



Trentino

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YOUR GATEWAY TO MOUNTAINS, LAKES, CULTURE AND ITALIAN LIFESTYLE

Her heart belongs to the mountains

Discovering the Dolomites with
mountain guide Marica Favé

Herb lady

When leaves, roots and lichen
are good enough to eat

An apple a day

The secrets of the Val di Non's
most famous fruit

► EDITORIAL

Trentino Philosophy

“Great things are done when men and mountains meet”, said the English poet William Blake. The astonishing sight of the snowy peaks suddenly appearing in the distance; the satisfaction of completing a difficult stretch on a climb; testing yourself and taking time to contemplate as well as being focused on the goal. Learning to appreciate the honest, no-nonsense character of mountain people. Trentino is naturally the region to experience all of this. A land which has proudly preserved its historical sites and traditional values: hospitality, finding an understated, silent happiness in small everyday things as much as in the great mountain landscapes. An ancient philosophy which has fused with modernity to achieve a very high quality of life, with attention paid to environmental and sustainable energy issues. “Harmony” is perhaps the first word that springs to mind after spending your first few days in Trentino. Stroking the bark of an ancient tree, savouring a local DOC wine, watching the colours change from season to season. But Trentino is also a gateway to discovering Italy: its friendliness, its relaxed lifestyle, and of course its art and food, all together in a place where the old coexists with the new, and beauty with depth. In harmony, in fact.

FISHING IN NATURE

With over 350 fishing areas available across the region, Trentino is truly a fishermen's paradise. The great variety of aquatic environments (glaciers, lakes, rivers, streams, waterfalls) provides one of the most diversified fish populations in Italy, preserved with great care (pay attention, for example, to the “no kill” areas, where any fish you catch must immediately be released). Go to trentinofishing.it for a “best spot” guide and details of how to get a fishing permit for tourists.

► CONTENTS

02

Fishing in nature

Lake or stream? Find your favourite fishing spot

04

Her heart belongs to the mountains

Discovering the Val di Fassa with mountain guide Marica Favé

12

Energy from water and rocks

The monumental architecture of Trentino's hydroelectric power plants

16

On the shores of the mountains

Sport, relaxation and culture by the lakes

20

Shades of autumn

Woodland foliage on a trip that will have you reaching for your camera

24

Climbing high with Mum

Taking your kids to the mountains? No problem!

28

Every second counts

A mountain bike champion reveals his favourite trails

32

Mountain bubbles

Discovering Trentino's spumante

36

An apple a day

The secrets of the Val di Non's most famous fruit

38

Herb lady

When leaves, roots and lichen are good enough to eat

44

The love song of the deer

Listening (while hidden) in Trentino's parks

46

The future, seen from the 1920s

The life and work of Fortunato Depero, the founder of Futurism

50

High altitude music

The 2019 edition of the “I Suoni delle Dolomiti” festival

51

Winter in Trentino

A pair of skis is all you need!

If you want to climb to the highest peaks (and see some of the most incredible views), you need a reliable guide. Someone like **Marica Favé**, a former international skier raised in the Val di Fassa who is crazy about “her” mountains

Her heart belongs to the mountains

TEXT Paolo Madeddu

IMAGES Alberto Bernasconi

No one ever asks footballers: “What does the goal mean to you?” The answer, if you get one, is likely to be inconclusive. But people who live in the mountains are asked a similar question all the time and, in the case of Marica Favé, there are plenty of answers, some fairly elusive, others decidedly clear. The first is really a highbrow quote: “There’s a phrase by Goethe that says: ‘Mountains are silent teachers and they make silent students’”. The second is more traditional and spiritual: “There’s a song in the Ladin Fodom language that goes: ‘In the mountains, you’re closer to God and further from your sins’. If you think about it, this is exactly why there are all those crosses up on the summits of mountains”. Next comes an answer from

an expert, Reinhold Messner. “Messner once said: ‘As children, we used to climb up to see what was behind’. I identify with that a lot. For me, here in the Val di Fassa, that was already the case for my cousins and I by the time I was eight. You climb up, you get to the top and then you always come across something higher”. Lastly, she offers a personal response. “I have a need to test myself. It was like that when I was in the Italian national skiing team. Back then, I was descending, looking down from the top to the bottom. I rarely looked up to the tops of the mountains”.

