

## **ACTIVITIES DOLOMEET GUEST CARD**

### **EVERY MONDAY**

From June 13 to September 19

#### **Discovering a Via Ferrata**

A thrilling, all-day excursion in the company of Mountain Guides, exploring the Vidi via Ferrata. From the Grostè Pass (2,445 m a.s.l.), take the trail signposted 390 heading north-west to climb the eastern side of Cima Pietra Grande, crossing craggy rocks with stairs and metal wires. Close to the Sperone degli Orti, the trail merges with another one — Sentiero Costanzi. Here it turns to the west, descending towards the Orti della Regina, one of the most picturesque terraces in all of the Brenta Group. Its name, meaning "the Queen's gardens", comes from an ancient legend that claims a queen and her retinue took refuge here, planting flowers and chives. The site is famous not only because of this legend but also because it holds several immense rocks with stunning fossils. From here, hikers descend to Rifugio Graffer and back to the Grostè Pass. Ascent and return using the Grostè lift.

Participants must bring their packed lunch. Not accessible to strollers. Hiking shoes and rain jacket required. The harness and via ferrata kit will be provided by the mountain guides. This route is not recommended for those who suffer from vertigo.

**Meet-up time:** 8.30 a.m.

**Meet-up point:** Grostè lift, valley station

**Difficulty:** challenging

**Altitude increase:** 480 meters

**Duration of activity:** full day

**Ages:** from 14 years up (MINORS ONLY IF ACCOMPANIED BY AN ADULT)

Max. 10 participants

**Alternative when the lifts are closed (13/06)**

**Art-Pinism on the Niere (Preore Via Ferrata)**

A pleasant, low-altitude via ferrata just outside the village of Preore, next to Tione di Trento. This is a varied route that features easy and moderately difficult stretches, with the unique feature of having many works of art in wood scattered along the way. Walkers will also cross the new Tibetan bridge.

Meet-up is at the Preore climbing cliff at 9.00 a.m.

Max. 10 participants

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### **EVERY MONDAY**

From June 27th to September 5th

#### **Fun and climbing**

Crag climbing with Mountain Guides. Fun and adventure for all ages. A challenging game and an unforgettable shared experience for all the family and friends. Meet-up is at the Preore climbing crag at 9.00 a.m.

What to bring: Sports clothing, water. Harness and climbing kits will be provided by the mountain guides.

**Meet-up time:** 3.30 p.m.

**Meet-up point:** Preore natural climbing wall

**Duration of activity:** until 7.00 p.m.

**Ages:** from 7 years up (MINORS ONLY IF ACCOMPANIED BY AN ADULT)

Max. 10 participants

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### **EVERY MONDAY**

From June 13th to September 19th

#### **"UNESCO World Heritage Dolomites, a landscape of mystery"**

Guided by the experts of the Natural Park, we will set out to discover certain unique geological features of the protected area.

We will make our way through sites that reveal long-hidden secrets, marveling at the rocky expanse known as the Grosté, spread out before the mountain peaks.

We will take alternative trails through the magnificent meadows of Camp Centener, leading us past Malga Fevri and into the town of Campiglio. The route is predominantly downhill, starting from an altitude of 2,400 m.a.s.l. at Rifugio Stoppani and arriving at 1,500 m.a.s.l. in Madonna di Campiglio. Participants must bring their packed lunch. For those who do not wish to descend into Campiglio on foot, it is possible to take the Spinale lift independently of the group.

**Difficulty:** moderate

**Altitude change:** 300 m to Spinale, mainly downhill

940 m to Campiglio, mainly downhill

**Approximate times:** approx. 3 h walking to Spinale

approx. 5 h walking to Campiglio

**Meet-up:** 9.00 a.m. at the Grostè lift

**Duration of activity:** full day – activities end at approx. 4.00 p.m.

Min./max. number: 1–25 (minimum age of 8 years)

**Alternative when lifts are closed:**

**"Along the 'sentiero dell'orso' trail"**

Date: Monday 13 June

A trek that leads from the thriving beech woods at the entrance to Vallesinella to the vast meadows of Malga Vallesinella Alta via the Sentiero dell'Orso trail, at the feet of the Brenta Dolomites. From here, we continue towards Rifugio Casinei where it is possible to admire the Adamello – Presanella mountain group. The return route takes SAT trail no. 317 followed by the Sentiero dell'Arciduca trail.

