

**Hikers' happy place**

The Dolomites are a boon for easy wanderers, cyclists and intrepid alpinists.



SAN VIGILIO DOLOMITES × MONOCLE

# Mountain majesty

San Vigilio and San Martin, two municipalities in the Dolomites in South Tyrol, are realms of natural splendour, culture and adventure.

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## Ladin

### Deep roots

The Ladin are an ancient people with a rich culture. In Val Badia and Val Gardena you'll hear their language: also called Ladin, it's a Romance tongue spoken by some 30,000 people. The only thing richer is their cuisine: think *canei* (ravioli stuffed with fresh game) and *crosti* (sweet bread with hints of rum and vanilla).

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## Art and design

### A cultured lot

During your hike you might stumble upon some land art. Every second year the Smach association commissions 10 open-air installations by international artists. And don't miss Zaha Hadid's MMM Corones museum, staged by famed South Tyrolean alpinist Reinhold Messner and dedicated to traditional mountaineering.



## The great outdoors

Hiking, skiing and cycling  
You'll find 650km of hiking paths across the Fanes-Senes-Braies and Puez-Odle nature parks. These form a vast Unesco World Heritage site and are home to golden eagles, owls, chamois and marmots. There are also 600km of mountain bike routes for intrepid cyclists and easy access to Kronplatz, which offers adventurous downhill trails for summer and ski slopes for winter.