Marica Favé’s world is one that has always called for daring descents and ascents. Mostly the former to start with: she spent eight years with the Italian Na-



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- 01** The quickest way to contact Marica Favé is through her website: maricafave.it.
- 02** The Sass Pordoi range, in the Sella Group.
- 03** Scree beneath the Rifugio Forcella Pordoi.

tional Alpine Skiing team, won medals at Europa Cup and Italian Championships level, and competed (although without much success, she herself admits) in the World Cup in the downhill and Super-G events. In 1997, she became a ski instructor, winning a scholarship to study at the Sierra Nevada College at Lake Tahoe. For two years, she studied and competed in America before returning to the Dolomites, to Campitello di Fassa to be precise, to spend a few years working as a forest ranger. It was then that her new relationship with the mountains began: looking up from the bottom.

To begin with, it was her friends who insisted she become a mountain guide. "I was born a mountain girl, but I'd never thought about it. When I was little, you made hay, pulled a cart and went mushrooming. My father, who died when I was

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young, was a mountain guide, but I only did a couple of climbs with him. I never thought it was something I could do too. To tell the truth, like a lot of people, I didn't think it was for women. Back then it simply wasn't done. But even today, every now and then, I see and feel that some people struggle to trust me because I'm a woman".

Mountain climbing is something she recommends to everyone, without exception. "I'm not just saying it because I'm a mountain guide and it's my job: I really believe that the beauty of being up there, of looking around and seeing just sky and mountains is something everyone should try. It's a beauty that should be shared: now, whenever I climb on my own, it doesn't give me the same satisfaction I feel when I do it with someone else". This passion for where she was born and raised has never left her. Even when she was travelling around Europe and America with other skiers, she would never

miss an opportunity to remind them that the Val di Fassa is the most beautiful place in the world. As for the Dolomites, not surprisingly a UNESCO World Heritage site since 2009, don't even ask.

"Take the colours: the contrast between the blue of the sky and the white of the rocks has no comparison anywhere else. It makes them seem closer, like they're in a 3D movie. Sometimes it really does feel as if you could reach out and touch them". Does she have a favourite mountain? "It's impossible to say: I feel at home among these almost vertical walls and slender spires. Of course, as I was born in Campitello, I grew up at the foot of the Sassolungo and it's like family to me. It's slenderer than the Catinaccio, which is more imposing. We see the Catinaccio from the south-east, always lit up by the sun that turns it into the 'Rosen-garten', the rose garden of the legend of King Laurino".

When talking about the people she



07

- 05 Mountain signage: "AV2" is one of the six "alta via" [high routes] that cross the Dolomites.
- 06 Piz Boè, at 3,152 metres, is the highest peak in the Sella Group.
- 07 Map reading is the basis for planning any excursion.

takes up into the mountains, Marica says women often underestimate themselves, put themselves down and think they won't be able to do it. Men often tend to be too intrepid. Especially novices, because what they most often feel is surprise: even those who have never gone walking in the mountains before eventually find out that they can do it and at that point are taken over by euphoria. And if someone really is starting out, there are routes that can provide maximum satisfaction with moderate effort. "Here in my area there's the Viel dal Pan Historical Trail, so-called because primary goods such as flour used to be brought up it. From Canazei-Belvedere to the Fedaia Pass, it takes about three hours, ideal for those who don't have much time. Another

route for people who are a bit in awe of the mountains is the Friedrich August trail, which starts from the Col Rodella cable car and ends at the Sassopiatto. It's a comfortable path with low gradients but it always ends with the same result: wide-eyed open-mouthed people! And I understand them: I've seen plenty of mountains, but the Dolomites are the most beautiful in the world. If truth be told, I'm always amazed too".

PAOLO MAEDDU

Writes about music, sport and traditions for "Gioia", "Qui Touring", "Corriere della Sera" and "Rolling Stone", as well as running the ("musical statistics") blog amargine.it.

06



Four classic climbs

Winter or summer, glaciers or gullies, rope climbing or via ferrata: these four mountain routes are the only way to get to know Trentino from above



VIA FERRATA DEL COLODRI (Arco)

RECOMMENDED BY:
Renato Bernard
noiguidealpinevaldifassa.it

A moderately difficult climb (also suitable for children) that starts in Arco (a 20 minute-drive from Riva del Garda). This 4km-route goes up the eastern face of Monte Colodri, skirting the overhangs while offering unique views of the Sarca river valley. Also of interest are the rocks worn by the glaciers that can be seen from the plateau at the summit, next to the classic metal cross.



PUNTA PENIA (Marmolada)

RECOMMENDED BY:
Demis Centi
gardaoutdoor.it

While not a difficult route, it is recommended for experienced hikers nevertheless. The glacier crossing leads to Punta Penia, which, at 3,300m, is the highest peak in the Dolomites. Given the height, you'll often find yourself "above the clouds" and, of course, the spectacle of the Marmolada (with its pale rocks of Dolomite limestone) is unforgettable. Nearby Monte Serauta is home to the "highest museum in the world", dedicated to the First World War.



