

WEEKLY ACTIVITIES (19 JUNE TO 21 SEPTEMBER)

All activities must be booked by 5 p.m. the day before, on the Mio Trentino App or at the ApT info points.

MONDAY

Junior Park - 'Mysterious Tracks: Guess the Animal!'

Are you ready to become a little detective at the Park? In this adventure, you will analyse the tracks left by woodland creatures and discover whom they belong to, with the help of the Nature Reserve experts!

An exciting experience to learn about the behaviour and characteristics of many fascinating and mysterious wildlife species. At the end of the activity, every child will receive a special Park gadget!

Meeting time and place: 10:00 a.m., Zeledria Junior Park (Madonna di Campiglio)

Arrival info: free parking at Malga Zeledria

Difficulty: easy

Duration: about 2 hours, the activity ends around noon

Ages: from 5 years up (minors only if accompanied)

Notes: children's activity

Discovering Doss del Sabion

In this half-day outing to explore the Pinzolo territory in the company of mountain guides, we will take the Pinzolo – Doss del Sabion cable cars on the way up and come back down on foot to Prà Rodont, following different routes depending on the group.

We will use the Prà Rodont – Pinzolo cable car on the way back to town.

When the cable car is closed (16.09), the meeting point will still be at the Pinzolo cable car departure station. We will follow an alternative route to Carisolo and in the Castagneto surroundings

Meeting time and place: 2:15 p.m., Pinzolo-Prà Rodont cable car departure station (Pinzolo)

Arrival info: free parking at the Pinzolo - Prà Rodont cable car departure station

Difficulty: easy-moderate

Altitude change: 600 m, mainly downhill

Duration: about 3 hours, the activity ends around 5:15 p.m.

Ages: from 10 years up (minors only if accompanied)

Notes: hiking clothes and shoes, rain jacket and water bottle required

TUESDAY

On the trot in Val Rendena

Get a glimpse of stable life and try your hand at horse-riding at the riding centre in Villa Rendena - Porte di Rendena, with activities suitable for all the family. Participants will learn the basics of riding a horse or pony safely, with a *Battesimo della Sella* (Saddle Baptism) introductory experience for very small children, while others will be able to climb into the saddle for the first time.

Meeting time: four shifts available, 9:00-10:00-11:00-12:00 (29 July - 26 August), choose the time slot when booking.

Meeting place: Porte di Rendena (Villa Rendena) at the Gottardi Lara farm

Arrival info: free parking on site

Duration: about 1 hour per time slot

Ages: from 3 years up (minors only if accompanied)

Notes: children and teenagers' activity, hiking shoes required

Admiring the Dolomites

Exciting hike to Madonna di Campiglio with mountain guides. At the 5 Laghi cable car arrival station, we will take the path behind the namesake Rifugio, leading to Lago Ritorto (2,055 metres above sea level) in about 40 minutes. From there, we will walk uphill, keeping to the left of the lake, until we reach Passo della Falculotta (2,295 m a.s.l.), then we will continue on and descend to Malga Valchestrina. We will go back on an alternative path to Lago Ritorto and descend with the cable car.

Meeting time and place: 9:00 a.m., at the 5 Laghi cable car departure station (Madonna di Campiglio)

Arrival info: no parking available; you can leave your car in one of the town parking lots

Difficulty: moderate

Altitude change: about 300 metres uphill and downhill

Duration: full day, from 9:00 a.m. to about 4:30 p.m.

Ages: from 10 years up (minors only if accompanied)

Notes: hiking clothes and shoes, rain jacket, water bottle, backpack and packed lunch required

WEDNESDAY

Glacier on the horizon

During the International Year of Glaciers, we let the protagonist tell its story.

Starting from the Spinale cable car, we will reach the Laghetto dello Spinale and cross the striking Camp Centener, then descend to Malga Vallesinella Alta. We will go back on foot along the Sentiero dell'Orso trail. Don't miss this opportunity to admire these ice giants and their last majestic white mantle. Participants must bring their own packed lunch.

When the cable car is closed (Wednesday 25 June), we will follow an alternative route (same meeting time and place).

