



QIGONG SUMMER CAMP 2009
26th JUNE – 5th JULY
DOBBIACO-TOBLACH(BZ) - Italy



Dobbiaco/Toblach is a small town in the province of Bolzano in the Italian region Trentino-Alto Adige/Südtirol, located in a beautiful valley of the Val Pusteria, about 110 km northeast of the city of Trento and about 70 km northeast of the city of Bolzano, on the border with Austria (18 Km far), at 1.256 m of altitude.



Other possible locations

- **Camping Lago di Dobbiaco ***** - ecological camping - on the lake of Dobbiaco 30 min from practicing area, walk through the forest www.lagodidobbiaco.com , www.toblachersee.com
Restaurant + pizzeria + terrace on (over) the lake
Park for children
- **Camping Olympia** – www.camping-olympia.com– 2,5 km far
Electricity, swimming pool, they rent bicycles
9 Euro/pers +
+ 4,50 small tent
+ 9,50 Euro Big tent& Car
+ 3 Euro only car

How to get to Dobbiaco

- **By train** (there is a train station in Dobbiaco):
<http://www.trenitalia.com/cms/v/index.jsp?vgnextoid=ad1ce14114bc9110VgnVCM10000080a3e90aRCRD>
- **By plane** – transfers available from Venice and Treviso Airport:
http://www.terravision.eu/dolomite_transfers.html; www.lowcostcoach.com;
www.suedtirol.info/transfer

- **By car:** driving on the motorway Brennero A22 you take the exit “Bressanone/Val Pusteria”. There you continue your journey on the road “SS49-E66”. Distance from the exit of the motorway: about 60 km.

For **local transportation**, you can use the **Tre Cime Card**, (found at the tourist information centers) for all the cable cars, local busses (<http://www.sii.bz.it/en/benvenuti.php>) and free entrance in the museums and sport facilities in Alta Pusteria. The price of the card is 42 € / person / 7 days, free for children under 6 years and 50% off for children between 6 and 15.

Mobilcard Est/Ost - 15 Euro/7 days <http://www.mobilcard.info> - allows you to travel by train or coach from San Candido to Bolzano. You may use this travelcard on all coach routes from the Pusteria and Isarco valleys to the Sciliar Plateau, as well as on the Rio Pusteria-Maranza ropeway and the urban bus networks in Bolzano, Bressanone and Brunico.

Children: free travel for children under the age of 6.

Mobilcard Junior: for children and juniors aged under 16.

Things to see in Dobbiaco and nearby:

- ✓ **The Castle of Dobbiaco** – in its centre there is the medieval tower built by the Herbst brothers in 1500.
- ✓ **Via Crucis**, the oldest route in Tirol.
- ✓ **La "Chiesetta Vecchia"** (Small Old Church) in Franadega
- ✓ **The Gustav Mahler house**



- ✓ **The San Giovanni Battista Church** – a baroque church built in 1764
- ✓ **The Meditation Route** – from the Aufkirchen Church to the Alta Pusteria sanctuary – S. Pietro am Kofel



- ✓ **The Three Peaks of Lavaredo**
- ✓ **The Lake of Dobbiaco**, found a few kilometers south of the town; boats or water bikes available




- ✓ **Val di Landro** (*Höhlensteintal*), with the Landro Lake
- ✓ The Dolomiti di Sesto **Natural Park** and the Fanes - Sennes e Braies Natural Park
- ✓ **The Carbonin Vecchia Park**

- ✓ The **Natural Parks Visit Center**, with the magical world of the Celtic forest and horoscope
- ✓ The **Grand Hotel of Dobbiaco** – we'll have the courses here, in The Hall of Mirrors
- ✓ The **history museum in Monte Piana** dedicated to the First World War
- ✓ **The Santa Maria Sanctuary**, famous as an antique pilgrimage
- ✓ **Adventure Parks** – with various routes of various difficulty, designed to entertain the whole family
– <http://www.abenteuerpark.it/index.php?id=172&L=1>
- ✓ **Swimming Pool Acquafun in Innichen / San Candido** – www.acquafun.com
- ✓ **Many cablecars in the Valley**

There are a lot more activities to explore during your holiday in Dobbiaco – sports, entertainment, nature and culture:

- ✓ Mountain hikes – you can choose between a comfortable valley hike, fascinating alpine paths and round tours of the renowned peaks of the Sesto Dolomites.
http://www.hochpustertal.info/en/suedtirol/toblach/sommer/wandern_spazierwege.html
- ✓ Cycling and Mountainbike: www.papinsport.com; www.bergfuehrertoblach.com – in the warm seasons, the ski tracks become mountain bike tracks. The Pusteria Route is particularly famous, with the Lienz peak; after cycling the way up, the [Austrian railways](#) offer many trains with bicycles transportation facilities.



- ✓ Paragliding and gliding  - from San Vigilio a Lana, or Masi della Muta and Monte Hirzer, near Merano - <http://www.fivl.it/index.php/club02.html>
- ✓ Nordic Walking – a complete physical training for the whole body www.alpinefitness.it
- ✓ Horseback riding



- ✓ Hay jumping  - extreme sport very well loved by the locals.

Other events (announced so far):

- The international Choral Singing Festival *Alta Pusteria* 24 - 28 June – one of the most spectacular choral manifestations in Europe, with more than 80 choirs from Italy and the rest of the world. There will be used over 40 locations, in various Italian and Austrian towns, but also by the lakes and in the medieval castles. Info: festivalpusteria.org
- The Alto Adige Strawberries Holiday in Val Martello
- The Dolomites Marathon.