VIA FERRATA DEL PORTON (San Martino di Castrozza)

RECOMMENDED BY:
Rocco Romagna
aquilesanmartino.com

A highly challenging via ferrata aimed at more experienced hikers, this approximately 3-hour route links the Pradidali (2,278m) and Al Velo della Madonna (2,356m) refuges in the southern sector of the Pale di San Martino, descending into the Val Pradidali along the southern face of the Cima di Ball. Alternatively, you can take the easier Nico Gusela assisted trail. The views of the Pale di San Martino are, of course, particularly impressive.



CIMA TOSA (Gruppo del Brenta)

RECOMMENDED BY:
Piergiorgio Vidi
piergiorgiovidi.com

Covering an area more than 40km long by 12km wide, for a total of 436 square km, the Brenta Dolomites offer routes suitable for hikers of all levels, with ascents, via ferratas and paths of varying difficulties. At 3,173m, Cima Tosa is the highest peak in the group, as well as a mountaineering destination that can now be described as a "classic" as it dates back to the earliest climbing expeditions of the mid-19th century.



Ten gourmet refuges

No longer mere rest stops during a mountain climb or walk, many refuges are taking creative cuisine to heights (real and metaphorical) never reached before.

1

Rifugio Torre di Pisa Cima Cavignon (2671 mt.) rifugiotorredipisa.it

A classic wooden and stone refuge, it takes its name from the rock pinnacle that towers over it. Open from June to October, it offers all the classics of Trentino cuisine, from speck canederli in brodo to mushroom polenta and apple strudel.

2

Rifugio La Roda Cima Paganella (2.125 mt) laroda.it

An eco-sustainable construction rebuilt entirely from wood in 2006, it is open all year round apart from a short break in spring and autumn. The restaurant, with views that stretch from the Brenta Dolomites to Lake Garda, offers the freshest Trentino cuisine.

3

Rifugio Lo Scoiattolo Val di Peio (2.000 m) rifugioscoiattolo.com

Located just a few metres from the Peio Fonti-Tarleta gondola lift and the Pejo 3000 cable car, it offers Trentino and Italian cuisine as well as a very well-stocked wine cellar. During the winter, customers can take advantage of a snowmobile and snowcat service.

4

Rifugio Fuciade Val di Fassa (1.982 m) fuciade.it

From venison tartare marinated in juniper with apple purée to fagot da mont (large blueberry pasta filled with game) and rosada trentina (almost a local answer to crema catalana), chef Martino Rossi fearlessly spans Ladin tradition and Mediterranean cuisine.

5

Rifugio Lago di Nambino Località Val Nambino (1.770 m) nambino.com

Not far from Madonna di Campiglio, overlooking the shores of a lake where legend has it a dragon lives, the lake also provides the ingredient for its signature dish, salmerino alpino, like trout but with a more delicate flavour.

6

Malga Ces San Martino di Castrozza (1.600 m) malgaces.it

Nestled on the slopes of the San Martino di Castrozza ski area, for over 70 years (and three generations), the Malga Ces has been producing everything in its own kitchen: from fresh pasta to pastries, jams and ice cream. A shuttle service (from San Martino di Castrozza) runs at both lunch and dinner time if you're feeling lazy.

7

Rifugio Pernici Località Bocca di Trat (1.600 m) pernici.com

Named after Nino Pernici (a legionnaire from Trentino who died in 1916) and built in 1929 on the remains of the First World War Austro-Hungarian officers' mess, it offers a menu made strictly with local produce: Trentino meat, potatoes and cheese from the Val di Ledro and wine from the northern part of Lake Garda.

8

Rifugio Stella d'Italia Altopiano di Folgaria (1.550 m) rifugiostelladitalia.com

A former military outpost of the Austro-Hungarian Empire, it is very popular with history buffs due to the many marks left on the area

(the Malga Zonta memorial and the Base Tuono museum). The menu promises "the best polenta with local tosella cheese", as well as canederli, spätzle and tagliatelle ai porcini.

9

Rifugio La Montanara Altopiano di Pradel (1.525 m) rifugiolamontanara.it

Suspended between the waters of Lake Molveno and the Brenta Dolomites, since 1973 this refuge has been perfecting a menu that comes into its own with its polenta (strictly made in a copper pot) with pork cheeks, strangolapreti and homemade desserts.

10

Rifugio Croz dell'Altissimo Località Busa delle Ortighe (1.480 m) rifugiocrozaltissimo.it

Managed by the family of one of the most famous mountain guides in Trentino, Felice Spellini (after whom a via ferrata in the Brenta Dolomites is also named), this refuge offers classic Trentino cuisine and prides itself on its truly unbeatable apple strudel.