**Participants must bring their own packed lunch.**

**Difficulty:** difficult

**Altitude change:** 400 m

**Approximate times:** approx. 5 h walking

**Meet-up:** 9.30 a.m. at the Maroni car park, at the start of the road for Vallesinella

**Duration of activity:** full day – activities end at approx. 4.00 p.m.

Min./max. number: 1–25 (minimum age of 8 years)

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## **EVERY TUESDAY**

From June 14th to September 20th

### **Discovering Doss del Sabion**

A half-day hike to explore the territory in the company of mountain guides, taking the Pinzolo – Doss del Sabion lift all the way up and coming back down on foot to Pra Rodont, following different routes depending on the group.

Free tasting session with local producers and the opportunity to purchase typical products on the Rifugio Pra Rodont terrace (with the option to pay for an aperitif, if desired).

The Pra Rodont – Pinzolo lift will be used on the way down.

**Not accessible to strollers. Hiking shoes and rain jacket required.**

**Meet-up time:** 2.00 p.m.

**Meet-up point:** Pinzolo – Pra Rodont lift, valley station

**Difficulty:** easy-moderate

**Altitude decrease:** 600 meters

**Duration of activity:** until 6.00 p.m. approx.

**Ages:** from 12 years up (MINORS ONLY IF ACCOMPANIED BY AN ADULT)

### **When the lift is closed (14 June, 13 and 20 September)**

**Meet-up:** 1.50 p.m. at Sant'Antonio di Mavignola, Frattè, to take the trail towards Malga Ritorto.

Max. 20 participants

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## **EVERY TUESDAY**

From June 28th to September 06th

### **Art-Pinism 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 that can simply be walked. The Tibetan bridge is a new addition this year

What to bring: Sports clothing, water and snacks. Harness and climbing kits will be provided by the mountain guides.

**Meet-up time:** 9.30 a.m.

**Meet-up point:** Preore natural climbing wall

**Duration of activity:** 2.5 hours

**Ages:** from 9 years up (MINORS ONLY IF ACCOMPANIED BY AN ADULT)

Max. 10 participants

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## **EVERY TUESDAY**

From June 14th to September 20th

### **On the trot... in Val Rendena**

Get a glimpse of stable life and try your hand at horse-riding at the riding center 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) an introductory experience for very small children, while others will be able to climb into the saddle for the first time.

There are 4 daily activity slots, each open to a maximum of 8 participants. Closed-toe or hiking shoes are mandatory.

**Ages:** from 3 years up (Under-18s MUST BE ACCOMPANIED BY AN ADULT)

**Slots:** 9.00 a.m., 10.00 a.m., 11.00 a.m., 12.00 p.m.

**Meet-up point:** Porte di Rendena (Villa Rendena) at the Gottardi Lara farm

Max. 8 participants per slot

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## **EVERY TUESDAY**

From June 14th to September 20th

### **Discovering Val Genova by E-MTB (15 half-day outings in total)**

After setting out from the Pinzolo cable car station by E-MTB, participants will head towards the cycle path and then along the dirt road that leads to Val Genova. They will then continue through the valley before returning to town via a number of trails and roads.

Participants will have the option to hire e-bikes at a special price (with a 10% discount from partnered rental services). \*

We recommend an advance trial of the bikes to determine the right size

**Meet-up time:** 2:00 p.m.

**Meet-up point:** Funivie Pinzolo cable car station, Pinzolo – Pra Rodont lift departure point

**Difficulty:** easy/moderate

**Duration:** half-day, approx. 3h

**Ages:** from 12 years and up (Under-18s MUST BE ACCOMPANIED BY AN ADULT)

Max. 24 participants

\*(10% discount at affiliated rentals - **Madonna di Campiglio:** 5 Lakes Rental, NDA services Rental, Olympic Sports Rental 2, Zebra Rental, CCM Summer Rental; **Pinzolo:** 360° Sports Rental, La Comoda Bike Rental, Black Cycles, Findy Shop, Brenta Gravity School in Prà Rodont; Vigo Rendena: Rental of Grill Bikes Rendena)

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## **EVERY WEDNESDAY**

From June 29th to September 07th

### **Acroriver**

Let the spectacle of nature take your breath away from a different perspective, in the company of Mountain Guides. With your helmet, harness and via ferrata

kit on, you'll enter the gorge via a well-equipped route just a few meters from the white water, before descending along the waterfall through a series of ziplines.

