

PRESS KIT - AUTUMN 2026

The golden & silent season

CORTINA D'AMPEZZO
THE QUEEN OF THE DOLOMITES

The logo for Cortina Dolomiti, featuring a stylized white 'C' with a small mountain peak inside the top curve, followed by the word 'Cortina' in a script font and 'DOLOMITI' in a sans-serif font below it.

An invitation to slow down, breathe and rediscover the mountains in their most intimate season



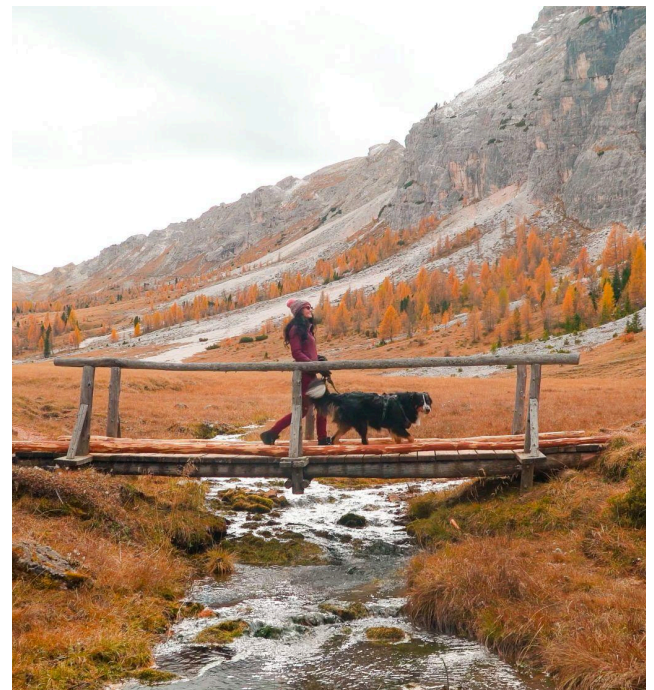
Cortina d'Ampezzo in autumn

Nestled in the heart of the Dolomites, a UNESCO World Heritage Site, Cortina d'Ampezzo has always been the place where the mountains meet elegance. Known around the world as **The Queen of the Dolomites**, the Ampezzo basin combines landscapes of rare beauty, refined hospitality and an authentic spirit, rooted in traditions passed down through generations.

After an extraordinary year, marked by the Milano Cortina 2026 Winter Olympic and Paralympic Games, by the awakening of

spring and the buzz of summer — which brought many visitors to discover the valley's 400 km of trails for the first time — Cortina is now preparing to welcome autumn: the slowest, quietest, most authentic season. The trails remain accessible throughout, and **can be enjoyed calmly, unhurriedly, in complete relaxation.**

It is the perfect moment to recharge and rediscover one's own rhythm, surrounded by the beauty of the Dolomites: after the intense pace of the Olympic year, **autumn 2026 unfolds as a suspended time, dedicated to regeneration.** It is the season of silence, when voices grow softer and the mountains return to speaking their most authentic language, made of nature, slowness and listening — while the woods turn to gold, inviting us to slow down and rediscover our own balance.





Woods, silence and forest bathing

Among the most intense experiences of the season, forest bathing invites you to immerse yourself in the Ampezzo larch woods for a genuine **treatment for the senses**: a slow walk among the trees, guided by breath and silence, to rediscover balance and energy.

Around mid-October, weather permitting, the larches light up in golden yellow,

transforming the valley into a mosaic of light. The valley is rich in routes from which to admire this festival of colour: the *Larieto* area, around *El Brite de Larieto*, as far as *Rifugio Mietres*, and the *Mandres* and *Fraina* area on the eastern side of the Ampezzo valley. For those seeking still different views, *Croda da Lago* and its *Lago Federa*, where the larches are mirrored in the water, offer striking glimpses, while at *Ra Stua* you can discover the golden pastures that characterise this time of year.

Slow walks

The still-mild temperatures of the **Ampezzo autumn** offer ideal conditions for long, slow-paced walks, letting the landscape set the rhythm. Walks along the watercourses that cross the valley offer a further perspective on Cortina's autumn: **the sound of flowing water weaves together with the rustle of leaves**, in a soundscape that accompanies, step by step, those who choose to walk without a destination, simply for the pleasure of listening to the mountains. Among the most striking destinations are the quiet yet scenic *Pian de Ra Spines*, the beautiful *Cascade di Fanes* and *Pian de Loa* waterfalls, and the *Gores de Federa*, rich in waterfalls and evocative crossings that set the pace of the walk.

The first snowfalls at altitude, which often arrive during this period, create an unforgettable contrast between the golden yellow of the larches, the pale grey of the

dolomite rock and the white of the fresh snow: an image that tells the soul of Cortina better than any words.

