

An aerial photograph of a mountain valley. In the foreground, a large, calm lake is nestled between steep, forested slopes. A small town with numerous buildings is situated in the middle ground, surrounded by green pastures and patches of forest. In the background, majestic mountains with snow-dusted peaks rise against a blue sky with scattered white clouds.

LIVIGNO

MEDIA KIT
SUMMER 2025

Alpine Energy at the highest level



LIVIGNO

WELCOME TO LIVIGNO

A LIFESTYLE PARADISE SURROUNDED BY NATURE

“Alpine Energy, at the highest level”: two simple concepts that encapsulate the **essence of Livigno**, one of the most internationally appreciated mountain resorts, located at an altitude of 1816 metres in the heart of the Alta Valtellina, and surrounded by majestic mountains that gently embrace its valley.

Livigno encompasses over a thousand years of history and first appeared in a document in 1187. It is from that time - or perhaps much earlier - that its history begins. The protagonists have always been the “livignasc’ch” who, day after day, have worked hard, with ambition, to transform a small community into one of the most popular lifestyle destinations for winter and summer alike. Livigno will be **hosting the Milan Cortina 2026 Winter Olympics**: an important dream come true, confirming it as one of the best winter resorts for freestyle and snowboarding worldwide.

The **high-level tourist offer** proposed by Livigno is based on **three pillars**: **“Powerful”** , which tells of Livigno’s adrenalin-fuelled, energy-rich soul; **“Chic”** , on the other hand, highlights the more lifestyle aspect of the resort; and **“Moving”** , which emphasises Livigno’s dynamism, in every context and for all sports training, combining sport and wellness: two tools for taking care of body, mind and spirit. To these we have added our location-based values: respect and care for an area that is rich in unspoilt nature; care for people, citizens and tourists; pride in traditions, which are celebrated and handed down to keep the uniqueness of the area alive.

These pivotal points are reflected in each of the activities available in the area: from the adrenalin-pumping, to be experienced in contact with nature, surrounded by the most famous Alpine peaks, to the more relaxing, regenerating the mind and body, and to lifestyle proposals, such as exclusive shopping and the discovery of traditional flavours and fine dining. The whole proposal in fact, underlines how Livigno is a destination that encapsulates many facets, deeply intertwined with each other, mixing **relaxation, fun, good food, sport and nature in every season**.

Livigno, is an Alpine pearl that dominates the valley from its altitude and with its enthralling energy; an authentic place where you can pursue your passions, whatever they may be, and where you can experience unique, unforgettable emotions.



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USEFUL INFORMATION

Livigno provides **online and digital** tools to stay updated about the destination –from the latest seasonal news to unmissable events and the weather– to better organize your stay and enjoy unforgettable Alpine experiences.



SITO WEB



WEBCAM



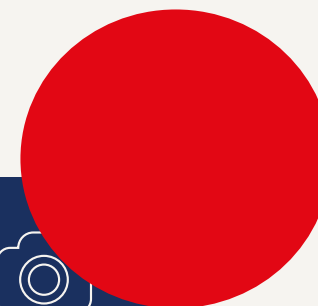
MYLIVIGNO
APP



METEO



ARCHIVIO
FOTO



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ABOUT LIVIGNO

Livigno is a place to discover and experience firsthand, appreciating its different facets. A few simple lines are not enough to describe it, but some key numbers can help understand how Little Tibet confirms itself yearly as an international and highly accommodating destination.



ALTITUDE
1.816



INHABITANTS
6.801



SURFACE AREA
227 KM²



FLATS
1.550



HOTELS
110



BEDS
15.500



OVERNIGHT STAYS PER YEAR
2.000.000
SUMMER 600.000 | WINTER 1.400.000



WINTER TOURISM
75% FOREIGNERS
25% ITALIANS



SUMMER TOURISM
75% ITALIANS
25% FOREIGNERS



LIVIGNO

GREEN

The municipality of Livigno makes a concrete, daily commitment to offering its community and tourists a **green lifestyle**. The resort performs many **eco-sustainable actions** daily to preserve the environment, territory, and landscape. Among the most critical initiatives with a sustainable approach, Livigno encourages the use of **public transport** both within the town and to reach the destination.

Italian tourists can reach Livigno by train by purchasing the **lo Viaggio Ovunque ticket in Lombardy** at a promotional price. This ticket allows them to get to the Tirano station and then take a bus to Livigno. Swiss tourists can use the **Graubünden Pass** to reach Zermatt by train and then continue by bus or train to their destination.

In partnership with the Lombardy Region, Sondrio's Agenzia del Trasporto Pubblico and the Municipality of Livigno, Italy and Switzerland created the **Interreg Omni-BUS 4.0** project to promote the implementation of a modern, integrated, and sustainable public Alpine cross-border transportation system. Within the cross-border cooperation project, Interreg V Italia-Svizzera Omni-BUS 4.0 touches on crucial issues in the relationships between the two Countries: mobility and accessibility, which are essential for citizens, workers, and for the many tourists that move between the Sondrio Province and the Canton of Grisons. Expanding the public transportation network and promoting the interconnections between different operators - railway lines, bus lines, shipping companies, and cableway installation providers - the project aims to increase the number and quality of transportation services offered to local

users and tourists. It also promotes local enhancement and accessibility, favoring low-environmental-impact transfers.

On the local level, however, Livigno has made **the public transport service between the different areas of the village completely free** of charge - with four bus lines in the winter season and two in the summer season. There is also a year-round connection service between Livigno and Trepalle. This is a concrete commitment to encourage the use of public transport by both Livigno residents and international tourists.

Thanks to a partnership with Repower, Livigno has provided **charging stations for simultaneous and fast vehicle charging for those who own electric vehicles or e-bikes**. The charging stations are strategically placed across the territory so drivers and bikers can recharge and continue their journey anywhere in the town.

Another green measure is **conscious waste management**. Livigno has implemented a project to create about **60 Molok® areas between Livigno and Trepalle**. This is a safe and clean solution for disposing of waste sustainably and efficiently. Additionally, the large capacity of the bins reduces the need for traffic vehicles for waste collection, consequently decreasing environmental pollution.





MYLIVIGNOPASS

A PASS TO EXPERIENCE LIVIGNO TO THE FULLEST

Livigno has created “MYLIVIGNOPASS”, the new official card for all those staying in the area, designed to make the experience at the resort even more complete and engaging.

Delivered directly by your hotel on check-in, the card gives you direct access to a world of services, experiences, activities, and events. Available in both physical and digital versions, MYLIVIGNOPASS is therefore the passkey to discover all the best Livigno has to offer, for an all-round experience.

With MYLIVIGNOPASS you can:

- Access exclusive outdoor and indoor activity packages;
- Easily book experiences and events directly from your smartphone;
- Take advantage of facilities and services tailor-made for guests;
- Receive live notifications during your stay.

MYLIVIGNOPASS facilitates your stay and offers you a carefree holiday in true Livigno style: authentic, dynamic, and surprising.





LIVIGNO

AT THE HIGHEST LEVEL

Livigno has many facets, but of course, it is mostly about sports: in the summer, the area is transformed into a veritable open-air gym where professionals, amateurs and families with children can spend days enjoying outdoor activities.

There are many sporting activities that characterise the Livigno summer: from the more classic mountain biking, hiking and trekking, through to hiking and climbing with the Alpine Guides, running, horse riding, paragliding, golf, tennis, and fishing. All activities that allow you to spend time in contact with nature, with plenty of fun and adrenaline.





BY BIKE

One of the best ways to discover Livigno is to get on your bike and start an unforgettable two-wheeled experience, where you can explore the **3,200 GPS-mapped kilometres**: biking, in fact, is the king of summer sports, which can involve - and win over - young and old, and can be practised from June: the Mottolino, in fact, will open on 7th June, followed by the Carosello 3000 on 20th June and Sitas at the end of the month, on 28th June.

The **Bike Skill Centre** is the resort's point of reference for all enthusiasts, professionals and amateurs, where qualified instructors are on hand to offer you tailor-made advice for the best cycling experience according to your needs and fitness, proposing both routes to be tackled independently and planned excursions with guides, as well as different options for discovering the world by pedalling: mountain bike, enduro, cross-country, flow-trail, downhill, e-bike and road-bike. Children, too, will feel at home at the Bike Skill Centre, where they can become familiar with mountain biking and improve their technique, thanks to professional instructors and a variety of facilities designed for learning while having fun, such as pump-tracks and wooden walkways.

For downhill and freeride lovers, the perfect choice is definitely the **Mottolino Fun Mountain Bikepark**, the first in Lombardy and the only one in Valtellina, but above all one of the best in Italy.