SANTA MASSENZA

Built by the architect Giovanni Muzio in 1953, it was the most powerful hydroelectric plant in Europe in its day.

Trentino's hydroelectric power plants have supplied much of the region's electricity since the early 20th century, but they are also extraordinary tourist destinations, where the monumental size of the structures reflects the power produced within them

Energy from water and rocks

TEXT Valerio Millefoglie

IMAGES Archive

"Now we're going to empty this lake". Catullo Buratti, an electrical engineer working on the construction of the Santa Massenza Hydroelectric Power Plant, was twenty years old and asked for the order to be repeated: "We're going to empty this lake?". "Yes", they repeated, "We're going to empty it all out". Thus he became one of the men of the lake who harnessed the waters of Lake Molveno, among the mountains of western Trentino, to build what became Europe's biggest hydroelectric power plant in 1957. "Don't make such a big deal of it", he now says at the age of 87. "I was just one of the ants. There were four or five hundred of us emptying the lake. Eight thousand men were employed in total, including workers and miners. We worked day and night, including

Christmas. We were strong because we had come from the war. Our attitude was "We're all in this together".

Veterans of a previous war, from the area around the Lake Ledro, built the hydroelectricity plant at Riva del Garda between 1925 and 1926. On the façade, a statue by the sculptor Silvio Zaniboni shows Neptune holding a sheaf of lightning bolts. Above his head is the Latin inscription: *Hoc opus hic labor est et aerobus in mediis numen aquarum*, meaning: "This structure is like the god of water in the midst of temples". It was written by Gabriele D'Annunzio, who arrived here in a yellow Lancia on 18 March 1928, accompanied by the power plant's architect, Giancarlo Moroni, who had previously designed the Vittoriale degli Italiani.



01 Riva del Garda hydroelectric plant, view from the lake.
02 The “isolators room” at the Riva del Garda plant.



02

Wearing an air force uniform, D’Annunzio set off the explosion that cleared the final layer of rock, making room for what the futurist Fortunato Depero described in visionary language during his visit as: “Turbines like armoured prehistoric steel animals, thick forests of electricity in the switch room and huge transformers like mechanical lungs”. And while at Santa Massenza you discover the underground world by descending “...into the dark belly of the mountain, where with titanic strength men crumbled the rock a handful at a time”, as recalled in a filmed report from the time, at Riva del Garda you climb

up from the shore of the lake. The transformer buildings are eight metres up, with above them the control rooms and the terrace overlooking the perimeter of the lake and the Baldo promontory. “Visitors don’t expect it. In these mountains, there’s a surprise around every corner”, explains Matteo Rapanà, the guide on the Dolomites Hydrotour, a guided tour through the history and mechanics of these sites.

“This is not industrial archaeology”. Archaeology is something that doesn’t work anymore. These power stations are still operating today, generating 100% nat-

ural energy that powers 115,000 households. Until a few years ago they were inaccessible but now they are gradually being opened to the public”, including families, school children, tourists and historians. Here they can walk along corridors dug into the rock, between displays of watercolours and suggested plans for the buildings signed by Giancarlo Moroni, and galleries of black and white photographs by the Pedrotti brothers of Trento documenting the “Hydroelectric plant of S. Massenza. Blades of a Pelton turbine”. In the picture, the blades, one above the other, seem to form a stylised group of faces,

ENVIRONMENT

Green Trentino

Trentino has been investing in renewable energy sources for over thirty years and is also in the front line of the “decarbonisation” targets set by Europe for 2050

95% net power derived from renewable energy (against 5% from non-renewable sources)

40 the total number of “100% renewable” municipalities in Italy

91.7% the percentage of renewable sources represented by hydroelectricity (with solar power covering 4.5%, bioenergy 3.7% and wind power 0.1%)

34 the number of “100% renewable” municipalities in Trentino”, i.e. producing more electricity and heat from renewable sources than is used by households

2050 the year set by the EU for “decarbonisation”, i.e. a 100% transition to low-carbon energy.