Meeting time and place: 9:00 a.m., at the Spinale cable car departure station (Madonna di Campiglio)

Arrival info: paid Spinale parking lot nearby

Difficulty: moderate

Altitude change: 600 m, mainly downhill

Duration: full day, the activity ends around 4.00 p.m.

Ages: from 8 years up (minors only if accompanied)

Notes: hiking clothes and shoes, rain jacket, water bottle, snacks, backpack and packed lunch required

Acroriver

Let the spectacle of nature take your breath away from a new perspective, in the company of Mountain Friends Guides. With your helmet, harness and *via ferrata* kit on, you'll enter the ravine via a well-equipped route just a few metres from the white water, before descending along the waterfalls through a series of ziplines. Several slots available. The guide will contact all participants to let them know the exact time one day before the activity.

Meeting time and place: 9:00 a.m. or 11:00 a.m. (based on the time slot allocated by the guides on the previous day), in Limes, Val di Daone

Arrival info: free parking on site, near the climbing facility

Difficulty: moderate

Duration: about 2 hours

Ages: from 10 years up

Notes: hiking clothes and shoes, rain jacket and water bottle required. Technical equipment (harness, *via ferrata* kit, helmet) provided by the mountain guides

THURSDAY

History and culture in the centre of Pinzolo

A walk through Pinzolo to learn about the history and culture of the village and the entire region. We depart from the church of San Vigilio, home of the famous *Danza Macabra* fresco, and, passing through the church of San Lorenzo, we will learn about the art that has characterised the history of this community. On the 'Passeggiata dell'emigrante' located in the village centre, we will learn more about the history of the great emigration of Trentino people at the end of the 19th century, and about the traditional professions in our valleys. The route will end in the Pineta, where we will explore local morphology and flora

Meeting time and place: 9:30 a.m. in Pinzolo, at the cemetery parking lot (opposite the Pinzolo-Prà Rodont cable car departure station), where the war cannon monument is located

Arrival info: Free parking at the meeting point

Difficulty: easy

Duration: 2 hours, from 9:30 a.m. to about 11:30 a.m.

Ages: from 8 years up (minors only if accompanied)

Notes: suitable clothing and walking shoes required

E-mountain bike tour of the mountain pastures

We will meet outside the ApT office in Madonna di Campiglio at 2:00 p.m., where the guides will hold a short briefing and explain the route. We will set off along the trails around Madonna di Campiglio, in the expert company of MTB guides.

Meeting time and place: 2:00 p.m. outside the ApT info point in Madonna di Campiglio, in Via Pradalago 4

Arrival info: no parking available at the meeting point; you can leave your car in one of Campiglio centre parking lots

Difficulty: moderate

Altitude change: about 450 metres both uphill and downhill

Duration: about 3 hours, from 2:00 p.m. to about 5:00 p.m.

Ages: from 12 years up (minors only if accompanied)

Notes: hiking shoes, rain jacket, water bottle, helmet and sunglasses required. Bike not included, no bike trailer allowed, suitable for adults and young people with a good level of technical and athletic fitness.

FRIDAY

Discovering Val Genova

A fascinating hike through the upper Val Genova, touching some of its most significant points, accompanied by mountain guides. The itinerary starts from Malga Bedole, and during the hike we will walk along part of the Sentiero delle Cascate trail, to observe the glacial amphitheatre of Matarot from a privileged vantage point. From there, the waterfall descends, fed directly by the glacier above, to cross the Ponte delle Cambiali, where you can admire the force of the Sarca torrent, the majestic Cascata del Pedruc, and finally Malga Caret.

Meeting time and place: 9:00 a.m., Carisolo town hall parking lot. After meeting with the mountain guides, everyone will reach Val Genova on their own

Arrival info: booking of the Bedole parking spot from the APP or the Adamello Brenta Nature Park website recommended

Difficulty: easy

Altitude change: about 200 metres of altitude increase

Duration: full day, from 9:00 a.m. to about 4:30 p.m.

Ages: from 10 years up (minors only if accompanied)

Notes: hiking clothes and shoes, rain jacket, water bottle, backpack and packed lunch required

SATURDAY

Sentiero Amolacqua, with bridges and crystal-clear water

An easy route suitable for everyone, leading to the discovery of the torrential landscape of Val Nambrone and the spectacular Amola waterfall. A beautiful walk through the undergrowth, between footbridges and turquoise streams, meadows and blueberries, to the Amola waterfall. There, the

waters of the Sarca river draw the land, creating pools of crystal-clear water. You will fill your eyes with the thousands of shades that the Sarca river offers, with unique plays of light and colours. Torrents, water basins, splashes, puddles and ponds are the stars of this tour, led by expert mountain guides.