Created in 2005 on the occasion of the MTB World Championships and since then constantly used and updated, it offers trails suitable for everyone divided into **three levels of difficulty**: **Blue Trails** suitable for beginners; **Red Trails**, for those

who want a smooth, flowing, fast track as well as for those who prefer a more technical and enthralling, rhythmic and dynamic riding style; **Black Trails**, designed for the enjoyment of bike park riders and downhill enthusiasts.

Livigno's bike area also consists of the Carosello 3000 Mountain Park and the Sitas Mountain Area, both designed to be accessible to all types of bike rider.

Since the inauguration of the first trail in 2015, the **Carosello 3000 Mountain Park and the SITAS Mountain Area** have offered 50 km of trails divided between pre-existing hiking trails and newly constructed trails: the flow trails, suitable for beginners and families but also for experienced bikers who can fully satisfy their need for that adrenaline rush, and the enduro trails, for a more natural, technical ride to be enjoyed by the more experienced.

Among the most iconic are the Roller Coaster, a pure flow-trail with sensational views of Lake Livigno; the ultra-fast H-Dream, capable of launching expert bikers up to a top speed of 70 km/h; the excursionist Coast to Coast to the technical flow of the Blueberry Line.

The **Sitas Mountain Park**, on the other hand, can be reached by the ski lifts, which start right from the centre of the town. Once there, it is possible to access numerous mountain bike trails suitable for all levels of fitness and expertise: beginners will enjoy the five easy trails, with a limited gradient and a few jumps to spice up the ride, while for those who are already MTB enthusiasts, there are two medium difficulty trails, with higher gradients and adrenaline-fuelled passages. Experienced bikers, on the other hand, can enjoy the descent on one of the two more technical and challenging "black" trails.



There is also a Bike Academy here, a 5 km MTB course for beginners and children, with various practice areas specially designed to familiarise you with the bike, jumps and obstacles: rock garden, jumps, step down, drops, skinny, balance, north shore, and switch back.

With the **Bike Pass Livigno**, a daily or multi-day pass - according to your needs - mountain bikers can access all the lifts equipped with MTB transport in Mottolino, Carosello and Sitas, ascending to high altitudes on both slopes and having unlimited fun on the numerous marked and mapped trails.

For those who prefer **road biking**, Livigno is an ideal starting and finishing point for the unforgettable experience of cycling over some of the **Alpine passes that have made cycling history**: the Stelvio, Bernina, Gavia, Mortirolo, Foscagno and Maloja. Thanks also to its proximity to Swiss Alpine passes known for their impeccable road surfaces, such as the Bernina Pass, this area is definitely a paradise for road-bikers. Accompanied by Alpine Guides, who provide technical guidance, logistical and mental support, travellers can enjoy the Road Bike Tour, choosing from numerous legendary routes.

Livigno is also chosen by numerous professional teams for their mountain training during the summer season.





For street bikers who prefer a quieter excursion, still surrounded by nature, the solution is the **cycle path**: suitable for everyone - even families with children. Livigno's cycle path runs for **about 17 km** along the entire length of the valley, with several outlets for easy access to the village.

For those who wish to discover the Livigno area on their own bike, but without overdoing things, the **e-bike** - electric pedal-assisted bicycle - is the ideal solution, allowing the experience of biking in a soft way, and facilitating both young and old. Of the many tracks in the area, the three best for e-bikes are the Larix Park, about 12 km long with a 200-metre difference in height, which crosses a fragrant larch forest and then reconnects with the cycle track; the 17 km Val Federia route, one of the most surprising valleys surrounding Livigno, which is home to meadows, forests and alpine pastures; the Cancano Lakes, characterised by grandiose high mountain panoramas, alpine passes, paths to test yourself on the ascent and to enjoy thrilling descents, for a total of 30km with a height difference of 980 metres. Not only a means of two-wheeled excursions in the midst of nature, but also a very popular means of transport in Livigno, which has set up **Repower charging stations** throughout the town for fast, simultaneous e-bike charging.



ON FOOT

1,500 km of trails to be discovered and walked, step by step, immersed in the unspoilt nature of the Italian Alps. Livigno's trails wind through the woods, where hikers can breathe in clean air, but also invigorate the body and in the meantime regenerate the soul, feeling more and more in harmony with the beauty of the mountains and its panoramas. The **extensive network of trails reaches an altitude of 3,000 metres** and the routes are easily accessible on foot, but also by cable car.

It is well known that “the mountains are for everyone”, and this is why Livigno offers a variety of excursions for young and old, including the short-themed walks organised weekly by the Alpine Guides: half a day to discover Livigno's flora and fauna.

For experienced hikers and those who want to test their fitness, Livigno is surrounded by **22 peaks** in the Italian Alps, which reach a height of over **3,000 metres**. Ten of them have always been considered the most representative of Livigno by all those who want to reach the highest peaks and summits to enjoy a privileged view: Cima Cavalli, Cima Fopel, Corno di Capra, Monte Breva, Monte Garone, Monte Vago, Piz Cotschen, Pizzo Cassana, Pizzo Filone and Pizzo Paradisino. On each of these ten summits, there is a QR code to be scanned using the MyLivigno app in order to write down your own **digital “summit diary”**, which you can also read at home to relive the emotions of a day at high altitude. After reaching and documenting two peaks on the app, you will receive a carabiner with the name of the summit reached.

Lake lovers, on the other hand, won't want to miss out on the six wonderful **alpine lakes** in the area: the Black Lake, which takes its name from the layout and dark composition of its bottom; the Lach da li Mina, an Alpine hanging cirque glacier; Lach dala Valeta, located in the valley of the same name; the Lach da la Forcola, a series of high-altitude Alpine lakes with very pure, very cool waters; Lach dal Vach, characterised by its turquoise colour, which owes its particular colouring to copper phosphate; Lach dal Mont, one of the largest in Livigno, is surrounded by large meadows where there is also a baitèl, a hut where you can rest and enjoy the view after the hike.

What is a **baitèl**? It is a small hut that has been renovated and cared for by the community. There are five of them in Livigno, little gems of Livigno tradition, located on the edge of the forest, which must be carefully maintained. They can be used as resting places, both during the day and at night, or they can provide shelter for walkers in bad weather. Inside, there is a small wood-burning stove, a table, and places to sleep: a place that feels like home, surrounded by the beauty of nature.

Throughout the area, there are **malghe (shepherd's huts) or refreshment huts**, typical mountain locations where you can taste the true flavours of Livigno, choosing from a variety of typical recipes made with zero km products. Here it is also possible to experience first-hand contact with the animals, visiting the calves' cowshed and feeding them personally, or milking the cows and goats and then taking a good look at the entire milk processing process, right up to the tasting of delicious cheese and dairy products.



Trail running enthusiasts will also be satisfied. In Livigno, there are plenty of routes designed for runners of all fitness levels and suitable for every need: one week will not be enough to run them all!

These range from hilly paths closer to the village to more challenging and vertical trails that reach the 3000 m peaks surrounding the valley, almost all of which can be reached on foot from the centre.

AT THE LAKE

Livigno's lake is another natural setting for lovers of the outdoors to try out many activities designed for everyone to enjoy - young and old, couples and groups of friends and families.

For those who want to try out water sports, here you can go **stand-up paddle boarding or kayaking**; for the latter, a qualified instructor will teach the basic techniques and give you tips for an unforgettable experience.

On the shores of the lake, you can hire **rowing boats, pedal boats and non-motorised boats** (to respect the town's green spirit) and related equipment to explore the lake and surrounding areas. It is also possible to reach the Floating Island, a small floating wooden island where you can take a break and relax on deck chairs.

Lake Livigno, together with the Spöl stream and the artificial lakes, is the perfect place for trout and native char **fishing**: an alternative way to experience the lake, learning the tricks of the trade from experienced local fishermen.ali.





TRAINING AT HIGH ALTITUDE

Training at high altitude is recognised as a real ‘must’ for athletes and amateurs who want to improve their sporting performance. On a general level, training at altitude allows the body to adapt to hypoxia, as it is stimulated to produce more red blood cells to transport the little oxygen in the air. When you descend after altitude training, your red blood cell count remains high for a few more days, allowing you to improve your performance as the oxygen in the atmosphere increases and the red blood cells work more efficiently, improving performance.

In addition to performance benefits, training at high altitude in the summer guarantees cooler, more pleasant temperatures, which guarantee better performance at a sporting level.

In addition to the mountains, trails and routes, **AQ1816** is also an essential part of athletic preparation for all athletes - professionals and amateurs - to train in optimal conditions and achieve the best results. As one of the largest sports centres in Europe, in October 2022 it was officially named an **Olympic Training Centre** by the Italian National Olympic Committee (CONI), which confirmed that it meets all the quality standards required by the sports federations. Over the years, the centre has become a top-class multi-sports venue with state-of-the-art, top-quality equipment: there are areas dedicated to fitness, body care and wellness, spread over 10,000 square metres. Many athletes and national teams from different disciplines come here to complete their athletic training and improve their aerobic skills



OTHER SUMMER ACTIVITIES

In Livigno, you never stop, but above all, you will never get bored. If you're looking for an active holiday, you will not be disappointed by the many different sporting activities on offer, including softer ones, with nature as the undisputed protagonist. From golf and paragliding to horse riding and adventure parks, adults and children can enjoy a different activity every day.