**Meet-up time:** 9.00 (the activity is divided into slots: the guide will contact participants to let them know the exact time)

**End of activities:** 11.30 a.m.

**Meet-up point:** Limes, Val di Daone

**Duration of activity:** morning

**Ages:** from 10 years up (MINORS ONLY IF ACCOMPANIED BY AN ADULT)

Max. 18 participants

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## **EVERY WEDNESDAY**

From June 15th to September 21st

### **Admiring the Dolomites**

An all-day outing in the company of the Mountain Guides to discover the 3 Lakes. From the Pradalago cable car arrival point, we will take the trail that leads to the stunning, crystal-clear waters of Lake Scuro. From here, we continue as far as crossing trail no. 267, dedicated to Umberto Bozzetto, and follow that. In just a short time, we will reach the 3 Lakes, with a fantastic view of the Brenta group behind them. Continuing past them, we will climb to the highest point of a little valley before coming back down and admiring Lake Alto, nestled beneath the Artuich peak. From here, we continue to the beautiful Lake Malghette and into the woods via trail 201, descending back down into the town.

Participants must bring their own packed lunch. Not accessible to strollers. Hiking shoes and rain jacket required.

**Meet-up time:** 9.00 a.m.

**End of activities:** 4.30 p.m.

**Meet-up point:** Madonna di Campiglio, Pradalago lift, valley station

**Difficulty:** moderate

**Altitude increase:** 300 meters

**Altitude decrease:** 700 meters

**Duration of activity:** full day

**Ages:** from 12 years up (MINORS ONLY IF ACCOMPANIED BY AN ADULT)

**When the lift is closed (14 and 21 June):**

**Meet-up:** 9.00 a.m. at the Pradalago lift, for an alternative route towards Lake Malghette.

Max. 20 participants

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### **EVERY WEDNESDAY**

From June 15th to September 21st

#### **"Discovering the glacier of long ago"**

Note: those traveling to the Malga Bedole mountain hut by car are advised to book a space at the Bedole car park using the Azienda di Promozione e del Parco (Park Promotion Agency) website. For those who wish to use the shuttle service instead, booking ahead is essential for the Val Genova Express in Madonna di Campiglio.

A fascinating excursion in the upper part of Val Genova, winding its way between the area's most geologically and geomorphologically significant sites, guided by an expert from the Adamello Brenta Nature Park Geopark.

The itinerary begins at Malga Bedole to reach the nearby Rifugio, the Cambiali bridge, the Pionieri bivouac and, finally, the glacial amphitheater of Matarot. From here, it is possible to admire the waterfalls that tumble down from the Adamello glaciers, during this time of drastic climate change, and to recognize the marks left on the land by its icy past.

From Madonna di Campiglio and Mavignola, there is a shuttle service called the Val di Genova Express, which must be booked ahead of time at [www.pnab.it](http://www.pnab.it)

**Difficulty:** moderate

**Altitude change:** 200 m

**Approximate times:** approx. 5 h walking

**Meet-up:** 10.30 a.m. at Piana di Bedole

**Duration of activity:** full day – activities end at 4.00 p.m.

Min./max. number: 1–25

**Minimum age:** 8 years

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## **EVERY THURSDAY**

From June 16th to September 22nd

### **"AMOlacqua"**

Sculptor, painter, source of life: the element of water is the star of this extraordinary paradise within the Adamello Brenta Park, where the Sarca di Nambrone river has carved out the "piana d'Amola" plain while splendid white fir and spruce woods provide the backdrop to these gently crystal-clear waters. Clues scattered along this picturesque loop route, which leads to the Cascata d'Amola falls, will reveal to you the secrets of these magical places. There will be a fun reward for anyone who solves all its mysteries!

