

Bormio, the wellness mountain: towards 2026

Bormio is a renowned resort in the heart of the Stelvio National Park, known not only for its legendary ski slopes, outdoor activities and ancient thermal baths, but also its beautiful historic centre.

Winter

Alpine skiing

The Bormio area is a paradise for anyone who loves skiing and snowboarding. The '3 ski areas – 1 unique pass' formula is a multi-day pass which includes the ski areas of Bormio, Santa Caterina, Valfurva and Cima Piazzzi-San Colombano. An area of stunning natural beauty and fantastic sporting opportunities, where you can enjoy the very best of the Stelvio National Park : the winter wonderland of Santa Caterina with its majestic mountain scenery; Bormio's thrilling vertical drop – the longest skiable height difference in Italy from Bormio 3000 down to the town, for 1,800 m of pure fun; and the sunny, easy slopes of Cima Piazzzi-San Colombano: perfect for families. Don't miss the exciting family bob run in the latter, a mountain coaster that runs both in summer and in winter.

The area also offers not one, but two world championship slopes. Bormio is home to the Stelvio piste, so prestigious it is known as the La Scala Opera House of Alpine skiing, where over the last 40 years some of the biggest events in skiing have been held. Santa Caterina boasts the Deborah Compagnoni piste, named after the champion skier who was born and raised here, created especially for the 2005 World Championships.

Ski touring

The Bormio area is naturally suited to ski touring. The mountains, almost all of them accessible with touring skis, have height differences of up to 2,000 m and glaciers where you can enjoy ski touring late into the spring. There are over 350 itineraries of various levels of difficulty: from easy routes close to the marked ski runs, where you can ski down on piste, to the most famous peaks in the area, like Gran Zebrù, Cevedale and San Matteo, to mention but a few. You can even do long multi-day routes from one to the next, while you enjoy breathtaking views of the Ortler group.

Then there's the trails at the foot of Cima Piazzzi and the unspoiled valleys of Val Viola, Valle dei Forni and Val di Rezzalo in the spring. Experienced ski tourers can traverse from Bormio to Livigno, choosing the itinerary best suited to their level of fitness and ability.

Milano Cortina 2026 Winter Olympics

Bormio, the land of champions, will host the XXV Olympic Winter games. The legendary Stelvio piste will host all the men's downhill races (both speed and technical disciplines), as well as ski mountaineering, which will make its debut as an Olympic sport here.

Nordic skiing

The Valtellina cross-country trail in Santa Caterina Valfurva is a dream come true for Nordic skiers; nestled in the thick forest of the Stelvio National Park and surrounded by winter scenery straight out of a fairy tale, it offers excellent trails for all levels. Valdidentro offers the pretty Viola trail, as well as a first-rate biathlon centre ideal for professional athletes, while in Bormio there's a beginner's trail for anyone who wants to try this fantastic sport for the first time.

Freeride

A pristine landscape with powder as far as the eye can see. Anyone looking for pure, unadulterated contact with the mountain can experience it in and around Bormio. Freeride, also known as back country or off-piste skiing, getting up the mountain using either the lifts or touring skis, is perhaps the most unique, special experience for anyone who loves the mountains.

There are a number of places where you can enjoy fresh powder, but only with the necessary equipment, and preferably accompanied by an Alpine Guide - they know these mountains better than anyone and can suggest the best itineraries.

Snowshoeing

Explore the forests of the Stelvio National Park and surrounding valleys all covered in a thick blanket of snow: with snowshoes a regular walk becomes a voyage into a magical landscape that will enchant young and old alike. There are numerous signposted routes, with varying levels of difficulty. Many preserve historic elements that make Bormio so special for anyone looking for an authentic mountain experience. The alpine guides and local mountaineer Marco Confortola organise snowshoeing excursions during the day, at sunset and at night under the stars, when you can round it off with a delicious dinner at a mountain restaurant.

Not just skiing

In Bormio winter is for everyone! As well as skiing, there are a wealth of activities that will let you enjoy the snow, including dog sledding, ice climbing with the alpine guides, sledging in Val di Rezzalo, indoor and outdoor ice skating, and curling. Not forgetting hikes in the Stelvio National Park, exhilarating fat biking excursions on the snow in Santa Caterina and Val Viola, and the unforgettable experience of watching the world from above on a tandem paragliding flight. Winter in Bormio offers all this and much more.