A soft sporting activity that combines exploration of the area and a love of animals is **horse riding**: the La Tresenda farm holiday centre offers guided tours of the area, through woods and along scenic routes, suitable for both experts and those riding a horse for the first time.

But what if you want to enjoy a unique, privileged view of Livigno? The solution is **paragliding**, an adrenalin-pumping activity that allows you to fly over the land and admire the spectacle of nature from hundreds of metres above the ground.

Open from June to September, Livigno's **Golf Training Area** is a synthetic training course, unique in the Alps and the highest in Europe, designed both for golf addicts and for those who have never tried their hand at the sport. During the summer season, in fact, courses are organised for adults and children, both to refine their technique and for those who want to hit a golf ball for the first time. Covering an area of 10,000 square metres, the practice course consists of a pitch and putt area, a 250-metre driving range and three greens of varying difficulty, each reached from as many different tees.

An activity that brings adults and children together is the adventure park experience: Larix Park is an adventure park with 8 aerial routes, a succession of ropes, pulleys and vines that allow children and adults to explore and play in contact with nature; **Avventurando**, in the Val delle Mine, is an ideal route for those seeking pure adrenalin, crossing rivers, alpine canyons, trails... A real adventure surrounded by unspoilt nature, to be experienced with the whole family and accompanied by a qualified mountain guide.



ROAD TO MILANO-CORTINA



HOST VENUE



Livigno, which has always been the home of sportsmen and women, is ready to make its mark on the 2026 Milan-Cortina Olympics by hosting the Freestyle and Snowboard competitions and consecrating itself “The Valley of the Olympians”

Thanks to state-of-the-art facilities and a commitment to the well-being of athletes, the venue will award 26 Olympic titles. The Olympics represent the crowning of the dream of an entire valley, which, in addition to supporting the athletes, will let the public experience the excitement of its unique scenery.



THE OLYMPIC

VISION AND GOALS

Each venue for the Milan Cortina 2026 Olympics was identified and chosen according to several principles, the same principles that were also taken into consideration in Lausanne and that led to the victory of Milan Cortina for 2026.

Alongside the values of **sustainability** and **maximising the use of existing iconic venues**, the experience that athletes will have in the different areas, the opportunities for spectators, the lasting legacy that the Games can bring to the territories - in accordance with the development plans of the cities and regions - and finally the renovated facilities and improved accessibility for future generations were all taken into account.

Another factor contributing to the choice as an Olympic venue: Livigno has been on a **sustainable path** for several years now, making it greener in many ways with the aim of preserving its fantastic natural setting.

The **landscape**, the **quality and variety of services, infrastructure and sports activities on offer**, together with the **attention to detail**, have made Livigno one of the most popular destinations for sportsmen and women. This result was also possible thanks to the Aquagranda Olympic Preparation Centre, the only one in Italy for training on the high seas, which contributes to the achievement of Olympic goals.



THE LIFTS: LIVIGNO SNOW PARK AND LIVIGNO MOGULS & AERIALS, TWO ICONIC LOCATIONS

Both sides of Livigno will be involved in the Milan Cortina 2026 Olympic Games.

Livigno Snow Park, set up on the Mottolino slope, will be the stage for half pipe, slopestyle, big air, snowboard cross, ski cross and parallel giant slalom competitions. The ski area is a benchmark for freestyle and is preparing to welcome the Olympic challenges with renovated lifts for speed and comfort. This winter, the new Mottolino gondola and Monte Sponda chairlift, with heated seats and state-of-the-art technology, will offer visitors an experience that anticipates 2026.

Livigno Aerials & Moguls, set up on the Carosello 3000 slope, on the other hand, will be the place where the world's best athletes will compete in the **moguls and aerials disciplines**. From 11 to 13 March 2025, the Carosello piste will host the World Cup finals of moguls, dual moguls and aerials, the first test event ahead of the Olympic event.





INFRASTRUCTURES

Livigno has always been recognised as a **vanguard resort** when it comes to services designed for sportsmen and women. After receiving the nomination as an Olympic venue, the municipality immediately took the first steps towards the Olympics by making improvements to various infrastructure in the city.

With its nomination as an Olympic Training Centre by CONI, **AQUAGRANDA**, with its **AQ1816** sports centre, reaches a milestone that confirms its high sporting standards. After years of growth and transformation, it has now taken a decisive step: a new identity, divided into two distinct but complementary souls.

A choice born of the need to make the most of two experiences that, while sharing the same space, address different audiences, with specific needs and objectives. Aquagranda has in fact developed in two directions:

- on the one hand, **AQUAGRANDA**: the leisure world, dedicated to wellness, relaxation and fun for all ages in an Alpine environment;
- on the other, **AQ1816**: a centre of excellence for athletic training and sports performance, an Olympic training centre.

Two visions, two audiences, one reality. This is a natural evolution for a place that has always put the energy of the body and the well-being of the mind at the centre, but which is now expressed in two languages. A new clarity that strengthens the identity, making it more readable and recognisable.

Several **legacy measures** have been implemented by the resort in the run-up to the **Olympics**, to improve, sustainably, not only the experience of the event, but also offer in terms of sports and tourism. In line with this approach, the decision was made not to build an Olympic Village. In full respect of the territory and the environment, a selection of existing hotel facilities - which will be renovated - will host athletes and technical staff of the various teams.



The summer of 2024 saw the start of construction work on the **new 500-space underground car park in the Marangona area**, which will blend in with the landscape and leave more green space for the resort, with a projected 23% reduction in traffic.

Several works were carried out on **the slopes** that will host the Moguls and Aerials race tracks in the Carosello area, to be delivered by the end of 2024. Also, in the Mottolino area, work is under way on **four world-class competition slopes** for the half pipe, parallel giant slalom, snowboard cross and slopestyle, as well as the **construction of a storage basin and a pumping station** that will guarantee a state-of-the-art system in terms of energy efficiency and sustainability for the Olympic and post-Olympic slopes.

THE ATHLETES OF LIVIGNO

During this period, Livigno has had the opportunity to cultivate special bonds with several world-class champions. Some of them are true Livignaschi, born and bred in the town, where they were able to train and then earn success and medals in both national and international competitions. The mountains, trails, and slopes of Livigno and Aquagranda are in fact an essential part of the season's training to allow athletes to achieve the best results.

The **Livigno Team** represents the sporting heart of the resort: a group of athletes from Livigno and beyond, specialised in various disciplines - from snowboarding to cross-country skiing, as well as in summer sports, mountain biking and triathlon - who carry the name of the resort high in international competitions, from World Cups to the Olympics.

Livigno Team athletes include: Flora Tabanelli (Freestyle), Miro Tabanelli (Freestyle), Jole Galli (Ski Cross), Maurizio Bormolini (Alpine Snowboard), Niccolò Colturi (Snowboard Cross), Michela Moioli (Snowboard Cross), Simon Talacci (Alpine

Skiing), Nicola Galli (Snowboarding), Veronica Silvestri and Teo Galli (Cross-country Skiing), Giacomo Bormolini (Telemark), Edoardo Mottini (ski mountaineering).

These athletes train regularly between the slopes of Livigno and the elite Aquagranda facility, where the altitude and quality of the facilities allow for optimal altitude training. Their path to Milan Cortina 2026 passes right through home, where they hone their techniques, physical training, and resilience.

Among them, the new recruits of the Livigno Team are undoubtedly the very young **Flora Tabanelli** - three times world champion in big air and slopestyle - and **Miro Tabanelli** - who in 2023 was the first Italian athlete to stand on the podium of a freestyle World Cup big air competition. The Tabanelli brothers are the future of Italian freestyle and are growing up in the very place where this discipline took its first steps in Italy.

Among the already established athletes, however: **Maurizio Bormolini** is one of the world's benchmarks in alpine snowboarding, winner of the parallel World Cup in 2025; **Jole Galli**, from Livigno, is one of the most feared specialists in the ski cross circuit; **Michela Moioli**, adopted by Livigno, is a true snowboard cross champion, winning the Olympic gold medal in Pyeong Chang 2018 and the World Cup in 2025.

There are also many athletes in summer sports: Gioele Bertolini and Mattia Longa (Mountain Bike), Elia Viviani (road bike), Michele Bormolini (car), Giorgia Priarone (Triathlon), Gregory Barnaby (Triathlon and Ironman) and Andrea Pusateri (Para-cycling).