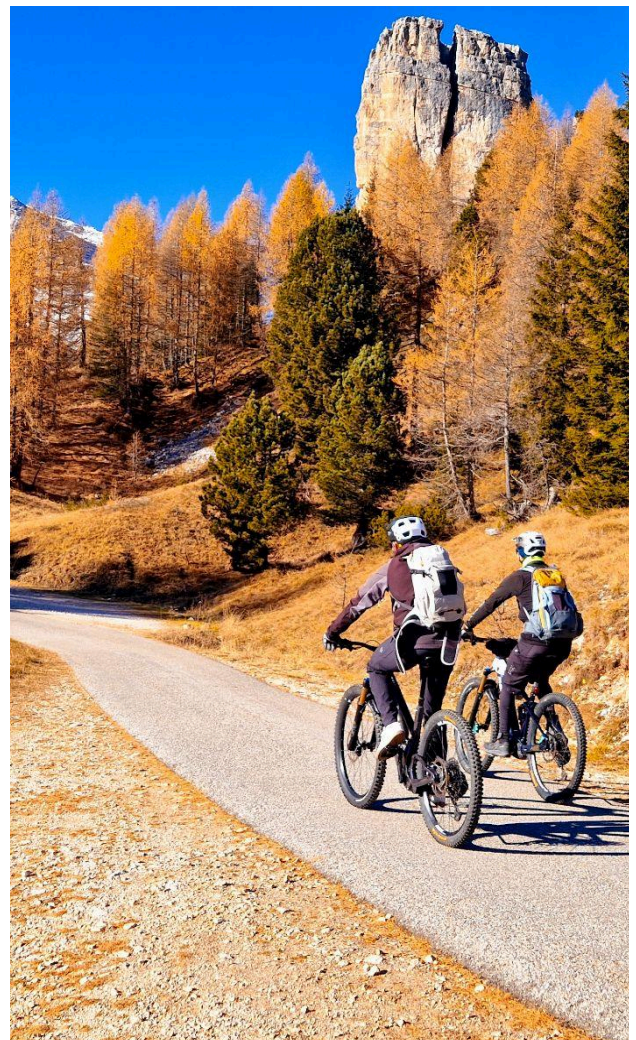


Climbing

For lovers of verticality, autumn still offers perfect days on a number of south-facing crags, where the mild sunshine allows climbing well into the season and **enjoying the colourful landscapes from above**. Alternatively, the *Lino Lacedelli Indoor Climbing Hall* offers a climbing experience amid the mountains, sheltered from the cold. For any excursion at altitude, it is always advisable to rely on the *Cortina Alpine Guides*, to experience the mountains in complete safety and peace of mind.

Cycling among the valley's colours

Autumn is also the **ideal season for long bike rides, along scenic roads and trails winding through the heart of the Ampezzo basin**, discovering hidden glimpses of a valley that, colour by colour, transforms before the eyes of those who ride through it.

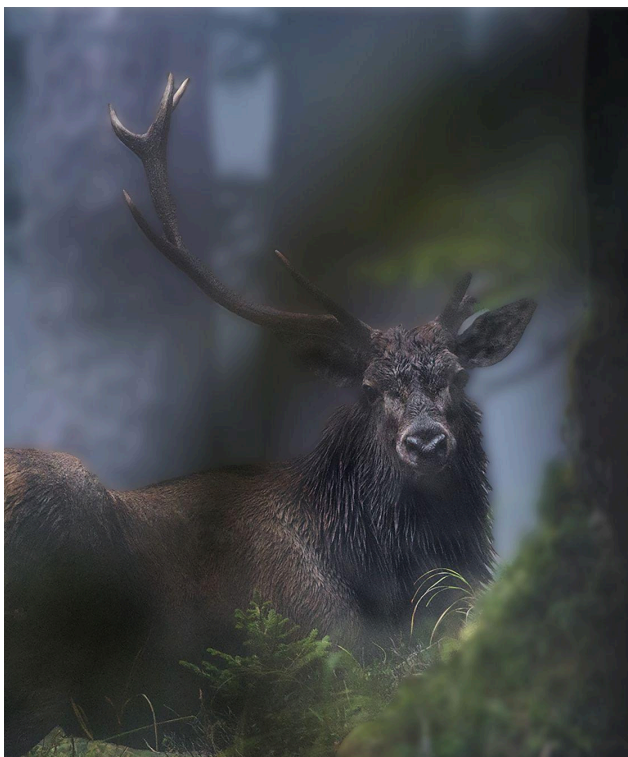


Wellness and slowness

Cortina's hotels open up to the most intimate season of the year with wellness offerings **designed for physical and mental recovery**: spas immersed in greenery, treatments inspired by the mountains, and intimate settings where time slows down, in perfect harmony with the spirit of the Ampezzo autumn.

