

## The Dolomites for adrenaline junkies and foodies

*Cortina d'Ampezzo, in the spectacular UNESCO World Natural Heritage Dolomite mountains, promises an unbeatable combination of vertical thrills and culinary delights this summer. For those whose idea of the perfect holiday includes outdoor activities, adventure and good food, it does not get any better than the Dolomites.*

The stunningly beautiful Dolomite Mountains in the Italian Alps are guaranteed to keep the entire family satisfied and entertained this summer. In addition to fabulous hiking and biking, the area is famous for its via ferrata itineraries. These are routes equipped with iron cable, steps and ladders to aid access and facilitate the use of safety equipment in more exposed and harder to reach areas of the mountain. The original routes were created by alpine soldiers during the First World War, and today these and many subsequent routes created and maintained by the alpine guides, are a major attraction for excursionists.

Cortina has added two brand new via ferrata routes to its already vast choice of these fascinating historical itineraries that give hikers a thrilling taste for the vertical dimension. Short and easy, Ra Pegna is intended as a "practice-ferrata" suitable for beginners and children. Nearby in the same area of the legendary Tofane mountains, Ra Bujela, a medium difficulty ferrata, is a good alternative to high altitude routes on days with unsettled weather. Both routes offer magnificent views of Cortina and the surrounding Dolomite peaks, as well as a great sense of achievement – a perfect family adventure!

Feeling hungry after the adrenaline rush, head for SanBrite, Cortina's first "agricucina" and newest addition to its outstanding restaurant scene. Talented chef Riccardo Gaspari, winner of several culinary awards, including Artisan of Taste 2014, Premio Birra Moretti 2015 and Best Agriturismo in the Adria Alps 2017, wanted to create something entirely new after having put his family's agriturismo (mountain farm and restaurant) El Brite, on the culinary map. "SanBrite is the restaurant we always dreamt of - it is a dream come true," enthuses Riccardo. The dream is being realised in a restored hayloft, next to the family's cheese shop, Piccolo Brite. SanBrite will be a place for taste, innovation and creation, with incredible 360 views of the Tofane mountains. Riccardo intends to bring his passion for new ideas and flavours to traditional recipes, favouring local ingredients, with meats and cheeses from his parents' farm, wild herbs from the surrounding alpine meadows and fresh produce from his own kitchen garden. The large wooden table on the terrace is the perfect place for al-fresco dining immersed in magnificent Dolomite scenery. "With SanBrite we wanted to create a place where lovers of good food can spend unforgettable moments in the mountain, reconnect with nature and enjoy locally grown products," says Riccardo.

Local food products can also be found in the weekly farmers' market at the Meneguto farm in the scenic Fraina area of Cortina. Every Thursday from 09:00 to 16:00, local producers gather at the enchanting farm at the edge of a larch forest to offer their vegetables, fruit, cheese, honey and many other local products for sale.

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