They are joined by many other **well-known faces from the world of sport**, who choose Livigno every year for their training or private life: multiple Ironman world champion Sebastian Kienle, the Italian national athletics team, but also cyclists Elia Viviani, Filippo Ganna, Jonathan Milan, Sonny Colbrelli, Wout Van Aert, Mathieu Van Der Poel and the entire UAE Team Emirates team led by star Tadej Pogacar.



Among those training in Livigno are also **winter sports champions**: the Italian National Alpine Ski Team with Sofia Goggia, Federica Brignone, and Marta Bassino, Lara Gut with the Swiss National Alpine Ski Team, Mikaela Shiffrin, Ester Ledecka, the Norwegian National Cross-Country Skiing and Biathlon Team with Johannes Kjaebo, the British National Freestyle and Snowboard Team, Federico Pellegrino, and many others.

Among the former athletes who have had and still have a **strong bond of affection with Livigno** are Federica Pellegrini, Livigno's number-one ambassador around the world, several Italian cross-country skiers such as Marianna Longa, Simone Urbani and Morris Galli, as well as Alpine skiing professionals such as Giorgio Rocca, Luca Moretti, Daniela Zini, Lorenzo Galli, Ivan Bormolini, Maddalena Silvestri and Daniel Giacomelli.

Livigno is also the cradle of real stars, such as snowboarding champions Rudy Galli, Vanessa Cusini, Hanzel Longa, Mauro Longa and Matteo Bormolini, and freestyle and freestyle moguls Yuri Silvestri, Damiano Bormolini, Giorgio Zini, Rudy Mottini, Mattia Pegorari, Simone Mottini, Walter Bormolini, Mariangela Parravicini, Luca Ferioli and rugby player Rudy Biancotti. Among the athletes who have proved their skills on the ice are Katja Colturi and Olympic medallists Katia Zini and Mara Zini. In addition to the Italian biathletes who made the history of this sport in Italy, we also find Rudy Zini, original from Livigno, and Olympic Medallists Dorothea Wierer and Lisa Vittozzi.





THE HISTORY OF FREESTYLE IN LIVIGNO

An Olympic route born in the snows of home

Freestyle in Livigno has deep roots and a history of passion that runs deep in the heart of the community. Livigno has, in fact, been playing a key role in the freestyle scene in Italy and Europe since the late 1990s. Thanks to its privileged location in the Alps and the long winter season, it has become a reference point for freestyle skiers and snowboarders, attracting world-class athletes. The freestyle culture in Livigno has also developed thanks to the support of the local ski schools and the constant presence of crews and videomakers who have narrated and nurtured the movement. Today, Livigno is considered one of Europe's freestyle capitals, a place where passion for the air and style continues to evolve.

Thanks to the **GOL - Gruppo Olimpico Livignasco** project, which brings Olympic values to local schools, freestyle has also become a real breeding ground for talent.

Pioneers and champions who have grown up in the heart of the Alps include: Yuri Silvestri, Damiano Bormolini, Giorgio Zini, Rudy Mottini, Mattia Pegorari, Simone Mottini, Walter Bormolini, Mariangela Parravicini, and Luca Ferioli.

These names have carved a path for the new generations, inspiring athletes such as **Flora and Miro Tabanelli**, now among the brightest promises for Milan Cortina 2026.

Thanks to the synergy between **area, facilities and community**, Livigno has become a reference model in sport, capable of combining high-level training, a healthy lifestyle, and firm support for athletes, from beginners to professionals.

The countdown to **Milan Cortina 2026** has begun. And Livigno will be ready, once again, to write its Olympic story.



LIVIGNO

FAMILY FRIENDLY

Livigno is an authentic family paradise: fun, sport and relaxation are the three pillars on which the resort's indoor and outdoor experiences are based.

An endless valley to admire, and to enjoy, with its stories and traditions, activities and offers to turn your stay into a family-friendly adventure.

FACILITIES

World-class hospitality, but family style: Livigno's **hotels** and **apartments** put the well-being of the whole family front and centre.

Everything here is designed to make guests feel at home. As well as the **services** offered to make your holiday even more comfortable.

SPORT AND ADVENTURE FOR YOUNG AND OLD

The fundamental element of a family holiday is 'quality time', unforgettable moments spent all together, combining the passions and hobbies of young and old alike. In Livigno, all this is possible, thanks to the wide range of sporting and adventurous activities to do together, immersed in Livigno's unspoilt landscapes.



TAKING YOUR FIRST STEPS ON A BIKE

Everyone in the saddle! Livigno can boast a dense network of roads and paths to be discovered on two wheels, in the company of little friends or mum and dad.

Dedicated to children of all ages, the **Bike Skill Centre** is the ideal place to become familiar with MTBs and improve your riding technique, always accompanied - with every push of the pedals - by qualified instructors, who can also recommend the best routes suited to your abilities. To learn while having fun, there are wooden walkways, jumps, bumps and dirt tracks to try out together with the coaches, but also **specialised courses** to help children become the cyclists of tomorrow: the “Let’s take off these wheels” course helps the little ones to master the two wheels without the support of stabilisers; the “Ready to ride” course, on the other hand, allows them to tackle real mountain trails together with their peers, always guided by a qualified instructor; the “First pedalling” course, on the other hand, was set up to teach little ones the basics of mountain biking, ensuring that they become increasingly confident by discovering the tricks of mountain biking first hand, as they explore the Livigno valley along the cycle path. Finally, dedicated to 12 to 16 year-olds, Livigno offers the “Ride and jump” course at the Mottolino Bike Park, designed to provide a unique experience with the thrill of downhill, jumps, parabolics and north-shore.

The **Sitas Ski Area’s Bike Academy** is also designed for learning mountain biking techniques: a trail of around 5 km that incorporates eight exercise areas (balance, step down, switch back, rock garden, north shore, drops, jumps and skinny) suitable for preparing to tackle any type of mountain trail on your bike.





For a **cycling** trip with the whole family, the ideal solution is the 17 km **cycle path** following the entire length of the valley, starting from the Livigno Dairy in the Lake area and ending in the Forcola area. Along the way, you can indulge in some relaxation by stopping at one of the many playgrounds and green areas, but you can also stop at one of the equipped areas to enjoy a picnic with the whole family. Along Livigno's cycle path, the **Selfie Frame** is also worth a visit: this modern sculpture, made entirely of typical mountain elements, represents the beauty of the resort and is the ideal place for a souvenir photo or a selfie with friends and family to share on social media with #Livigno, while adults and children enjoy the surrounding green area or relax in the sun using the space set up with chairs and benches.

WALKS FOR ALL THE FAMILY

For those who want to completely immerse themselves in nature and get in tune with the environment, Livigno offers a rich programme of "family-size" walks, also suitable for children, allowing them to gain altitude using the ski lifts.

Every week you can join the Alpine Guides and discover the treasures of the surrounding valleys, thanks to short themed walks - half a day - during which you can appreciate the scents and colours of the Livigno summer, observe characteristic flora and fauna and, above all, fall in love with the views once you reach the top. The Cascata della Val Nera falls, Val Saliente, Val Federia and Sorgente Solforosa, and the Val Alpisella, passing through the Val Tort, are among the most impressive places to visit.

New this year is the children's workshop "discovering the four elements", where children born in the years 2011 to 2014 can discover the secrets of the nature that surrounds them along our trails.

To fully enjoy the tranquillity of the mountains, Livigno has provided Check&Go, a quick and easy way to choose the best path for your hike even before departure. Panels with QR Codes are positioned at the start of the trails. Framing these codes completes a check-in and it will be possible to check the turnout on the different trails.

For those who are looking for an interactive alternative, the new **Carosello Moki Trail** is the ideal solution: around 2.7 km with six themed stations, each with activities, tests and games designed to develop a special interaction between parents and children. At each station there is a little house with a stamp inside, which can be printed on the map. When all of the stamps have been collected, you can go to the Allegra Hotel to receive a tasty prize.

Families looking for an unusual, fun and special experience can choose **llama and alpaca trekking**, walking along the trails around La Tresenda farmhouse in the company of a cuddly, sociable animal and other family members.



ADVENTURES FOR ALL

There's no shortage of opportunities for fun and to experience a healthy adrenalin rush in Livigno. Two adventure parks are the perfect place for children and adults to spend a day in the open air, challenging one another and their skills on courses at different heights and surrounded by nature.

Larix Park, not far from the centre, is immersed in a forest of centuries-old larches, a small oasis of peace where you can enjoy the adrenaline rush in the company of the family: with ropes, pulleys and vines for flying from one tree to another. Fun is guaranteed! Nine aerial routes - divided into different levels of difficulty to ensure everyone's enjoyment - allow you to explore, play and learn by climbing over logs, Nepalese bridges, vines and catwalks reaching up to 18 metres in height. Inside the adventure park there is also the Yepi area (named after the Mottolino mascot) entirely dedicated to children, where they can play and have fun with their peers or with mum and dad.

