



Earth to Dolomites!
How's it going?

Hi! Wonderfully! We have
almost reached the refuge

You picked
a beautiful day!

Right! We really needed
a breath of fresh air!

And may I add ...
we really need a
good lunch!! ;-)

Summer emotions

Your holiday, from Garda to the Dolomites



Dolomites, a monumental wealth

Experience the World Heritage

The Dolomites, declared by Unesco World Natural Heritage site, are a treasure that characterizes much of Trentino, natural formations of extraordinary geological and geomorphological importance that

enchant for their impressive verticality and scenic beauty, but also for their colours and shimmering contrasts. Admiring them at sunset is a unique and enthralling experience. That is the time when the rocky walls, due to their peculiar calcium and magnesium carbonate composition, turn pink and give rise to the phenomenon known as Alpenglow ([Enrosadira](#)).

Theatre of superb climbing feats, the Trentino peaks are ideal for **sports** or **relaxing holidays** between climbs, mountain bike excursions and walks. To the west we find the Brenta Dolomites and the Adamello glacier, the largest in the Alps, and to the east the Fassa Dolomites, Latemar, Pale di S. Martino and **Marmolada**, the highest peak in the group with its 3,342 metres, called the Queen of the Dolomites.





Nature reflected in 300 blue eyes

Waters to practise sports, relax and recharge your batteries

Clear waters reflecting a great variety of scenery, intense colours in which to lose yourself as you walk along the shores or plunge in when looking for heat relief or

brave the wind. The **300 Trentino lakes**, located mostly above 1500 m a.s.l. and of clear glacial origin, are a large and composite fresco - green and blue gems at the foot of mountain peaks, where all motors are banned. Standing out among them is Lake Garda, where **sailing and windsurfing** are at home thanks to the Òra and Pelèr winds. Not far away is Lake



Ledro, with waters that have preserved a pile dwelling site dating back to the Bronze Age, while on the Altopiano della Paganella the Brenta Dolomites are reflected in the green waters of Lake Molveno. If Lakes Caldonazzo and Levico are the very symbol of summer in Valsugana, in the heart of Valle dei Laghi Lake Toblino, with its castle and reeds, a biodiversity treasure chest, remains the most photographed and portrayed Trentino lake. Tumultuous waters like those of the Noce river, to ride

aboard canoes, rafts and hydrospeeds, waters where to fish in the traditional or the “no kill” way, respecting the balance of a valued fish fauna that includes marble trout and arctic char. And more, curative waters gushing forth from inside the rocks where to immerse yourself in one of the **nine Trentino spas**, with the added benefit of mountain air to regenerate and tone your body.





Hi sweetheart! Everything OK?

Fell 3 times wet through
legs bruised muddy face

This is heaveeen :))))

Hahaha You're nuts! How about
the location? Maybe we can
come too next time?

Dolomites forever! Even saw
an adventure park 4 jane and alex

Book when I get back

^_^ love you! See u tomorrow!
love from the kids <3



Montains, dispensers of well-being

Walking and cycling to reach the right shape

Trentino, full of paths, trails and cycling routes to suit all requirements, is the ideal place to engage in a healthy activity surrounded by nature. Cycling in company or with the whole family on Trentino cycling

routes becomes a unique experience, combining well-being with the discovery of a territory that will surprise you. The network of trails, with their accurate signs, spreads through all the valleys for over **440 km** and is served by 10 refreshment stops (bicigrill); there is no shortage of mountain bike circuits either, like the “Dolomiti Brenta Bike”,



160 kilometres in the Adamello – Brenta Nature Park, the “Mountain&Garda Bike” reaching down to Lake Garda and the “Dolomiti Lagorai Bike” through the Lagorai chain.

From zero to 3000 m altitude, you can walk on a trail network of over 5,000 km up to peaks, mountain dairies and **146 huts**, which can also be joined up in quite spectacular multi-stage **treks** such as the “Brenta Dolomiti Trek”, the “Dolomiti Panorama Trek”, the “Palaronda

Trek”, vis-à-vis with nature, woods, rocks, glaciers and ever new thrills. The “**Peace Trail**” winds for 520 kilometres from the Cevedale group to the Marmolada through the front line, crossing Trentino’s Great War theatres along military roads and trenches, touching tunnels, high altitude stations and museums: a great memory route to reflect and meditate.