Summer

Hiking

There are over 600 km of trails of varying difficulty in the area suitable for all levels, from families to expert mountaineers. From the Valle dei Forni to Val Viola, from Val Zebru with its traditional mountain huts, to Val di Rezzalo: there are so many outstandingly beautiful places here it's difficult to know where to start. Then there's the sapphire lakes at Bormio 3000, the heady aroma of Oga's pine forest, and the majestic Ortler dominating the skyline of snowy peaks against an azure sky.

Whether alone and armed with a map, accompanied by a guide, or as part of a group led by the alpine guides, you can discover the most beautiful corners of the Stelvio National Park and explore historic World War One routes. Don't forget to stop off at a malga (a traditional Alpine hut and pasture) to taste some fresh, authentic produce. Alternatively, there are mountain refuges, restaurants and picnic areas for a quick break and some refreshment immersed in natural surroundings.

Road cycling

Bormio is a paradise for cyclists. The Stelvio, Gavia and Mortirolo passes are just three of the roads made famous by the champions of the Giro d'Italia. Today these routes are bound to feature on the bucket list of any passionate cyclist who wants to test their limits. Aside from the three legendary passes, there are some other spectacular climbs in the area including Cancano, Bormio 2000, Le Prese, Monte and the nearby Bernina pass.

There are also a number of organised cycling events, including the Granfondo Stelvio Santini and Re Stelvio Mapei races, as well as Enjoy Stelvio Valtellina: a non-competitive event that sees the legendary Alpine passes and roads around the Stelvio National Park and Valtellina periodically closed to motorised traffic. A date for your diary: in 2025 the majestic road to the Stelvio will be 200 years old.

Mountain biking

Take on trails in the beautiful setting of the Stelvio National Park, riding through thick forests and high mountain pastures, skirting Alpine lakes and splashing through babbling brooks. The best mountain biking and e-biking trails include the 3 Gondolas tour, which involves the three main lifts in the area (in Bormio the gondola to Bormio 2000, in Santa Caterina the gondola to Vallalpe, and in Valdidentro the gondola from Isolaccia to Pian dela Mota), and the new Bormio 360 Adventure Trail, a 140 km loop divided into 10 stages between 800 and 2,300 m above sea level that takes in the entire greater Bormio area. For speed freaks and adrenaline junkies there are downhill and freeride runs at Bormio Bike Park starting up at 3,000 m, while enduro fans can take on the trails around Santa Caterina Valfurva. The main event though is the Alta Valtellina Bike Marathon, with its three routes set against the stunning backdrop of the Stelvio National Park.

Gravel biking

Bormio is ideal for gravel biking, bikes with the frame of a road bike, but robust enough for gravel paths. Gravel bikes can take on unpaved roads, paths and tracks so you can discover the great Alpine passes from a different viewpoint, immersing yourself in the history of the area and its wild landscapes.

The best gravel bike itineraries include the lakes at Cancano, Val Viola and Val Verva. Enthusiasts can take part in Unpaved Roads, an event that takes place on the paths around the Stelvio National Park between Cancano and Valle dei Forni.

Summer skiing on the Stelvio

Here in Bormio, you can ski all year round. If you can't wait six months for the winter season to start, from May to November the Stelvio Glacier is home to the largest summer ski area in the Alps, with over 20 km of slopes between the Stelvio Pass (2,758 m) and Monte Cristallo (3,450 m); the ideal place to improve your ski, snowboard or cross-country technique. The biggest names in skiing train on the Stelvio!

Golf

Bormio's golf course is considered one of the best mountain courses in Italy, with 9 holes suitable for all levels, from beginners to experts. Open every day from April to November, it offers excellent fairways, spectacular greens, and water hazards that double as reservoirs for the irrigation systems. The large driving range has a pitching green and putting green. Throughout the season there is a packed programme of courses, competitions and tournaments.

And there's more...

