

ACTIVITIES WITH ALPINE GUIDES

VIA FERRATA CLIMBING



ROCK CLIMBING COURSES / MOUNTAINEERING



TREKKING



INDOOR CLIMBING



Other activities

MOUNTAIN BIKE / E-BIKE



CANYONING



TENNIS



TOUR OPERATOR



In addition: Special proposals for your experiences in the Dolomites and more...

LINO LACEDELLI INDOOR CLIMBING GYM

Activities at 360° for everyone:

- Alpine Guides' Bar, food & drinks for every occasion.
- Rental of via ferrata and mountaineering equipment.
- Shop.

Free phone number "Montagna Sicura"
(Safe Mountain): 800.22.13.25



Cortina360 Alpine Guide Mountaineering school

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CORTINA360®
Guide Alpine



DOLOMITE360

USEFUL INFORMATION FOR THE SUMMER



APPROACHING THE MOUNTAIN

Before setting out

- Plan your route
- Check the weather
- Inform someone of your itinerary
- Dress appropriately: in layers and with technical shoes

During the activity

- Drink regularly and consume solid food or energy bars
- Evaluate phone coverage
- Consider travel times

In case of accident

- Assess the severity of the accident
- Call **112/118** and provide info

Communication with the helicopter in case of need:



YES



NO

SUMMER CHALLENGES

Thunder-storm

- Avoid trees
- Stay away from ferrous materials

Heat-stroke

- Cover arms and legs to reduce sweating
- Rest in a shaded area
- Cover your head and stay hydrated

Tick bite

- Wear long pants
- Use tick repellent spray
- Go to the emergency room
- Self-remove with the appropriate tweezers if capable. Monitor any appearance of halos around the bite.

Bee or snake bite

- Stay calm and call **112/118**
- Apply a tourniquet above the bite, loosening it every 10 minutes
- Wait for the healthcare provider's instructions
- If you are allergic, always carry an emergency kit with you

In the backpack

- Relevant technical equipment
- Rain/wind jacket, down jacket, change of clothes, headlamp
- Phone / GPS
- First aid kit
- Solid food or energy bars, water