The flavours of excellence

Food and wine to enjoy

Are you looking for unique aromas and flavours? Then you are in the right place, because Trentino is the ideal destination for a **food-and-wine holiday**. Each one of its valleys can offer traditional recipes and

traditions. The [Wine and Flavour Roads](#) will guide you to the discovery of local food and wine. **Excellence in a bottle:** Trentodoc, Marzemino, Teroldego, Nosiola, Vino Santo and Müller Thurgau, as well as Grappa from Trentino. And then, the fine DOP* extra virgin olive oil from the Garda Trentino area and the renowned DOP apples from Val di Non. As regards **dairy products**, a major

role is played by Trentingrana, Spressa cheese from Val Giudicarie, Vezzena, Puzzone from Moena and Nostrano del Baldo. **River fish** includes the DOP Rainbow Trout and the Arctic Char. Trentino also offers some fine **curied meat** like Lucanica Trentina, Ciuiga del Banale, Carne salada (salted meat) and Carne Fumada (smoked meat) and, among vegetables, the **organic products** from Val di Gresta and the asparagus from Zambana.

** Protected Designation of Origin*



visittrentino.it/gusto



The regenerating power of nature

Green gold

When we say Trentino we think of a mountain world and its uncontaminated nature. And it could not be otherwise, considering that 17% of its surface area is “protected”, covering a total of over thousand square kilometres with **about**

half a billion trees. Trentino boasts three green lungs, the Adamello-Brenta and the Paneveggio-Pale di S. Martino **Nature Parks**, and the Trentino portion of the Stelvio National Park. The first one, in western Trentino, is one of the largest protected areas in the Alps, with thousands of deer, roe deer, chamois, golden eagles and more than forty brown bears.

In the east is the Paneveggio-Pale di S. Martino Nature Park, hosting a large resonance spruce forest known as the **Violin Forest**, the source of a prized wood used to make the soundboards of many musical instruments, including the famous Stradivaris. More than thirty peaks, over 3000 metre high, characterize the Trentino portion of the Stelvio National Park.





One holiday, one thousand opportunities

Trentino a tutta cultura

A culture-studded summer can be enjoyed in Trentino. **Festivals, exhibitions, concerts and shows** are just some of the events organized for the summer months. Museums and castles, first of all. The provincial territory has quite a few of them

and summer is the right time to visit them and admire the temporary exhibitions alongside the permanent ones. From the new **MUSE**, the Science Museum designed by Renzo Piano, to the **MART**, Castello del Buonconsiglio, Le Gallerie, Castel Thun, the Museum of Customs and Traditions of the Trentino People, the Trentino Diocesan Museum, Castel Beseno, the

Italian Historical War Museum and Castel Stenico, we are spoilt for choice. But that is not all. Lovers of nature and music, for example, cannot miss the **Sounds of the Dolomites** concerts, to be held on the Unesco protected peaks. Or they can enjoy the numerous events connected with mountain filmography, protagonists of the Trento Film Festival. Theatre and art, just to make a few examples, come together in the Futuro Presente and Oriente Occidente events, while world-renowned

experts meet in Trento to bring forth the Economics Festival. In addition, eighty forts and 19 dedicated museums and trenches tell about the path from war to peace experienced by this territory. A rich calendar of events is scheduled for the one-hundred-year anniversary of the outbreak of World War I. These include the exhibition “The war that will come is not the first”, set up at Mart until September 2015.

visittrentino.it/artedellavacanza



Museums, castles and medieval hamlets

Trento and Rovereto, a treasure trove of art, history and culture

Castles, medieval hamlets, old churches and museums. Trentino is a treasure trove of art, history and culture, full of testimonies of an **important past** brought back to life in the cities

of Trento and Rovereto. The roots of the main town go back to Roman times: remains of the ancient Tridentum are still preserved in the archeological site below the city centre. But also the splendour of Renaissance times is still visible on the frescoed facades of the numerous Palazzi. Dominating the City of the Council is the **Castello del Buonconsiglio**, a medieval fortress turned by the prince-bishops into an

elegant residence and now hosting a prestigious museum. Other highlights, very popular with tourists, are the **Cathedral** with its beautiful square and the **MUSE**, the Science Museum designed by Renzo Piano. A place of lively cultural exchanges since ever is **Rovereto**, where the Venetians' rule left behind some remarkable architecture. The city is home to **MART**, one of the most important contemporary art museums in Europe, and to the **Peace Bell**, cast from the bronze of Great War canons, whose tolls send every night a message of

harmony among peoples. The two cities decided in recent years to go on line and create the district "**TrentoRovereto. Cities of Culture**". A whole world can be accessed thanks to an innovative card allowing to visit museums, palaces, castles and archaeological sites. To enjoy your holiday with no hassle you can also use the Guest Card Trentino, which allows to travel freely on the provincial public transport net and enjoy free access to more than 60 sites including museums, castles and nature parks. visittrentino.it/trentinoguestcard



An open air gym

Great events “belong” to Trentino

Trentino **land of sports** and, above all, of major international events. In winter, but also in summer, thanks to advanced facilities and equipment, environmental qualities and an extensive network of

volunteers in every valley. From football to cycling, from basketball to athletics, from volleyball to climbing, in summer this territory - an ideal open air gym where you can practise all sorts of physical activities - becomes a stage for many key events of the world sports scene. On 24 May, sixteen years later, the **Giro d'Italia** will return to the streets of Pinzolo and Madonna di

