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Val Gardena: a paradise for skiers

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Val Gardena, nestled among the majestic Dolomites, is preparing to welcome skiing enthusiasts with perfectly snow-covered slopes, breathtaking views, and a warm, inviting atmosphere. A winter paradise where sport, nature, and tradition come together.

Val Gardena, in the heart of the Dolomites, is ready to welcome skiing enthusiasts with impeccable slopes and breathtaking panoramas. The ski area offers runs for all levels: from the legendary Saslong, a black piste famous for the World Cup, to the gentle Ciampinoi slopes, perfect for beginners and families. Skiers can enjoy modern lifts, conveyor belts, and high-speed chairlifts connecting every valley, while snow is ensured by sophisticated artificial snow systems. Along the slopes, there is no shortage of huts and chalets, where you can enjoy traditional South Tyrolean dishes, hot chocolate, and mulled wine.

But not only. Here are some typical dishes:
Canederli (Knödel) – Bread dumplings with speck, cheese, or spinach, served in broth or with melted butter.
South Tyrolean Speck – Traditional smoked ham, often served with rustic bread.
Polenta and cheese – Warm polenta served with local cheeses such as Puzzone di Moena.
Pork shank or game – Often braised or roasted, accompanied by seasonal vegetables.
Tyrolean Goulash – A spiced beef stew, very popular in mountain huts.
Barley or vegetable soup – Perfect after a day on the slopes.
Potatoes prepared in various ways – Roasted, potato gnocchi, or gratin.
Apple strudel – The classic South Tyrolean dessert, often served warm with cream.

Kaiserschmarrn – A shredded sweet pancake sprinkled with powdered sugar and served with jam.
Sacher or chocolate cake – For a sweet break with coffee or hot chocolate.
Vin brulé (Glühwein) – Spiced, warming red wine, perfect on the slopes.
Local craft beers – Various South Tyrolean microbreweries produce typical beers.
Apple juices and herbal teas – Warm beverages for children and those avoiding alcohol.

Val Gardena is ready to welcome skiing enthusiasts for an unforgettable winter season. Perfect slopes, breathtaking panoramas, and cozy mountain huts await you for days full of sport, flavor, and relaxation. Don’t miss the chance to experience the thrill of the snow-covered Dolomites—an unmissable adventure!

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