**Difficulty:** easy – route suitable for families with children. NO STROLLERS

**Altitude change:** 50 m

**Distance:** loop route of 1.3 km

**Clothing:** Hiking shoes or boots

**Meet-up:** 3.00 p.m. at the unpaved car park beside Rifugio Nambrone

**Duration of activity:** 2 hours 30 minutes

Min./max. number: 1–25

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## **EVERY THURSDAY**

From June 16th to September 22nd

### **Around the mountains**

An excursion of moderate difficulty and immense natural interest around Val Brenta, the San Giuliano Lakes and XXII Apostoli.

1. Val Brenta - Rifugio Brentei: from Prà de la Casa (1,155 m a.s.l.) to Malga Brenta Bassa. From here there is a climb to Malga Brenta Alta, a spectacular amphitheater before the Brenta Dolomites. Continue along trail no. 323 and then towards the Rifugio Brentei (2,182 m a.s.l.). The way back to the car park follows the Cascade Alte trail, allowing walkers to admire the spectacular view of the waterfalls with their picturesque little wooden bridges.

2. The San Giuliano Lakes: from the village of Caderzone Terme, take the mountain road to the Pozza delle Vacche car park (1,485 metres). From here, turn onto the trail and go through some dense shrubbery past Malga San Giuliano mountain hut to reach a magical glacial basin, where the two lakes lie nestled one next to the other. The area is covered in meadows, alternating with scree patches of glacial moraine. Perched at 1,940 meters between the peaks of Corno Alto, La Cingla and La Costaccia, the blue lakes of S. Giuliano and Garzonè are surrounded by a vast pine wood offering a panoramic view over Val di Genova. Return via the same route.

3. Rifugio XII Apostoli: from Pinzolo, take the lift for Pra Rodont and Doss del Sabion 2,100 m. From here, take the trail that leads to the area around the Bregna de L'Ors Pass (1,845 m a.s.l.), then trail no. 307, which rises and falls towards the level green area around Lake Ascitutto. At the end of this almost-level stretch, the trail begins to climb sharply towards a gap that provides a way through the rocky barrier. This is the famous Scala Santa, a stretch of the trail equipped with strong steel cables that help climbers make their way up these rocky crags. After this, a long diagonal path leads across a moraine deposit, and a series of rises and rocky terraces brings us to the Rifugio XXII Apostoli (2,489 m a.s.l.), offering majestic panoramic views. The way back retraces the road up, and the lifts are used once again to descend from Doss del Sabion.

4. Rifugio Mandrone: from the town of Carisolo, you can drive across Val di Genova to the Malga Bedole car park. Here, it is easy to find the beginning of trail 212, which leads directly to your destination. The trail immediately starts to climb along the side of the mountain and, with a pleasant stretch through the woods, rises steeply to cover an altitude change of around 600 meters, leading to the Rifugio Mandrone (2,449 m a.s.l.). Gradually leaving the vegetation behind, the trail levels out and the terrain starts to take on the distinctive characteristics of the Adamello zone. The route passes by the Julius Payer Glacier Centre, with its permanent exhibition on glaciers and the mountain environment. A final steep stretch that passes close to a little church eventually leads to the lodge, which is situated in front of the Adamello glacier, the largest in the Italian Alps. Return via the same route.

**Not accessible to strollers. Hiking shoes and rain jacket required. Option for refreshments at the mountain lodges (at participant's expense).**

**Meet-up time:** 8.30 a.m.

**Meet-up point:**

Itinerary 1, Val Brenta (ON 16/06, 14/07, 11/08, 8/09): Pra de la Casa. For those arriving from Campiglio, it is possible to take the Pinzolo Campiglio Express which is open from 09/07 to 04/09/2022.