Campiglio for a stage full of appeal in the enchanting setting of the Brenta Dolomites. Many **football teams**, both Italian and foreign, will be holding their training sessions in Trentino, from mountain to lake. Also to be mentioned are the national volleyball and basketball teams spending their training retreat in Cavalese and Folgaria, the Rock Master Festival in Arco and the MTB World Cup in Val di Sole.



visittrentino.it/sport



A technology-proof territory

All opportunities on visittrentino.it

The ideal channel to have up-to date information about events, itineraries, maps, weather, webcams, hotels and restaurants in the territory is the Trentino tourist portal visittrentino.it. Here, among other things,

you can find everything about the latest offers and download brochures and apps: among them [Visittrentino Tourist Guide](#), the easiest, fastest and nearly instant way to plan your holiday in the territory, [Ski Trentino](#) (to have the whole Trentino snow world in your pocket), [Trentino Outdoor](#) (to best organize your outdoor activities), [Trentino Grande Guerra](#)

(to discover places and testimonies of World War I), [Social Tourist Guide](#) and [Around Trentino](#). From the site homepage you can access Trentino's digital hub (blog): [four new channels](#) - [Outdoor](#), [Happy Family](#), [Rural Taste and Nature & Well-being](#) – that aim at inspiring your journey by recounting in a user friendly way the experiences to be

enjoyed in the area. For news, trivia and an overview of the opportunities offered in the province there is also the intrentino.to portal, an online magazine devoted to tourism, culture, sports, nature and well-being, flavours and typical offers from Trentino.

visittrentino.it/mobile



Hospitality to meet your style

Excellent hospitality
is in our blood

From families to young people, sportsmen and lovers of Alpine wellness, from stylish hotels to B&Bs, huts and chalets on the slopes. In Trentino **variety** is typical not just of the territory but also of **accommodation**, its hospitality now combining **tradition** and the values of a **family business** with a managerial approach in order to ensure high quality standards, but always at the **right price**. Welcoming guests in the best place with the most suitable services is a local

tradition. Trentino's visitors have countless opportunities to choose an accommodation facility that reflects their idea of holiday and meets their interests and requirements. Trentino makes available to its guests 478 thousand beds, with over 93 thousand in 1551 hotels, 87% of which are 3, 4 or 5 star hotels. The rest includes second homes, B&Bs, holiday houses, rented rooms, farmhouses, campsites, mountain huts and hostels. Many of them are grouped into different **product clubs**, from Trentino

Charme to Club Giocovacanza, Vita Nova - Trentino Wellness, Rural Heart, alpine huts and mountain farms. They gather together select accommodation facilities, duly specialized to offer a **quality holiday** that meets different targets and styles, and gives our guests new opportunities to experience the territory.

The hospitality clubs

Bed & breakfast

trentinobedandbreakfast.it

Vitanova Trentino Wellness

vitanova.to

Mototurismo (motor-bike tourism)

trentinoinmoto.com

Agriturismo (farmhouse inns)

agriturismotrentino.com

Giocovacanza (family hotels)

giocovacanza.it

Vacanze in baita (mountain hut holidays)

vacanzeinbaita.com

Trentino Charme

trentinocharme.it

Cuore rurale (country life)

cuorerurale.it

Appartamenti turistici (tourist apartments)

trentinoappartamenti.info

Qualità Parco Adamello Brenta

(Adamello Brenta park quality)

qualitaparco.it

Campeggi (campsites)

trentino-outdoor.com

Rifugi del trentino (Trentino refuges)

trentinorifugi.com

Dolomiti walking hotel

dolomitiwalkinghotel.it

Golf in trentino

visittrentino.it/trentino-golf

visittrentino.it/it/dove_dormire/alberghi_a_tema

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how to get here

Trentino is easily reached from the North and from the South, by train on the Verona-Brennero-Munich line and by car on the A22 Brennero highway. The closest airports are the Dolomiti San Giacomo of Bolzano (57 km), the Valerio Catullo of Verona (90 km), the Gabriele d'Annunzio of Brescia (135 km), the Marco Polo of Venice (163 km), the Bergamo-Orio al Serio (180 km) and those of Milan, Linate and Malpensa (approx. 250 km). For internal travel, there is the Trento-Malè railroad for reaching Valle di Non and Val di Sole, and the Trento-Venice railroad that crosses through Valsugana, as well as the Trentino Trasporti bus lines.