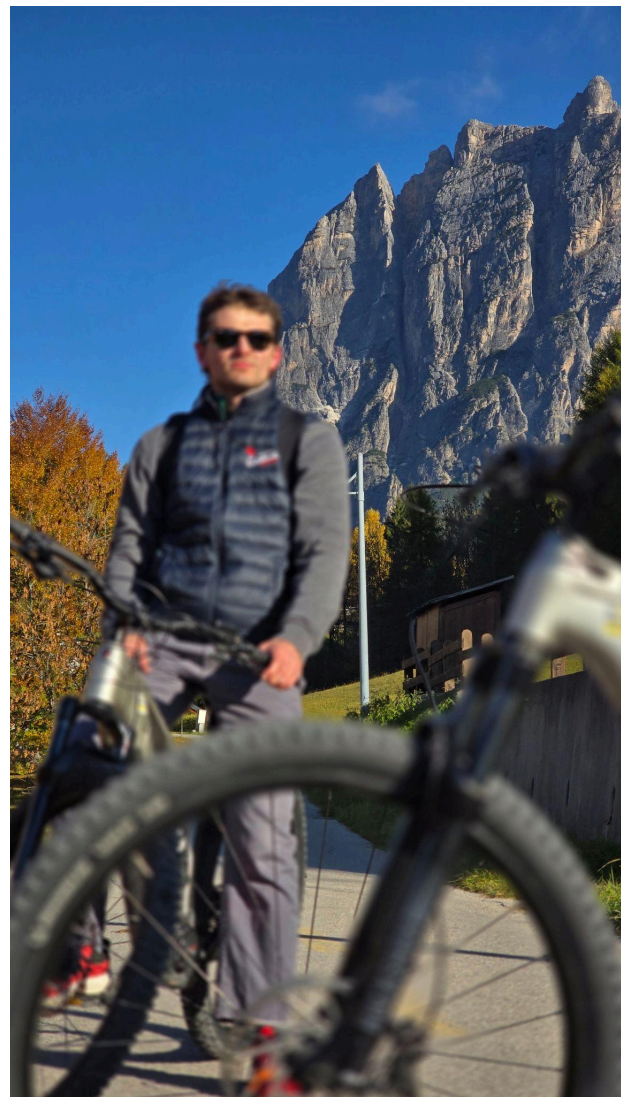
The roar of the stag

October in Cortina is also **the mating season for the deer that inhabit the Ampezzo woods**. In the silence of dusk, the stags' roar echoes across the valley: an ancient and powerful call, telling of one of the most authentic and evocative rituals of the mountains at this time of year. It can often be heard even from the town.



Autumn flavours that warm the heart

It is the season of intense aromas and welcoming tables. Ampezzo cuisine celebrates autumn with genuine, warming dishes: **red casunziei, mushrooms, game, canederli (bread dumplings) and mountain-pasture cheeses, accompanied by mountain wines**. From *malghe* to gourmet restaurants, every dish tells a story of territory and passion, amid the crackle of wood and the warmth of a lit fire.



Main autumn events

Delicious Festival – Delicious Trail Dolomiti (25-26 September 2026)

The first major event of the autumn season **combines competitive sport with the area's outstanding gastronomy, with gourmet refreshment points all along the race route.** Friday 25 September opens with the launch event, featuring a tasting of dishes prepared by Chef Team Cortina; Saturday 26 September is race day, and in the evening the celebrations continue with music, entertainment and a DJ set. info@delicioustrail.it

Desmonteà (17-18 October 2026)

The traditional festival that marks the rhythm of mountain life throughout the Alps, celebrating the "Desmonteà", a Ladin word meaning **transhumance, that is, the descent of livestock from the high-altitude pastures to the valley floor.** The festival comes to life in Piazza Dibona with a parade of festively dressed livestock and traditional Ampezzo costumes, amid music, entertainment and games.



Photo Credits: irisproduzioni.com, Federico Corvi, Gianluca Lorenzi.

Hospitality in Cortina: tradition and continuous innovation

With winter approaching, Cortina d'Ampezzo is **expanding its range of luxury hospitality**, confirming its international appeal. Following major reconstruction and refurbishment work on historic Cortina hotels, **the following properties are set to open shortly, ready to redefine mountain hospitality:** *Le Graal*, part of The Leading Hotels of the World collection; *Hotel Cristallo - Mandarin Oriental*; *The First Cortina*, part of The Pavilions Hotels & Resorts collection; and *Hotel Bellevue*, part of The Emblems Collection.

These new properties join the luxury hotels already present in the basin (*Grand Hotel Savoia*, *Faloria Mountain Spa Resort*, *Rosapetra Spa Resort*, *Ancora Cortina*, *Eight Cortina*, *Tofana Cortina* and *Grand Hotel Ampezzo*), **bringing the total to 11 five-star hotels in Cortina from 2027.**

Next winter will also see the inauguration of a **new ski lift** connecting the Apollonio tennis courts in the town centre with the Socrepes slopes, linking the town centre with the Tofana ski area.

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