Avventurando is Livigno's second adventure park, with a unique mix of trekking and adventure in the nature of the Val delle Mine. Accompanied by Livigno's Alpine Guides, adults and children - from eight years of age and up - can climb steep rock faces, cross alpine canyons and Tibetan bridges, experiencing the mountains in an adventurous way, always surrounded by Valtellina's typical larch trees.





AT FULL PLAY

Mountain holidays are the perfect opportunity to have fun in the open air and in close contact with nature - especially for children. Livigno offers many parks and playgrounds throughout the town - from the most central areas near the pedestrianised centre to the more peripheral areas - and also along the resort's cycle and pedestrian path: further confirmation that Livigno is a perfect destination for family and child-friendly holidays.

At the Central Ski School is the **Kinder Club Lupigno**, with a play area where children can experiment and stimulate their creativity together with new friends of the same age. The opportunities for fun in the outdoor area are endless: from rubber dinghy rides to electric cars and trampolines... for fun-packed summer days under the supervision of experienced staff and Lupigno, the local mascot. Every week, a different programme is proposed to make the children's days more varied and stimulating. Nature walks, manual activities - such as salt dough, modelling clay, and decorations -, trips to adventure parks and much more will make their stay in Livigno unforgettable.

At the top of Mottolino - which can be reached by cable car - you can enjoy moments of pure fun. At the **M'Eating Point**, you can then choose the activity that best suits your needs and desires, such as whether to venture out on one of the trails or stop at the refuge for a tasty lunch of local specialities and enjoying the view from here. Children will certainly not be bored: a play area full of stimulating activities - such as swings, "jumping jacks", and climbing frames - has been set up to keep the little ones entertained during the break.



There is also a play area at the top of the Carosello 3000 cable car, right outside the hut, where children of all ages can have fun and at the same time stimulate their motor skills with balancing games, bouldering and adventure courses. The area has been developed on two levels: the upper level is designed for children from 6 to 12 years of age and includes an adventure course, slack lines and a three-metre pyramid for an approach to climbing; on the lower level, children from 3 to 6 years of age can enjoy a balance course, a mini-bike course, an area with mini-sized construction vehicles, swings, and much more.

LAKE ACTIVITIES

Woods, flowers, plants and fauna seem to be the main natural attractions of a holiday in Livigno... But so is water, one of the natural elements most appreciated by children. And to satisfy lovers of water activities as well, there is Lake Livigno, a real gem in the Lombardy Alps and also known as 'Lake Gallo'. Bounding it - at least in part - is the approximately 17km-long cycle/pedestrian path, along which there are numerous picnic and play areas for children.

Livigno's lake offers plenty of fun opportunities designed for the whole family, but also just for children: you can try **stand-up paddle** boarding or book a lesson with a qualified instructor who can teach young and old all the secrets of **kayaking**, providing an unforgettable experience while learning a new water sport in a soft way.

For a family adventure, there are **rowing boats, pedal boats and strictly non-motorised boats** that can be rented with their equipment. An alternative means to explore the lake and surrounding areas. Everyone can choose their favourite way to enjoy the beauty of the lake directly from the water. The aim? To reach the Floating Island, a small wooden floating island where you can stop for a break and relax on deck chairs.



EXPERIENCES IN CONTACT WITH NATURE

To be able to say that you have enjoyed an authentic holiday in Livigno, you have to immerse yourself in its mountain traditions and history, both of which see lush nature as the star. Therefore, nature lovers - big or small - simply can't miss out on one of the special experiences offered by Livigno.

The **Farmer's Day** is the perfect choice for first-hand experience of the everyday life of Malga Federia: the activity starts with the milking of cows and goats at 5 p.m., followed by a typical farmer's dinner - with appetising and genuine dishes - and overnight stay on site. The next morning, after waking up at dawn, the animals are taken to pasture, returning to the valley late in the morning.

More generally, **visits to the alpine pastures** are worth including in your travel programme. Here, children can come into direct contact with the animals by visiting the calves' shed, feeding them, and taking care of them personally.

In addition, all the malghe in the area offer the possibility to taste traditional recipes with genuine, zero km ingredients, but also to witness the milking and processing of milk, thus discovering all the steps in the process. If you have chosen to dine in an alpine hut, the return to the hotel can be magical: a moonlight walk under the stars, an inimitable moment of peace and tranquillity to be experienced in the company of your family.





AQUAGRANDA FOR THE LITTLE ONES

Aquagranda is where every member of the family can find their own space for relaxation and fun, from the oldest to the youngest. Inside the centre, the **Slide&Fun** area is an authentic water park designed to provide excitement and games for children of all ages: alone - under the supervision of experienced and qualified staff - or together with mum and dad. The youngest children, from 0 to 3 years old, can have fun in complete safety in the **Baby Pool**, a pool with water just 20 cm high and child-sized toys. For older children, aged 3 to 14, the heart of the fun is the **Magic Castle**: a large, colourful structure with slides, sprays and waterfalls, capable of sparking imagination and energy for the whole day. Young adventurers over 1.20 metres tall can experience the adrenaline rush of our three spectacular slides: **Bazooka**, **Active Blue**, **Crazy River** (where you can also slide in rubber dinghies)

Big news for summer 2025: Aquagranda has added to its offer with a new heated outdoor pool and a second castle with slide and water games, all surrounded by the breathtaking scenery of Livigno. A unique experience to experience fun in the open air, surrounded by Alpine peaks.

For those who wish to share their relaxation with the whole family, Aquagranda also offers two exclusive spaces:

Family Sauna: a sauna designed for families, where young and old can benefit from the soothing warmth in complete safety.

Family Hammam: the traditional Turkish bath, in a version also suitable for children, to experience a regenerating ritual together.

Aquagranda is not just a place for play, but a real experience to be enjoyed together, with plenty of smiles, energy and those great little feel-good moments to be shared.



In the lively streets of Livigno's center, life unfolds at a relaxed yet chic pace. The resort's restaurants, bars, and boutiques perfectly capture its Alpine spirit, blending mountain charm with the pleasures of shopping and nightlife.

FOOD AND WINE: A BLEND OF TRADITION AND INNOVATION

Livigno's food and wine scene offers a wide variety of options, from the vibrant streets of the town center to the cozy mountain huts and cabins in the surrounding valley. The cornerstone of the region's cuisine is high-quality, genuine raw materials, often

sourced locally. The culinary offerings are rooted in Livigno's history and traditions but are reinterpreted by chefs to convey the essence of the area. Several initiatives showcase these food and wine traditions:

1. The Livigno Chefs and Pastry Chefs Association - Associazione Cuochi e Pasticceri di Livigno (ACPL): Founded in 2001, this association works to preserve and promote Livigno's culinary heritage. The association hosts events like **Sentiero Gourmet**, a **5-kilometer "taste marathon"** in the Vago Valley, where visitors can experience local flavors at different stages.



2. The Tas'T-Livigno Native Food Project involves organizing gastronomic corners in local hotels featuring 100% locally made and Tas'T-labelled products, such as bresaola, dairy products, bread, and desserts. All items are made with carefully selected Italian raw materials to ensure high-quality, natural food.

3. Leina da Saor: A bilingual photo book published by Mondadori and created by the Livigno Chefs and Pastry Chefs Association. Leina da Saor offers recipes passed down through generations. The book includes ancient recipes recovered by the community, allowing visitors to experience Livigno's culinary traditions firsthand. This culinary journey results in a book containing 100 traditional recipes, 37 reinterpreted dishes, and more than 250 stunning photographs. This allows visitors to recreate Livigno's authentic flavors even after they return home, bringing a piece of the region's culinary tradition with them.

4. The Associazione Mattias was founded in memory of Mattias Peri, the first chef from Livigno and Valtellina to receive a Michelin Star in 2009. Mattias gave Alpine cuisine a distinctive identity, becoming one of its most beloved interpreters. His influence remains strong, especially for young chefs who strive to follow in his footsteps. Thanks to him, Livigno experienced a significant leap in culinary quality. Each year, the Associazione Mattias organizes fundraising events to support scholarships for the most deserving students at Hotel and Catering High Schools in Lombardia and Trentino Alto Adige, recognizing aspiring chefs for their excellence in the culinary arts.

SHOPPING

Livigno's pedestrian center is an open-air mall at an altitude of 1,816 meters. With 250 shops, exclusive boutiques, and flagship stores, it offers a blend of traditional and modern shopping experiences.

From Made in Italy products to international brands, and from artisan workshops to high-tech shops, Livigno is a paradise for shopaholics.





NIGHTLIFE IN LIVIGNO

But after a day of sport or wandering the streets of the village, all you might want to do is enjoy the evening in good company in the village bars and cafés.

Starting in the afternoon, there are many bars and cafés - located along the streets of the pedestrian centre - where you can enjoy a nice aperitif, choosing between beers, wines, drinks and non-alcoholic drinks to be, accompanied by typical snacks.