Meeting time and place: 9:00 a.m., at the Rifugio Nambrone in Val Nambrone

Arrival info: near Rifugio Nambrone, there is a big free parking lot, which can only be reached by car; there are no shuttle services along the valley.

Difficulty: easy

Altitude change: none

Duration of activity: about 3 hours, from 9:00 a.m. to 12:00 p.m.

Ages: from 8 years up (minors only if accompanied)

Notes: not suitable for buggies; hiking clothes and shoes, rain jacket, water bottle, backpack and snacks required

ARTpinistico trail and Tibetan bridge

A thrilling *via ferrata* that combines art and adventure — the trail is enhanced by wooden, stone and metal sculptures by local climbers and artists. It is a loop route, featuring some steeper stretches with wires and steps as well as others which can simply be walked. The Tibetan bridge completes this amazing experience.

Meeting time and place: 4:00 p.m., at the rock gymnasium in Preore

Arrival info: from Preore, take the road that climbs uphill in the direction of Montagne - Prà da l'Asen. After the first bend to the right, you will find the rock gymnasium parking lot on the left, where you can leave your car.

Difficulty: moderate

Altitude change: 260 m

Duration of activity: about 2 hours, from 4:00 p.m. to 6:00 p.m.

Ages: from 10 years up (minors only if accompanied)

Notes: hiking clothes and shoes, rain jacket and water bottle required. Technical equipment (harness, *via ferrata* kit, helmet) provided by the mountain guides

SUNDAY

Discovering Monti di Tione

Loop hike from Le Sole, in the Monti di Tione, to Malga Cengledino, to experience the silence of nature. The alternation of environments along the route transforms this hike into a pleasant introduction to the mountains, full of stimulating encounters with vegetation and wonderful views. The Malga,

situated among the pastures afoot the mountain of the same name, dominates Tione. The view of the surrounding peaks is spectacular: from the Brenta Dolomites to Monte Bondone and the Ledro Alps.

Meeting time and place: 8:30 a.m., at the church of Tione

Arrival info: free parking available at Le Sole

Difficulty: easy

Altitude change: 350 m

Duration of activity: about 4 hours, from 9:00 a.m. to 1:00 p.m.

Ages: from 8 years up (minors only if accompanied)

Notes: hiking clothes and shoes, rain jacket, water bottle, backpack and snacks required

ADDITIONAL WEEKLY ACTIVITIES

IN THE FREE OUTDOOR WEEKS (19 JUNE - 04 JULY AND 01-21 SEPTEMBER)

TUESDAY

Canyoning

When canyoning in Val Brenta, you'll walk and slide along the current, protected by diving suits and helmets. You will follow the course of the torrent through deep, narrow rocky gorges. You will dive and be plunged into crystal-clear pools, surrounded by an extraordinarily beautiful setting. A thrilling canyoning course with dives, natural slides and rope descents from rock faces. An experience to get in close contact with nature and discover unspoilt, fairytale locations with the help of expert mountain guides.

Meeting time and place: 9:00 a.m., Val Brenta, Pra de La Casa

Arrival info: parking available free of charge in Val Brenta (Pra de La Casa or Piazzale delle Bore) with the DoloMeet Guest Card

Difficulty: medium (good athletic fitness required)

Duration of activity: about 3 hours, from 9:00 a.m. to 12:00 p.m.

Ages: from 12 years up (minors only if accompanied)

Notes: canyoning suit and helmet provided by the guides, swimming costume, towel, hiking shoes, spare underwear, spare shoes or slippers required. Do not bring any valuables and non-dive items. If you wear eyeglasses, the use of contact lenses is highly recommended.

E-MTB tour to Lake Valagola

We will meet in Campiglio, outside the Madonna di Campiglio ApT info point, at 2:00 p.m., where the guides will hold a short briefing and explain the route. Then, we will depart towards Vallesinella, continuing through Val Brenta to Lago Valagola, accompanied by expert mountain bike guides, and finally return by an alternative route.