Itinerary 2, S. Giuliano Lakes (ON 23/06, 21/07, 18/08, 15/09): Pozza delle Vacche car park

Itinerary 3, Rifugio XII Apostoli (ON 30/06, 28/07, 25/08, 22/09): Pinzolo – Pra Rodont lift departure point (valley station)

Itinerary 4, Rifugio Mandrone (ON 07/07, 04/08, 1/09): departing from the Bedole car park

**Difficulty:** moderate

**Altitude change:**

Itinerary 1, Val Brenta: approx. 1,000 m uphill

Itinerary 2, S. Giuliano Lakes: approx. 800 m uphill

Itinerary 3, XII Apostoli: approx. 900 m uphill

Itinerary 4, Rifugio Mandrone: approx. 900 m uphill

**Duration of activity:** full day, activities end at approx. 4.00 p.m.

**Ages:** from 12 years up (MINORS ONLY IF ACCOMPANIED BY AN ADULT)

Max. 20 participants

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**EVERY THURSDAY**

From June 16th to September 22nd

(plus Fridays: 03/06, 30/09, 07/10, 14/10)

**Exploring the Dolomites by E-MTB (19 half-day outings in total)**

An E-mountain bike outing along the trails around Madonna di Campiglio, in the expert company of MTB guides.

Participants will have the option to hire e-bikes at a special price (with a 10% discount from partnered rental services). \*

We recommend an advance trial of the bikes to determine the right size.

**Meet-up time:** 2:00 p.m. Meet-up point: Madonna di Campiglio APT Office

**Difficulty:** moderate

**Duration:** half-day, approx. 3h

**Minimum age:** from 12 years and up (Under-18s MUST BE ACCOMPANIED BY AN ADULT)

Max. 24 participants

\*(10% discount at affiliated rentals - **Madonna di Campiglio:** 5 Lakes Rental, NDA services Rental, Olympic Sports Rental 2, Zebra Rental, CCM Summer Rental; **Pinzolo:** 360° Sports Rental, La Comoda Bike Rental, Black Cycles, Findy Shop, Brenta Gravity School in Prà Rodont; Vigo Rendena: Rental of Grill Bikes Rendena)

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## **EVERY THURSDAY AND FRIDAY**

From 30 June to 9 September.

### **Less effort, more fun by E-MTB (22 half-day outings in total)**

Thanks to super-modern pedal-assist bikes, everybody can tackle even the most challenging routes with ease. Try out our stunning tours in the company of an expert guide for guaranteed enjoyment, surrounded by the beauty of Val di Breguzzo and discovering its many perfectly preserved mountain dairies, some with pastures still grazed by their livestock. Along this panoramic route, participants will enjoy a light lunch of typical, 0 km produce.

**Meet-up time:** 9:00 a.m.

**Meet-up point:** Breg Adventure Park, Val di Breguzzo

**Difficulty:** easy

**Duration:** half-day (from 9:00 a.m. to 2:00 p.m. approx.)

**Minimum age:** from 10 years and up (Under-18s MUST BE ACCOMPANIED BY AN ADULT)

Max. 8 participants

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**EVERY FRIDAY** From July 1st to September 30th

**And SATURDAY** 01 - 08 - 15 October

**"A delicate balance"**

Water has stories to tell from all the different altitudes and nurtures a wealth of biodiversity.

From Pradalago, along the five lakes route, travelers can admire Lake Serodoli, Lake Gelato, Lake Nero and Lake Nambino, surrounded by vast wetlands.

By crossing these different environments, it is possible to learn about the adaptations and strategies of survival adopted by the Alpine fauna. Here, we are guests in a village whose residents are all but invisible.

**Difficulty:** moderate

**Altitude change:** 320m ascent – 850m descent

**Approximate times:** 5 h walking

**Distance:** 7 km

**Meet-up:** 9.00 a.m. at the ticket office for the Pradalago lift in Madonna di Campiglio

**Duration of activity:** full day – activities end at approx. 4.00 p.m.

Min./max. number: 1–25

**Minimum age:** 8 years

**FRIDAY** 03 - 17 - 24 June

**"A delicate balance"**

Every species of Alpine fauna has its own story to tell about the fascinating ways life has adapted to different environments.

This trekking loop route, which winds its way past Lake Ritorto, Malga Valchestrina and the "Sinter dai Siori", takes in a wide variety of environments perfect for discovering the unique characteristics of their inhabitants.

Observation will enable you to understand the strategies of survival adopted by the local wildlife.