After a delicious dinner at your hotel or, alternatively, at one of the restaurants or refuges in the valley, why not also treat yourself to an after-dinner drink? If the day does not end with dinner, Livigno offers plenty of Disco Pubs where you can spend time after dinner. The Marcos Pub, for example, is famous for its live rock music evenings; the Bivio Club, on the other hand, right in the centre of Livigno, is a venue where Livigno tradition blends with a modern, glamorous ambience with DJ sets every night. Miki's Pub is a popular meeting place for young people and anyone who wants to have fun on the dance floor, with music and karaoke.



DISCOVERING

THE ORIGINS

Livigno is one of the most internationally recognized Alpine destinations, celebrated for its traditions and its journey to becoming what it is today. The resort embraces its past, allowing visitors to step back in time and experience its unique Alpine spirit.

A WALK THROUGH HISTORY: PAST AND PRESENT

To understand Livigno's history, one must travel back to **1187**, the year the village was first mentioned in a historical document. The name Livigno is likely derived from the late Latin word *labineus*, meaning "place subject to avalanches." Several centuries later, in **1799**, the **district of Trepalle** was officially included within Livigno's territory, Trepalle holds the distinction of being Europe's highest inhabited district, situated

between 1,900 and 2,200 meters in altitude. Despite the harsh climate and its remote location, the locals managed to survive thanks to their great spirit of adaptation.

The economy was primarily based on livestock farming, dairy processing, and meadow care, as the freezing temperatures allowed only limited agricultural production, mainly consisting of **turnips**. This hardy, vitamin-rich root could withstand the cold mountain temperatures. For many years, life in Livigno remained unchanged until **1952 when the Foscagno Pass opened**, followed by the **Munt la Schera Tunnel in the late 1960s**. These developments marked the beginning of the village's transformation from a quiet farming community into a lively tourist destination.



THE MUS! MUSEUM OF LIVIGNO AND TREPALLE

Stepping into the MUS! Museum feels like walking into an old Livigno dwelling, immediately immersing you in the town's past. The museum has faithfully recreated **domestic environments from Livigno's history**, along with **thematic sections** featuring ethnographic objects carefully preserved over the years.

This journey through time allows visitors to appreciate the culture, traditions, and daily life of the region, from food to education. The history of Livigno resounds throughout the museum's walls, where every piece tells a story. Visitors can either explore the museum independently with **informative labels** and an **audio guide** or book a **guided tour** for a deeper dive into the region's past.

FATHER PARENTI AND HIS MISSION IN TREPALLE: the origins of Guareschi's Don Camillo in Europe's highest village

Connected to Livigno by a scenic road and a panoramic trail through the Val Tort, the Trepalle district lies at an altitude of 2,069 meters, making it Europe's highest residential area. Its history is inextricably linked to that of Father Alessandro Parenti, an energetic and innovative parish priest who made a lasting impact on the village and Valtellina's history.

Father Parenti arrived in Livigno in 1929, soon after his ordination. At the time, the village lacked electricity, telephones, and running water—during winter, the snow had to be thawed for drinking water. Temperatures often dipped below 30 degrees Celsius. Despite these challenging conditions, Father Parenti quickly set to work, focusing on educating and guiding the community through Holy Masses, preaching, confessions, catechesis, and using rectory rooms as a kindergarten and elementary school. He also

provided support for the sick and less fortunate families, going well beyond traditional pastoral duties.

Father Parenti took advantage of Livigno's extra-customs status, founding a cooperative and a company to run the village's petrol station.

Thanks to his determination and connections, he gradually brought about substantial changes to the village. In 1936, he installed electricity in the rectory and other buildings using a water turbine, eventually achieving year-round electricity in 1948 through an internal combustion engine. He also brought a telephone line to the village in 1948, secured the opening of the Foscagno road in winter in 1951, and managed to establish an aqueduct in 1958.



In September 1970, after 41 years of service, Father Parenti passed on his mission to Father Adriano Ponti, a valuable collaborator. He passed away on October 17, 1980, leaving behind countless fond memories.

Father Parenti's influence extended beyond the village, inspiring the writer Giovannino Guareschi, who visited Trepalle in the summer of 1948. During his visit, Guareschi met Father Parenti and was so impressed by him that the character of Don Camillo, from his famous stories, is believed to have been inspired by this meeting. The village of Trepalle is an ideal destination for those seeking to live away from the city and be surrounded by nature. In the first story of *Gente così*, published in the weekly magazine *Candido* on October 10, 1948, Giovannino Guareschi mentioned a village named Trebilie, which appears to be a literary counterpart to Trepalle. The sparkling energy of Father Alessandro Parenti, with his generosity and sensitivity, inspired Guareschi in creating the character of Don Camillo, whose adventures were featured in the book *Mondo Piccolo*, particularly in the story cycle *Storie dell'esilio e del ritorno*.





AQUAGRANDA

THE GREAT ECOSYSTEM OF ALPINE WELLNESS, FAMILY FUN, AND SPORT

Aquagrande is one of the most innovative sports and wellness centres in Europe, a unique place where relaxation, fun and physical activity meet at an altitude of over 1,800 metres.

A 10,000 square metre universe designed to accommodate those seeking wellness, recreation, or sporting performance.

Two distinct souls coexist within Aquagrande, both designed to offer the highest quality experiences:

- **The area Leisure:** consisting of **Alpine Wellness** and **Slide&Fun** - is dedicated to relaxation and fun for all ages in an extraordinary Alpine setting.
- **The sports area:** encompassed within the AQ1816 brand, is the true performance hub for those practising sport at amateur, professional or Olympic level.





AQ1816

THE SPORTS PERFORMANCE HUB IN LIVIGNO

Located within Aquagranda, **AQ1816** is much more than a sports area: it is a state-of-the-art centre designed to offer every athlete - from beginner to Olympian - the ideal tools, methods and environment to train at altitude and achieve their goals.

Recognition as an official **Olympic Training Centre** by CONI [the Italian Olympic Committee] certifies the quality of the facilities, services and technical and scientific approach.

AQ1816's journey began in 2014, when the Italian national swimming team, led by Federica Pellegrini, chose to train here.

Since then, AQ1816 has become **Livigno's home of sport**, regularly hosting elite athletes and national teams from all over the world.

THE GYM: A TEMPLE OF PHYSICAL TRAINING

Covering an area of 350 square metres, the AQ1816 gym is equipped with the most advanced **Technogym** machines and the innovative **MagneticDays** bikes, perfect for endurance training and strengthening muscles.

Here you will find:

- A large, state-of-the-art equipment room.
- Course rooms dedicated to different fitness disciplines.
- Exclusive spaces for **Personal Training** sessions.

Supporting each route is the **CoachingAQ1816** programme, a customised training service in which our qualified personal trainers design tailor-made programmes, whether to improve general fitness or prepare for specific competitions and races.

KINEO: TECHNOLOGY FOR REHABILITATION AND MAXIMUM PERFORMANCE

The gym also houses a **KINEO** system, a state-of-the-art technology dedicated to functional training, post-operative rehabilitation and re-athletisation.

Using single-leg or bipedal function tests, athletes can construct viscous, elastic, isometric, isotonic and isokinetic training plans to achieve maximum athletic performance.

OVER 20 FITNESS COURSES FOR EVERY NEED

AQ1816 offers more than 20 weekly fitness courses for every need:

- Hall: Total Body, G.A.G., Pilates, Tabata, Cross Functional
- Water: Aquarelax, Aquafunctional, Spinning

A wide offer, designed to meet any wellness or performance objective.

OLYMPIC-SIZE POOL: SWIMMING AMONG THE PEAKS

To complete your workout, AQ1816 offers:

- **A 25-metre** pool, perfect for everyday swimming.
- **A 50-metre** Olympic-size swimming pool, the centre's flagship, is where Federica Pellegrini and the Italian national swimming team train.

Champions such as **Nicolò Martinenghi**, **Thomas Ceccon** and **Gregorio Paltrinieri** have chosen Livigno and AQ1816 to prepare for the Paris 2024 Olympics, achieving extraordinary results through training at altitude.

Swimming at an **altitude of 1816 metres** is an experience that improves aerobic capacity and provides unique sensations.



AQ1816 OUTDOOR: TRAINING IN CONTACT WITH NATURE

AQ1816 also extends its sporting heart to the open air, offering outdoor facilities of the highest standard, immersed in Livigno's spectacular Alpine landscape.

- **6-lane athletics track**, protected by a plant wall
- **Regulation football pitch**, hybrid grass
- **Areas for athletics:** hurdles, javelin, shot, 3000 steeplechase
- **Beach volleyball and beach tennis courts**
- **Tennis courts** managed directly by AQ1816, with the possibility of individual and group lessons





ALPINE WELLNESS

ALPINE WELLNESS AT 1816 METRES

ALPINE WELLNESS: ALPINE WELLNESS AT 1816 METRES

Within Aquagranda, the **Alpine Wellness** area represents the very essence of Alpine relaxation: a place where Livigno's nature and wellness come together in a unique experience, at an **altitude of 1816 metres**.