The mountainside comes alive in the summer! There is never a dull moment, thanks to a host of activities including horse riding, husky trekking, fishing, indoor and outdoor climbing, archery, tennis, go karting, Nordic walking, ice skating, paragliding and much more. Families will love the educational farms and family bob, a mountain coaster on wheels through the forest of Valdidentro. These are just some of the activities on offer for a summer full of sport and fun.

All year round

Thermal baths and wellness

A soak in Bormio's thermal waters is the key to a relaxing holiday. Unwind in the hot springs (37-43°C), the curative properties of which have been well known since Roman times and

written about by Leonardo da Vinci; ideal after a day outdoors. There are three thermal spas to suit all tastes.

Bormio Terme, in the centre of Bormio, is ideal for all the family. There are relaxation pools, like the new 25m Stelvio pool, a 60m waterslide, steam rooms, bio saunas, saunas and even a medical treatment centre affiliated with the Italian National Health Service.

At QC Terme Bagni di Bormio, which includes the Bagni Nuovi (new baths) and Bagni Vecchi (old baths), everyone can find their own way to relax and unwind.

At QC Terme Bagni Vecchi you can immerse yourself in history in the Roman baths, the ancient grottoes that lead to one of the nearby hot springs, and the panoramic open-air pool with sweeping views of the valley below.

At QC Terme Bagni Nuovi meanwhile, you can soak up the nineteenth century Liberty grandeur. There are four sections, each filled with natural scents, lights, images and colours. One of the highlights is a sauna lined with Swiss pine from the early 1800s.

Culture

The Bormio area boasts a rich and varied artistic and cultural heritage dating back many centuries. There are palazzos, towers, old farmhouses, churches and fortifications. Not forgetting the interesting museums, including open air sites from World War One, as well as Forte Venini, a fortification dating back to the Great War. There is also a lively programme of activities for adults and children thanks to the organisation of concerts, shows, conferences, exhibitions, festivals and workshops for all tastes.

Traditions

The fascinating history of the Bormio area is kept alive by many local traditions that act as a bridge between past and present.

One of the highlights of the year is the Pasquali parade on Easter Sunday [Pasqua means Easter]. Everyone takes to the streets in traditional dress for the parade where the pasquali, handmade wooden statues with a religious theme, are carried on the shoulders of the participants. Other traditions and events like Carnevål di Mat, L'è fora Geneiron, Gabinat and the Palio delle Contrade are rooted in the agricultural, alpine nature of the area and preserve the folklore that makes it so unique and special for locals and tourists alike.

Food & wine

The local cuisine is rustic and simple, full of hearty flavours and the aromas of the mountainside. The land provides the main ingredients for traditional dishes like pizzoccheri [buckwheat pasta with butter, cheese, potatoes and cabbage], sciatt [delicious bite sized pieces of local cheese that have been battered and deep fried], malfatti [spinach gnocchi], bresaola and slinziga [cured beef], polenta taragna [polenta made with buckwheat and lots of cheese], wild game, cheese, bisciöla [a type of fruitcake] and honey. All dishes that can be accompanied by local wines from Valtellina, and local digestifs like Braulio and Taneda, made with herbs from the mountainside.



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Stelvio National Park

The Stelvio National Park is the largest National Park in Italy. Founded in 1935, it extends over an area of 530 km².

Everywhere you turn there is pure, unspoiled wilderness. Here you can immerse yourself in a typical Alpine environment where, amidst the pine trees you can easily spot wild animals in their natural habitat: as well as large mammals like deer, chamois and ibex, there are marmots, eagle owls, eagles (the symbol of the park), bearded vultures (also known as gipeto) and many, many more.

The Stelvio National Park unites everyone in their passion for nature, from mountaineers taking on the high altitudes and glaciers, to families looking for a relaxing holiday. One of the best times of year to experience all this is in the autumn, surrounded by vibrant colours, when you can hear the unmistakable roar of the stag during rutting season.

Both in summer and winter, the park organises lots of activities: from conferences held by experts, to excursions led by Alpine Guides, as well as educational workshops and documentary screenings on the protected areas of the world.

For further information: www.bormio.eu – marketing@bormio.eu