**Difficulty:** moderate

**Altitude change:** 100 m ascent – 400 m descent

**Approximate times:** 4 h walking

**Distance:** 6 km

**Meet-up:** 9.00 a.m. at the ticket office for the 5 Laghi lift in Madonna di Campiglio

**Duration of activity:** full day – activities end at approx. 4.00 p.m.

Min./max. number: 1–25

**Minimum age:** 8 years

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## **EVERY FRIDAY**

From 17 June to 23 September

### **From the Dolomites to Lake Garda... by E-MTB (15 full-day outings in total)**

A day trip by electric bike from Madonna di Campiglio to Riva del Garda, via the Bleggio plateau and the medieval hamlet of Canale di Tenno (officially one of Italy's Most Beautiful Villages), accompanied by MTB guides. Participants must bring their own packed lunch to eat by Lake Tenno. Descent as far as Riva del Garda. Return journey with a dedicated transfer service (included in the trip).

Participants will have the option to hire e-bikes at a special price (with a 10% discount from partnered rental services). \*

We recommend an advance trial of the bikes to determine the right size.

**Meet-up time:** 9:00 a.m.

**Meet-up point:** Madonna di Campiglio APT Office, Pinzolo lift departure point, bus stops throughout the valley upon request

**Difficulty:** challenging (distance of approx. 70 km)

**Duration:** full day (returning to Madonna di Campiglio around 6:00 p.m.)

**Minimum age:** from 12 years and up (Under-18s MUST BE ACCOMPANIED BY AN ADULT)

Max. 14 participants

\*(10% discount at affiliated rentals - **Madonna di Campiglio:** 5 Lakes Rental, NDA services Rental, Olympic Sports Rental 2, Zebra Rental, CCM Summer Rental; **Pinzolo:** 360° Sports Rental, La Comoda Bike Rental, Black Cycles, Findy Shop, Brenta Gravity School in Prà Rodont; Vigo Rendena: Rental of Grill Bikes Rendena)

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## **EVERY FRIDAY**

From June 17th to September 23rd

### **From the Dolomites to Lake Garda**

A full day experience from Madonna di Campiglio to Riva del Garda with a dedicated shuttle.

By booking this experience, you will have the right to:

- the Madonna di Campiglio - Riva del Garda round trip;
- a Bastione scenic lift ticket;
- an aperitif;

### **Meeting time and place:**

08:30 - Departure from Madonna di Campiglio - P.za Brenta Alta

08:50 - Departure from Pinzolo - Cable car

10:30 - Arrival in Riva del Garda - Info Office - Largo Medaglie d'Oro al Valor Militare, 5

**Duration of the activity:** full day (return to Madonna di Campiglio around 5 p.m.)

**Minimum age:** 0 years old (Under 18 accompanied)

Note: Show your booking confirmation voucher to board the bus and at Info Point Riva del Garda for the boat ticket.

Max 14 participants

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## **EVERY FRIDAY**

From July 1st to September 9th

### **Evening outings**

Easy and entertaining evening outings, with dinner in a mountain hut and the accompaniment of a mountain guide. A special moment to share with all your family and friends, suitable for young and old alike.

1. Rifugio Trivena – Val di Breguzzo: reachable only by foot, with a 1-hour walk (from the car park in Ponte Pianone, at 1,230 m).
2. Rifugio Lupi di Toscana – Boniprati
3. Rifugio Pont'Arnò – Val di Breguzzo: first outing along the sentiero dell'orso trail.

**Not accessible to strollers. Hiking shoes and rain jacket required. Dinner at the mountain huts (at the participant's expense).**

**Meet-up time:** 5.30 p.m.

**End of activities:** 10.30 p.m.

Itinerary 1, Rifugio Trivena (ON 08/07, 29/07, 19/08, 09/09): meet-up at Breguzzo Info Point

Itinerary 2, Rifugio Lupi di Toscana (ON 15/07, 05/08, 26/08): meet-up at Pieve di Bono Info Point

Itinerary 3, Rifugio Pont'Arnò (ON 01/07, 22/07, 12/08, 2/09): meet-up at Breguzzo Info Point

**Duration of activity:** evening

**Ages:** from 6 years up (MINORS ONLY IF ACCOMPANIED BY AN ADULT)

Max. 20 participants

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## **EVERY SATURDAY**

From June 11th to September 24th

### **A vertical walk**

An experience of climbing on a natural rock wall at the Fontanella climbing crag, along with mountain guides. An enjoyable and relaxing climbing crag overlooking a pleasant meadow just outside Madonna di Campiglio. An ideal experience for beginners who will climb across short limestone walls studded with well-equipped routes.