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1 Pejo and Rabbi Mountain Farmhouses and Huts



In the heart of the Trentino section of the Stelvio National Park, the Pejo and Rabbi valleys, also renowned for the healing properties of their numerous spa water springs, conserve a widespread spontaneous architectural heritage consisting of mountain farmhouses and huts that extends from the bottom of the valley up to the edges of the forest line.

3 Pile-dwellings of Fivè and Ledro



The pile-dwellings of Fivè and Ledro, unique in their kind in our continent, tell the story of the people who from the 7th to the 1st Millennium B.C. lived on the banks of former Lake Carera and of Lake Ledro, through an extraordinary experience of the past. Fivè alongside Ledro is one of the two of the most important-dwelling sites in Europe, included in Unesco's list of World Heritage sites.

5 Lake Molveno



Set in the Adamello-Brenta Nature Park landscape, Lake Molveno is the largest natural Alpine lake in Italy at an altitude higher than 800 meters above sea level. It is surrounded by beech-woods and fir-woods. Its most astounding feature is the clearness of its water, the surface of which reflects the Brenta Dolomite mountains and the slopes of the Paganella.

7 Muse



Opened in the public in July 2013, The MUSE Science Museum is a structure designed by Renzo Piano with innovative architectural features. This is where parents can take their children to explore the global environment in a creative and unique manner. The museum uses the mountain metaphor to explain life on Earth, focusing on biodiversity, sustainability and environmental education.

9 Fort Belvedere



Fort Belvedere in Lavarone, one of the largest fortresses of the period, was built by the Austro-Hungarians between 1908 and 1912 and is one of the 19 WWI museums in Trentino. It is intact and can be visited in all its parts. It displays findings and multimedia installations that tell the story of the fort, of its garrison and of the military events that took place in the area.

2 Nardis Falls



Nardis falls, located in Val di Genova in the Adamello Brenta Nature Park, descend from the Presanella with a leap of over 130 metres, starting from an altitude of 921 m a.s.l. and at an inclination of 55-65°. The vaporization of the water as it crashes onto the rocks below and the special angle of the light at sunset always make these falls a very charming sight.

4 Piazza Catena



As one of Riva del Garda's most charming attractions, Piazza Catena offers a view that encompasses both the lake and the centre of the city. It derives its name from the large chain ('catena' is Italian for chain) that in bygone times was stretched across the water to defend the entrance to the port. Up until 1925 this square hosted the imperial tollhouse: the sign of a border that for centuries marked the northern portion of Lake Garda.

6 Santuario di San Romedio



Built on the summit of a rocky spur more than 70 meters tall, the San Romedio Sanctuary is one of the most characteristic shrines of Europe. It is formed by five small chapels built one on top of the other, joined by a stairway of 131 steps. The path leading to the sanctuary is one of Trentino's most charming pilgrimage routes.

8 Terraced Cultivations



The terraced vineyards of Valle di Cembra, crib of the Müller Thurgau wine, are a site of excellence of this historical rural landscape at provincial, national and European level. The Renaissance painter and engraver Albrecht Dürer highly appreciated the landscape qualities of this valley, set between the giddy scenery of the Adige river, the Dolomitic enchantment of the Fiemme and Fassa valleys and the wild outline of the Lagorai mountain range, by painting it in several of his water colours.

10 Artesella



Since the 90s, Val di Sella, lateral to Valsugana, is a veritable workshop for the artistic expressions linked to Land Art and harbour the results of the dialogue between individual creativity and natural environment. Thanks to the Cultural Association 'Arte Sella', there are over 300 of these artists sharing this project and creating their work on site and leaving it standing in its natural surroundings.



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Your holiday, from Garda to the Dolomites

Summer emotions

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Almost reached the ridge

Hi! Wonderful! We have

You picked a beautiful day!

Right! We really needed a breath of fresh air!

And you may need a good lunch!

And we really need a good lunch!

11 Torri del Vajolet



The Torri del Vajolet are peaks that stand above the wide Gartl valley in the heart of the Fassa Dolomites. They are one of the most popular landscapes of the Alps and of Dolomitic geography, icons of verticality and of mountain scenery beauty. They belong to the Catinaccio range that is listed as a UNESCO Human Heritage Site together with the Brenta Dolomites, Latemar, Pale di San Martino and Marmolada.

12 Paneveggio Forest



Known as the "resonant forest", the large state-owned Paneveggio forest is one of the most majestic green landscapes of the Paneveggio - Pale di San Martino Nature Park. It includes special "resonant" spruces that since the Middle Ages have been providing tonewood for the creation of the world's best sound boxes.

13 Lake Calaita



In the northernmost portion of the pasture valley of Lözen, lateral to Val Vanoi, the clear waters of this small lake, located at the foot of the Lagorai Group in its western part, reflects the majestic southern rock wall of Cimón de la Pala, symbol of the Pale di San Martino, that stands on the horizon.