



## GREAT DAYS 2019

*The Carosello 3000 Mountain Park celebrates everything there is to love about mountain biking and the outdoors with its second edition of the Great Days event. A jam-packed programme of mountain bike riding, excursions, parties and a treasure hunt on the famous Tutti Frutti Tour designed by Hans Rey. Great Days takes place in Livigno from 12 to 14 July.*

Life is mostly a daily grind of deadlines and commitments. It's this normality that makes us feel we are necessary cogs in the machine of modern society. And then there's the other stuff, the things we need to break up the rhythm, to avoid getting worn down by the machine. These are the things that make us feel different, that make us feel free and individual: our hobbies and passions. And we're here to talk about one in particular: mountain biking.

At Livigno, the Carosello 3000 Mountain Park has been working on a project for those who want to escape the daily grind, leave the four walls of the office behind and have a break full of freedom and the outdoors. No risky top-speed adrenaline runs full of obstacles, but 50 km of enduro and flow trails for some care-free fun. Rocky sections high up at 3000 metres where you can de-stress, smooth paths where you can pick up some speed, or chilled out trails to enjoy at your own pace, taking in the awesome alpine views. Enjoy yourself with people who make you feel good.

This is the kind of mountain bike experience that Carosello 3000 is celebrating with its second edition of Great Days from 12 to 14 July 2019. A three-day event dedicated to mountain bike enthusiasts. Highlights include:

**Sunset Ride:** an evening trip to Monte delle Rezze (aka the Madonon). A spectacular ride as the sun goes down, enjoying a natural single trail that leads to a small refuge built into the rock – a magical and symbolic place for lovers of the outdoors as well as for the whole community of Livigno.

**Tutti Frutti Team Challenge:** a treasure hunt for teams of 3 to 5 people - each mountain biking team must find objects, people and check-points along the route of the famous Tutti Frutti tour designed by the ground-breaking mountain biker Hans Rey.



**Party in the Woods:** a party in the outdoors with BBQ and live music. This event boasts an amazing location: Plascianet, a little wooden mountain hut in the middle of a clearing in the woods. It's a magical place to celebrate friendships with other bikers and a love for the mountain environment.

Plus, so much more - during the Great Days you can meet Hans Rey (and see the premiere of his new film, TransNaples), go for a ride with the Italian enduro champion Jessica Bormolini, take part in bike & yoga, ride e-bikes along the ancient mule tracks through the Federia Valley. And in Livigno the party never dies, with après-bike at the Stalet and a welcome party at Marco's pub with the party band The Rock'n'Roll Kamikazes.

What's more, you can meet the guys from Ti-Rex Sport, an association that works to give people with motor disabilities a chance to enjoy sports that would otherwise be impossible, like mountain biking. With the help of Swiss paralympic athlete Murat Pelit, an example of a tenacity and passion for sport that has overcome all difficulties, anyone can have a go on the Explorer III and Jeetrike bikes, designed for people with disabilities to enjoy some off-road trails.

See the full programme and sign up for events at <https://www.carosello3000.com/en/summer/livigno-mountain-bike/great-days>.

If mountain biking for you means freedom, the outdoors and having fun with other people, Great Days is without doubt where you need to be.