Rope and harness provided by the mountain guides.

**Meet-up time:** 5.00 p.m.

**Meet-up point:** Panorama hotel Fontanella (visitors should arrive here on foot, as the car park is reserved for the hotel's guests). From here, it is a 15-minute walk to the climbing crag in Fontanella.

**Difficulty:** moderate

**Duration of activity:** 2 hours

**Ages:** from 8 years up (MINORS ONLY IF ACCOMPANIED BY AN ADULT)

**In the event of bad weather, the activity will be moved indoors to an artificial climbing wall (at the Palestra di Madonna di Campiglio gym in Palù)**

Max. 20 participants

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## **EVERY SATURDAY**

From June 25th to September 10th

### **Ferrata Sasse - Lake Idro**

Like the vie ferrate of the Dolomites, this route allows travelers to enjoy stunning views, while accompanied by a mountain guide. Meet-up is in Baitoni, with a boat ride to Vesta. From there, the trail back skims the water to link the Vesta (BS) and Baitoni (TN) boat docks.

**What to bring:** Sports clothing, water and snacks. Harness and climbing kits will be provided by the mountain guides.

**Meet-up time:** 9.30 a.m.

**Meet-up point:** Porto Camarelle, Baitoni

**Difficulty:** moderate

**Duration of activity:** 4 hours

**Ages:** from 8 years up (MINORS ONLY IF ACCOMPANIED BY AN ADULT)

Max. 10 participants

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## **NATURAL WELLNESS EXPERIENCE**

Immerse yourself in the restorative nature of the Dolomites. Discover a new form of wellness in the majestic nature of the Adamello Brenta Nature Park. In summer: 5 elements, 7 trails, from barefoot walking to forest bathing: experience Dolomiti Natural Wellness to the full.

Reservations are required and must be made ONLINE by 5.00 p.m. of the day before, using the MIO TRENTO APP.

With the Standard DoloMeet Guest Card: Option to take part, free of charge, in:

- > 1 Dolomiti Natural Wellness activity of your choice;
- > 1 Dolomiti Natural Family activity of your choice.

## **DOLOMITI NATURAL WELLNESS**

### **EVERY TUESDAY AND THURSDAY**

From June 14th to September 22nd, 2022

In the company of expert guides, you can discover the elements of Natural Wellness as you explore trail no. 7. Val Brenta is the perfect place for those seeking harmony with Nature.

From S. Antonio di Mavignola, take the Val Brenta road towards Prà de la Casa, as far as the adjacent car park, where the guided walk will begin. It will continue along the dirt road to the left, as far as Malga Brenta Bassa, passing by Prà de Mez and Malga Fratte.

The main part of the experience will be the FOREST BATHING (every Tuesday) and BAREFOOT WALKING (every Thursday). You will return to the start via the gorgeous Sentiero della Forra, along which you can admire the gorges of Val Brenta's Sarca river.

**Not accessible to strollers. Hiking shoes and rain jacket required.**

**Meet-up time:** 9.30 a.m.

**Meet-up point:** B&B Prà de la Casa, Val Brenta

**From July 9th to September 4th, the meet-up point is accessible via the Pinzolo-Campiglio Express lift (Colarin – Plaza stretch)**

**Altitude increase:** 100 m

**Duration of activity:** 4 h approx.

**Ages:** suitable for families with children over 12 years of age (Under-18s MUST BE ACCOMPANIED BY AN ADULT)

Max. 15 participants

## **DOLOMITI NATURAL FAMILY**

### **EVERY WEDNESDAY**

From June 15th to September 21st

This activity will be carried out in the company of expert mountain guides along trail no. 1, which is to be found in the area of Pineta a Pinzolo. The route is suitable for families (approx. 1km) and offers the chance to enjoy a simple walk as well as some holistic wellness activities. The Dolomiti Natural Wellness elements that you can experience on this route are: Silence Room-Breathing, Silence Room-Inner Silence, Bare Feet Trail, Natural Kneipp, Tree Hugging, Silence Room-Sun Salutation.