Characterised by a warm, natural design, Alpine Wellness combines **stones, wood and fire** to create an authentically Alpine atmosphere, capable of regenerating mind and body.

NEW: PANORAMIC OUTDOOR GARDEN

The wellness offer is now enriched by an extraordinary element: a new outdoor garden, completely immersed in the Livigno landscape.

In this exclusive space you will find:

- **Six panoramic pools**, five of them with 35°C hot water and one with 15°C cold water.
- Regenerating **outdoor showers**.
- **Panoramic solarium** for relaxing in the sun while breathing in the pure mountain air.



In the centre of the garden, the **Alpine Event Sauna** dominates the scene: one of the largest saunas in Europe, with over 100 seats.

This amphitheatre-shaped sauna is the setting for the **Aufguss** shows, sensual wellness rituals performed by our sauna masters, which transform relaxation into an engaging, multi-sensory event.

A COMPLETE REGENERATING JOURNEY

Within Alpine Wellness, each guest can create their own personal regeneration path using the:

- **Indoor swimming pool** with hydromassage beds and benches.
- **Salt water pool** for a feeling of lightness and detoxification.
- **Turkish bath and bio sauna** for muscle relaxation.
- **90° Finnish sauna** dedicated to Aufguss rituals.
- **Cooling area** with cold well and ice wall.
- **Kneipp circuit** to stimulate circulation.
- **Three relaxation areas** with views of Livigno's mountains.

Three times a day, the tradition of **Aufguss rituals** enriches the wellness experience with fragrances, music and harmonious movements, creating moments of profound wellbeing appreciated by sportsmen and women as well as by lovers of relaxation.

BESPOKE TREATMENTS: YOUR WELL-BEING IN THE BEST HANDS

Inside the wellness cabins, you can choose from a wide range of treatments designed to meet every need:

- **Relaxing, sports or bespoke massages**, ideal for relieving muscle tension or improving athletic training.
- **Face and body treatments** aimed at skin rebalancing, drainage, deep relaxation, and cell rejuvenation.

Each treatment is designed to provide authentic wellbeing, deep down, accompanying the regenerative journey experienced at Alpine Wellness.

SPECIAL EVENTS: WELLNESS THAT PUTS ON A SHOW

Every Wednesday, Alpine Wellness is transformed: the centre stays open until **midnight** for special themed events, where wellness meets entertainment.

At the **Wellness Bar**, you can take part in **Aperiwellness**, enjoying light drinks and snacks while enjoying live music performances in a unique setting.





SLIDE&FUN ACQUAPARK

THE WORLD OF FUN FOR THE WHOLE FAMILY

Inside Aquagrande, the Slide&Fun area is the heart of aquatic fun: a large indoor park designed to put a smile on the faces of children, teens and adults alike.

Ideal experiences for every age group:

- Youngest visitors (0-3 years) can play in the **Baby Pool** in complete safety. A pool with water only 20 cm high, with lots of colourful games and water jets.
- From ages 3 to 14, the absolute star is the **Magic Castle**: a large aquatic structure full of slides, fountains, waterfalls and a huge bucket that tips over, creating a fun water explosion.
- For the more daring (children over 1.20 m tall and adults), the adrenaline rush is

guaranteed with the three thrilling slides: **Bazooka**, **Active Blue**, **Crazy River** (on dinghies!)

NEW FOR SUMMER 2025: THE FUN MOVES OUTSIDE!

New at Slide&Fun this year is the **outdoor area**: an outdoor swimming pool with heated water, surrounded by Livigno's mountains, and a second **Castle with slides**, to

experience outdoor play while breathing the pure mountain air. An oasis of pure fun in one of the most beautiful settings in the Alps.

RELAXATION AND WELLNESS FOR ALL THE FAMILY

For those who wish to alternate play and relaxation, Slide&Fun offers two areas dedicated to family wellness:

- **Family Sauna:** a family-friendly sauna to pass on the benefits of warmth to the little ones.
- **Family Hammam:** a nice, light Turkish bath, ideal for relaxing together.

EXCLUSIVE SERVICES FOR FAMILIES

To make the experience even more enjoyable and carefree, Aquagranda provides:

- **Babysitting Service** (4-14 years): daily, except Saturdays, from 4:00 p.m. to 6:00 p.m.
For a small additional charge of €5 on the ticket, children can have fun under the supervision of qualified staff, while their parents enjoy a moment of relaxation in the Alpine Wellness area. No reservation necessary.
- **Free entertainment:** every day from 14:00 to 20:00 (except Saturdays), specialised



entertainers organise games and engaging activities for children and adults.

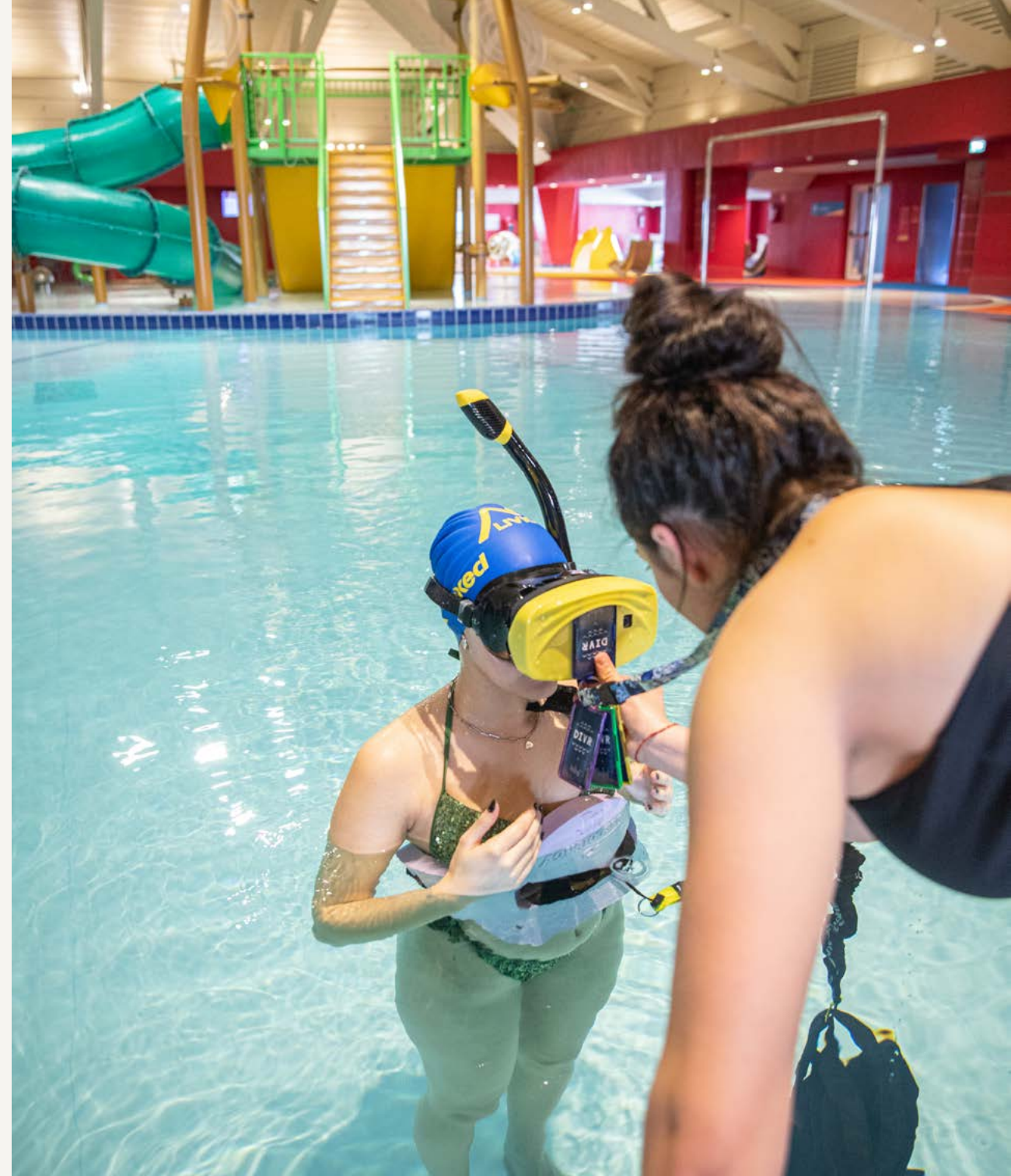
DIVR®: THE VIRTUAL REALITY SNORKELLING EXPERIENCE

A truly unique experience in Europe awaits you at Slide&Fun: it's called DIVR®, hyper-immersive snorkelling using the latest multi-sensory technology.