Meeting time and place: 2:00 p.m. outside the ApT info point in Madonna di Campiglio, in Via Pradalago 4

Arrival info: no parking available at the meeting point; you can leave your car in one of Campiglio centre parking lots

Difficulty: moderate

Altitude increase: about 500 metres

Duration of activity: about 3 hours, from 2:00 p.m. to 5:00 p.m.

Ages: from 12 years up (minors only if accompanied)

Notes: hiking shoes, rain jacket, water bottle, helmet and sunglasses required. Bike not included, no bike trailer allowed, suitable for adults and young people with a good level of technical and athletic fitness.

THURSDAY

Discovering a *Via Ferrata* on the Dolomites

Panoramic *via ferrata* Vidi on the high ledges of the Pietra Grande, with some exposed sections, but not too demanding, in an area of high geological and natural interest. It passes through the beautiful ledges that cross the west face of the Pietra Grande (2,937 m), tracing an interesting and not overly frequented route.

When the cable car is closed (19 and 26 June), we will follow an alternative route from Malga Zeledria, we will walk uphill to Pradalago and follow the Ugo Bozzetto equipped trail to Cima Zeledria. Then we will return on foot.

Meeting time and place: 8:30 a.m., at the Grostè cable car downhill station. *When the cable car is closed (19 and 26 June), the meeting point will be at Malga Zeledria.*

Arrival info: paid parking lot at the Grostè cable car station

Difficulty: challenging (EEA-D)

Altitude increase: 500 m uphill and 700 m downhill

Duration of activity: full day, from 8:30 a.m. to about 4:30 p.m.

Ages: from 10 years up (minors only if accompanied)

Max. participants: 12

Notes: hiking clothes and shoes, rain jacket, water bottle, snacks, backpack and packed lunch required. Technical equipment (harness, via ferrata kit, helmet) provided by the mountain guides.

SATURDAY

Canyoning

When canyoning in Val Brenta, you'll walk and slide along the current, protected by diving suits and helmets. You will follow the course of the torrent through deep, narrow rocky gorges. You will dive and be plunged into crystal-clear pools, surrounded by an extraordinarily beautiful setting. A thrilling canyoning course with dives, natural slides and rope descents from rock faces. An experience to get in close contact with nature and discover unspoilt, fairytale locations with the help of expert mountain guides.

Meeting time and place: 9:00 a.m., Val Brenta, Pra de La Casa

Arrival info: parking available free of charge in Val Brenta (Pra de La Casa or Piazzale delle Bore) with the DoloMeet Guest Card

Difficulty: medium (good athletic fitness required)

Duration of activity: about 3 hours, from 9:00 a.m. to 12:00 p.m.

Ages: from 12 years up (minors only if accompanied)

Notes: canyoning suit and helmet provided by the guides, swimming costume, towel, hiking shoes, spare underwear, spare shoes or slippers required. Do not bring any valuables and non-dive items. If you wear eyeglasses, the use of contact lenses is highly recommended.

SUNDAY

Exploring the Dolomites by E-MTB

Meeting point in Pinzolo, at the Pinzolo - Prà Rodont cable car departure station, at 2:15 p.m., where the guides will hold a short briefing and explain the route. We will take the cable car up to Prà Rodont, then set off for Malga Cioca, then towards Passo Bregn de L'Ors, and on to Malga Movlina. We will descent to Massimeno via Malga Plan, and return to the starting point, accompanied by expert MTB guides. Alternative route when the cable car is closed (21.09): the meeting date and time remains the same, and we will follow an alternative route.

Meeting time and place: 2:15 p.m., Pinzolo-Prà Rodont cable car departure station

Arrival info: you can leave your car at the free Pinzolo - Prà Rodont - Doss del Sabion cable car parking lot.

Difficulty: moderate

Altitude increase: about 500 metres uphill and about 1,000 metres downhill

Duration of activity: 3 hours, from 2:15 p.m. to about 5:15 p.m.

Ages: from 12 years up (minors only if accompanied)

Notes: hiking shoes, rain jacket, water bottle, helmet and sunglasses required. Bike not included, no bike trailer allowed, suitable for adults and young people with a good level of technical and athletic fitness.