**Not accessible to strollers. Hiking shoes and rain jacket required.**

**Meet-up time:** 3.00 p.m.

**Meet-up point:** Pineta, Pinzolo, at the route-start flag (near the tennis courts)

**Duration of activity:** 4 h approx.

**Ages:** suitable for families with children, including those under 12 years of age (Under-18s MUST BE ACCOMPANIED BY AN ADULT)

Max. 15 participants

### **EVERY SUNDAY**

From June 19th to September 25th

This activity will be carried out in the company of expert mountain guides along trail no. 8, which is in the area of Piana di Nambino. It is a very simple loop route, lasting around 1 km and including a 35-m ascent and a 34-m descent. It is suitable for families, offering parents and kids the chance to enjoy a simple walk together as well as some holistic wellness activities. The Dolomiti Natural Wellness elements that you can experience on this route are: Silence

Room-Breathing, Silence Room-Inner Silence, Bare Feet Trail, Natural Kneipp, Tree Hugging, Silence Room-Sun Salutation.

**Not accessible to strollers. Hiking shoes and rain jacket required**

**Meet-up time:** 3.00 p.m.

**Meet-up point:** Piana di Nambino, Madonna di Campiglio, at the route-start flag (valet booth)

**Duration of activity:** 4 h approx.

**Ages:** suitable for families with children, including those under 12 years of age (Under-18s MUST BE ACCOMPANIED BY AN ADULT)

Max. 15 participants

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## **EVENT EXPERIENCE**

### **WHEN AN EVENT BECOMES A UNIQUE EXPERIENCE!**

Exciting and varied experiences, scattered all over the territory, to be enjoyed individually or in small groups and subject to advanced booking.

The location or theme of each activity celebrates a different, specific aspect of the area.

Reservations are required and must be made ONLINE by 5.00 p.m. of the day before, using the MIO TRENTO APP.

### **WITH THE STANDARD DOLOMEET CARD:**

Possibility to take part

> in 2 exclusive experiences of your choice

### **MONTAGNA SEGRETA (SECRET MOUNTAIN)**

The thrill of discovering and getting to know the nature, legends, history and inhabitants of these mountains on out-of-the-ordinary tours.

When:

- 13/06, 18/07, 22/08, 19/9, 17/10

### **RACCOGLI L'ATTIMO (SEIZE THE MOMENT)**

The marvel of searching for, recognizing and picking wild mountain fruits, plus the pleasure of learning to cook with them following both ancient and new traditions.

When:

- 06/06, 17/06, 05/07, 02/08, 09/09, 30/09, 07/10

### **COLAZIONE SULL'ERBA (BREAKFAST ON THE GRASS)**

Picturesque little Alpine oases, accessible on foot or by bike, are the perfect settings for a "breakfast on the grass" straight out of a mid-1800s tableau.

Immerse yourself in an atmosphere of complete relaxation, with a backdrop of luxuriant nature all around and typical local products spread out on your blanket.

When and where:

- Madonna di Campiglio, Pinzolo, Val Rendena: every Wednesday from 29 June to 14 September
- Giudicarie Centrali and Valle del Chiese: 9 and 23 July; 20 August; 3 September

### **POLENTERCHEF**

Learn to cook polenta by joining culinary workshops with expert "polenter" (polenta chefs).

Discover all the tips and tricks behind their best recipes, then enjoy your meal together.

When and where:

- Madonna di Campiglio, Pinzolo, Val Rendena: 16, 23 and 30 June; 7 and 21 July; 4 and 18 August; 1, 8 and 15 September;
- Giudicarie Centrali and Valle del Chiese: 16 and 30 July; 13 and 27 August

### **ALBE IN MALGA (DAWN AT THE DAIRY)**

Start your day like a true mountain herdsman: nature, animals, hay, cheese, butter... Get a first-hand experience of daily life in high-altitude pastures in the company of local shepherds, before enjoying a breakfast consisting of the specialties produced in the mountain dairies.

When and where:

- Madonna di Campiglio, Pinzolo, Val Rendena: 16 and 30 July; 13, 20 and 28 August;
- Giudicarie Centrali and Valle del Chiese: 6 August