Wearing a special virtual reality mask, you can “float” in one of four fantastic worlds:

- **Ocean:** swim with whales and discover ancient submerged wrecks.
- **Atlantis:** explore the lost city amidst corals and mysteries.
- **Space:** fly between interstellar stations on Mars, Venus, and the Moon.
- **Sky:** experience the absolute freedom of flight in the Grand Canyon.

DIVR® is available for adults and children over 7 years old: an adventure that combines technology, play and imagination in an extraordinary way.





AQUA ALPINE BISTROT

THE TASTE OF WELLNESS AMONG THE PEAKS

Slide&Fun is the place where the best memories are made in the water, with laughter, excitement, adventures and a plenty of light-hearted fun.

After a busy day of sport, relaxation, and fun, the pleasure of healthy, tasty cuisine is the natural way to complement the Aquagranda experience.

Aqua Alpine Bistro is the perfect place to take care of your well-being at the table too, with proposals designed for those who want to eat well without sacrificing flavour.

HEALTHY, WHOLESOME CUISINE

Connected directly to the Slide&Fun area through large patio doors, the Bistro offers a wide selection of **tasty, healthy** dishes:

- Fresh, nutrient-rich salads.
- First courses made with artisanal pasta by **Felicetti**, official sponsor of Livigno.
- Main courses based on local, wholesome, zero km ingredients.

The Bistro kitchen is open daily and offers balanced menus designed to meet the



needs of sportsmen and women, families, and anyone who wants to take care of themselves and their diet.

NEW: WEDNESDAY EVENINGS LIGHT UP WITH FLAVOUR

Every Wednesday evening, Aqua Alpine Bistro is transformed to host the Fish Dinner, one of the most anticipated events of the week.

Our chef offers a different menu every week, based on the freshness and quality of the catch. A high-level dining experience combining authentic flavours, elegantly presented in an intimate, atmospheric setting.

A TERRACE WITH A VIEW OF THE ALPS

In addition to the bright, cosy indoor dining room, Aqua Alpine Bistro also has a panoramic terrace, where you can enjoy lunch, an aperitif, or dinner surrounded by Livigno's spectacular landscape.

A chance to take a relaxing break in the fresh air, perhaps after a day of sport and wellness.

LIVIGNO'S

PARTNERS

An eye always turned to innovation, a profound vocation for sport, a strong focus on hospitality, but above all love and respect for the territory: these are just some of the key points of Livigno, a destination that is appreciated by tourists from home and around the world precisely because of its values, so important and deeply rooted in its history.

The resort is a perfect showcase for all companies that fully support and share the values of the resort, which is why Livigno's partnerships are so meaningful. Thanks to shared vision, each year cutting-edge projects and tailor-made communication plans are created that are able to enhance both parties, as well as raise and boost their profile in Italian and foreign markets.



Platinum Sponsor



Premium Partners



Taste Partners



Technical Partners





EVENTS

Throughout the year, Livigno hosts a rich **programme of events** – sports, lifestyle, food and wine, cultural... – all high profile, and of national and local importance. There are so many opportunities to be surprised and immersed in the many facets of Livigno, able to meet the desires, the passions and the needs of everyone. All this confirms Livigno as the “place to be” in every season.

In particular, the **summer season** presents a **calendar of events** that will animate the resort **from June until September**, involving citizens and tourists from different countries around the world.



20TH-22ND JUNE - ABOVE | THE BIKE EXPERIENCE

An exclusive event dedicated to cycle enthusiasts. Three days in the mountains, where nature, adrenaline and a passion for cycling come together in a unique experience. Test rides with top brands, guided tours, workshops and shared moments will make Livigno a point of reference for every cyclist, from beginner to expert. An unmissable appointment to find out all about summer on two wheels, “above” all expectations.

28 JUNE - GRANFONDO LIVIGNO ALÉ

This year too, Livigno will be hosting the Granfondo Alé la Merckx; the 19th edition of one of the most eagerly awaited cycle races of the summer. A spectacular route with challenging climbs, breathtaking Alpine panoramas and the energy of a great road classic. Open to athletes and enthusiasts, the Granfondo combines competition and passion in a unique setting, 1,800 metres above sea level. An unmissable event for those who want to experience cycling at high altitude.

11 JULY - GOURMET TRAIL

The 8th Sentiero Gourmet, the food and wine event combining haute cuisine and unspoilt nature, is back in Livigno. A route of about 5 km in the picturesque Vago Valley will see visitors enjoy a multi-sensory experience through six gastronomic stages, prepared by renowned chefs and accompanied by excellent Italian wines.

This year's theme, “The 5 Continents”, is a tribute to the Olympic spirit in view of the next Winter Olympics: each stage will be offering dishes inspired by the culinary traditions of a different continent, for a gastronomic journey that will take you around the world.

There will also be reinterpretations of typical Italian dishes, for a culinary experience that combines innovation, history and passion.





19TH-20TH JULY - BROOKS STRALIVIGNO AND MINISTRALIVIGNO

On 19th and 20th July, Livigno becomes the capital of mountain running with two unmissable events. This year sees the celebration of a special milestone: the 25th anniversary of the Brooks Stralivigno, an event that has been combining sport, nature and passion for a quarter of a century.

The Brooks Stralivigno will be held on the Saturday: 21 km of trail running through the valley's most fascinating trails and alpine landscapes, open to both athletes and enthusiasts, who will be able to compete in the individual race or the relay race in pairs. On the Sunday, there will be space for the little ones with the Ministrativigno, a race dedicated to young runners up to 17 years of age, with sport, fun and team spirit. Two days of energy, nature, and passion for running at high altitude.

21ST-23RD JULY - LA MILANESIANA

For the fourth year running, La Milaneseiana has chosen Livigno as one of the stops on its itinerary. The largest travelling festival, conceived and directed by Elisabetta Sgarbi, which has been touring Italy every summer since 2000, with a rich programme of meetings and events - featuring Italian and international guests - dedicated to culture in all its forms. From 21st to 23rd July, Livigno will be providing space for literature, music and film, art and philosophy, theatre, and science, as well as law, economics and sport.

31ST JULY - LIVIGNO COSTUME FESTIVAL

A wandering evening through the town's central streets to discover Livigno's traditions. The evening begins with a parade of characteristic and original costumes, followed by re-enactments of everyday village life, which provide an insight into past and present traditions. There is also a chance to enjoy some local specialities.



10TH AUGUST - BLACK NIGHT

An evening spent “in the dark”, where the only light will come from the candles, lanterns and torches placed around the town. Young and old can enjoy music and tastings of local products, while being transported by the magical atmosphere created by the fire performances of street artists and the large bonfire, which will keep the evening alive.

24TH AUGUST - HAY FESTIVAL

Why not spend an alternative Sunday with a dive into the past? Livigno’s folklore group organises the annual Hay Festival, where all participants can take a close look at the most traditional hay-making techniques, going back in time and rediscovering local traditions.

28TH AUGUST - BWT 1K SHOT AND GARA DA LI CONTRADA DA LIVIGN

The Gara da li Contrada da Livign and the 1kShot are two important local events in the summer calendar that are very popular with Livignans and tourists alike, who can enjoy a taste of the winter cross-country season... but in the middle of summer! On this day, the main streets of the town will be dusted with real snow, with a cross-country ski track - one kilometre long - to host two events: the Gara da li Contrada da Livign, a Nordic skiing competition, with the town’s inhabitants as participants, wearing traditional clothes and using old-fashioned equipment; and the 1k Shot, a competition on narrow skis during which the top athletes of the World Cup cross-country skiing team all compete for the podium.

5TH SEPTEMBER - ICON XTREME TRIATHLON

When it comes to the international scene, the Icon Xtreme Triathlon is one of the most prestigious extreme long-distance competitions in this multi-discipline, an interesting new event for all fans of the genre. The race starts with a 3.8km swim in Livigno's lake with a sunrise start, followed by 195km of biking over the toughest and most iconic Alpine passes in the world, including the Bernina and Stelvio passes. It ends after 42.2 km of running on trails, white roads and asphalt, with a high-altitude finish.

27TH-28TH SEPTEMBER - ALPENFEST

A celebration of farming origins with a new edition of Alpenfest: a two-day festival dedicated to the farmers of Livigno and Trepalle and the transhumance of cattle. When the animals come down from the mountain pastures - where they have spent the summer - before returning to the stalls in the village, they become the protagonists of a parade along the streets of the centre with the people of Livigno dressed in traditional attire to relive the emotions of rural life in the past.



A wide-angle landscape photograph of a calm mountain lake. In the foreground, the water's surface is dark blue with gentle ripples. The middle ground features a grassy, rocky shoreline where two hikers are walking. The background is dominated by steep, rugged mountains with patches of snow and a sky filled with soft, white clouds. The word "LIVIGNO" is centered in the middle ground, with a circular logo containing a stylized sun or star symbol.

LIVIGNO