders (in Tyrol, Austria) and ending in Riva del Garda (Trento, Italy). It is one of the best-known and most popular races, not only because of the unique landscape setting in which it takes place, including spectacular routes, stunning views, and breathtaking Alpine passes.



STREETS FESTIVALS (JULY AND AUGUST)

Throughout the months of July and August, different districts of Livigno will host some traditional “street festivals” during which, on a weekly basis, it’s possible to enjoy local products, listen to good music, and have fun with friends. Among the events not to be missed, there are Ostaria Family Fest, the Saroch’In Craft Market, Via Plan e Pontiglia, Plan da Sora, and Via della Gesa/Pemont... Fun is guaranteed for young and adults alike!

SENTIERO GOURMET (JULY 14, 2023)

In its 7th edition, Sentiero Gourmet – The Gourmet Trail - is an itinerant food and wine event to discover the excellence of Italian and Valtellina cuisine. The route winds along a 5km trail to be walked immersed in the nature of the Vago Valley.

GREAT DAYS (JULY 21-23, 2023)

Mountain-biking enthusiasts gather again on the trails of Carosello 3000 for a new edition of Great Days: three days of friendship and fun on two wheels while riding on the flow and enduro trails of Carosello 3000.





STRALIVIGNO AND MINISTRALIVIGNO (JULY 22-23, 2023)

Since 2008, the Stralivigno has become a fixed appointment for trail running lovers. It's a course of about 21km starting near the Aquagrande center that crosses trails, dirt and asphalt roads always surrounded by a picturesque and exciting landscape. Athletes, amateurs, or professional runners will be able to compete in either the individual race or the relay race in pairs. As per tradition, the following day, on July 23, there will be the Ministrativigno which is a big party with games and entertainment for all children and young people up to 17 years old who want to approach the world of running by participating in a running race, with eight categories competing.

LA MILANESIANA (JULY 24-26, 2023)

For the second year in a row, La Milaneseiana has chosen Livigno as one of the stages of its itinerary. The largest traveling festival - conceived and directed by Elisabetta Sgarbi - has been touring Italy every summer since 2000 with a rich program of meetings and events attended by Italian and international guests promoting culture in all its forms. From July 24 to 26, literature, music and cinema, art and philosophy, theater, science, as well as law, economics, and sports will be the highlights of Livigno.

TRADITIONAL COSTUME FESTIVAL (JULY 31, 2023)

A special evening to stroll along the central streets of the village and discover the traditions of Little Tibet. The evening begins with a parade of traditional dresses followed by performances of bygone daily life which allow visitors to delve into the past and present traditions. It will also be possible to taste some local specialties.

NOTTE NERA - BLACK NIGHT (AUGUST 10, 2023)

An evening spent “in the dark” as the only lighting will be candles, lanterns, and torches set up throughout the village. Both young and adults can enjoy music and local product tastings letting themselves be carried away by the magical atmosphere created by the fire performances of street artists and the huge bonfire which will keep the evening buzzing.

FESTA DEL FEN – HAY FESTIVAL (AUGUST 20, 2023)

What about spending a different Sunday taking a dip into the past? Livigno’s folk group organizes the annual Hay Festival, during which all participants can have a close look at the most traditional hay-cutting techniques going back in time and rediscovering local traditions.

1K SHOT AND GARA DA LI CONTRADA DA LIVIGN (AUGUST 24, 2023)

La Gara da li Contrada da Livign and the 1kShot are two important and very popular local events of the summer event schedule. Locals and tourists will have the chance to get a sample of the winter cross-country season... but in the middle of summer! On this day, the main streets of the village will be covered with real snow creating a 1 km long cross-country ski track on which the two events will take place. La Gara da li Contrada da Livign is a cross-country skiing race in which villagers participate wearing traditional clothing and old-fashioned equipment. The 1k Shot is a Nordic skiing race as well during which top athletes from the biathlon and cross-country World Cup will compete for the top step of the podium.



NATIONALPARK BIKE MARATHON (AUGUST 26, 2023)

True MTBikers should not miss the Nationalpark Bike Marathon. It's an internationally renowned MTB race through the Swiss National Park and the Stelvio National Park, passing right through Livigno. Participants can choose from five different routes of 33km, 47km, 70km, 107km, or 141km, respectively and all starting and finishing in Scuol (Switzerland). In addition to the technical difficulty of some of the sections, the competition is also popular for its unique views and landscapes.

ICON LIVIGNO EXTREME TRIATHLON (SEPTEMBER 1, 2023)

Icon Xtreme Triathlon is among the most prestigious extreme long-distance competitions in the multi-discipline on the international scene. It stands as an interesting highlight for all fans of this sport. The race starts with 3.8km of swimming in Livigno Lake (the highest Extreme Triathlon start line in the world), then there are 195km of biking and 5,000 meters of elevation gain (the highest Extreme Triathlon section in the world). The race finishes after 42.2km of running at Carosello 3000 - the world's highest finish line in an Extreme Triathlon race.

ALPENFEST LIVIGNO AND TREPALLE (SEPTEMBER 16-17, 2023)

Little Tibet celebrates its farming origins with the latest edition of Alpenfest. A two-day festival dedicated to the farmers of Livigno and Trepalle and to the transhumance of livestock. Animals move down from the Alpine pastures where they have spent the summer period and before returning to the stables, they are the star of a village fair.



11. 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).



12. OUR PARTNER

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.