03

GUIDED TOUR Hydrotour Dolomiti

As well as being “clean”, hydroelectric power is also silent and invisible. Yet the sites that turn water into energy are anything but invisible (even if often hidden from view). “Hydrotour Dolomiti” organises guided tours of all Trentino’s hydroelectric power plants. For info and to book: hydrotourdolomiti.it



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ARCHITECTURE

Stone and cement giants

If you’re interested in architecture with a strong visual impact, these three sites make the perfect accompaniment to touring the hydroelectric power plants. Start at the Forte Belvedere-Gschwent in Lavarone, a great example of Modernist Rationalism that dates from World War I, where cement and iron become one with the mountain rock. Next, Castel Valer in Tassullo, in the Val di Non, dates as far back as 1211. It consists of two medieval manor houses with Roman origins built around an octagonal granite tower 40 metres-high (the highest in Trentino). And a recent building to finish: the Faculty of Engineering in Mesiano, on the hill to the east of Trento, built in 1984 by the architect Giovanni Leo Salvotti de Bindis, rescuing the structure of the former 1930s sanatorium.

- 03 Turbine room at the Santa Massenza plant.
- 04 One of the control rooms at Santa Massenza.
- 05 The octagonal tower of Castel Valer.
- 06 The Faculty of Engineering at Mesiano, Trento.

as if man had imprinted his own somatic features on the machines. Travelling back through time, we enter machine rooms from the 1950s, some still operating today, and control rooms from the 1920s. The temporal dimensions overlap because where the Riva del Garda workshop used to be is now an Energy Workshop, a play area where you’re forbidden not to touch. Matteo Rapanà’s favourite place in the Santa Massenza plant is the doorway.

“I like seeing the amazement on visitors’ faces. From the outside, you can’t tell what the plant looks like inside, you forget that you’re actually inside the mountain. Once you’re in, you walk along a curved 400-metre corridor which hides what you’re walking towards: a huge doorway. Here, the bare rock wall instantly reminds us where we are. The majesty of the surroundings creates a feeling of wonder. Everything is big”. Katia Bernardi, who directed the documentary *Gli uomini della*

luce, brought back some of the men involved in building these structures, who had already featured in documentaries filmed at the time by none other than Ermanno Olmi, Dino Risi and Angio Zaine. “The turbines are beautiful. They’re like designer objects”, she says, “And the power plants are living organisms surrounded by nature. They are built close to cities, in the case of the Riva plant they are actually part of them, but suspended above them. The water is a sound in the distance, you don’t see it, and passing through the machines it creates a symphony. Walking through the spaces, you can almost sense the energy of the workers and miners, you feel like you’re experiencing the hope and the feeling of a joint endeavour that united them. In short, you have the impression here that anything can happen”. Enchanted mountains, cathedrals, human nature revealing itself.

VALERIO MILLEFOGLIE

Writer, musician and stand-up comedian, is a correspondent for “Venerdì” di “Repubblica” and “Linus”, as well as the author of “Mondo piccolo. Spedizione nei luoghi in cui appena entri sei già fuori” (Laterza, 2014)

TRENTINO'S LAKES

On the shores of mountains

Beach life, water sports, fishing, sailing, windsurfing, hiking, relaxing, gourmet food, historical sights and breathtaking landscapes... All in the same place. Too good to be true? Of course not! The crystal-clear waters of Trentino's lakes are irresistible when it comes to outdoor activities as well as rest and contemplation, perfect for a holiday that will never make you regret picking the mountains over the sea

► DESTINATIONS

01

Lake Molveno
altitude: 823m

02

Lake Levico
altitude: 440m

03

Lake Tenno
altitude: 570m

04

Lake Lavarone
altitude: 1.079m

05

Lake Caldonazzo
altitude: 449m

06

Lake Ledro
altitude: 655m

07

Lake Garda
altitude: 65m





01

Lake Molveno

ALTITUDE: 823M

Surrounded by the stunning backdrop of the Brenta Group (to the west) and the Monte Gazza and Paganella massif (to the south east), the lake is also known as the “mirror of the Dolomites”. It was named “the most beautiful lake in Italy” by the Legambiente and Touring Club Italiano for the fifth consecutive year in 2018 thanks to the quality of its water and 12 hectares of beaches and facilities. The Spormaggiore wildlife park, about 20 minutes’ drive away, offers an ideal trip within easy reach.

02

Lake Levico

ALTITUDE: 440M

With water that receives Blue Flag certification for its cleanliness year after year, it is one of the warmest lakes in Southern Europe and is surrounded by small beaches, shaded lawns, fishing spots and reed beds. Levico, the town overlooking the lake, is one of the most well-known spa centres in Italy thanks to its arsenic- and iron-rich water. A visit to the Biotopo Canneto - a protected bay bursting with vegetation on the south shore - is recommended.



03

Lake Tenno

ALTITUDE: 570M

A natural, quiet oasis just 14 kilometres from Riva del Garda, it has two small islands, one of which is only visible when the water level in the lake drops. A visit to the nearby medieval village of Canale di Tenno is recommended.



04

Lake Lavarone

ALTITUDE: 1.079M

One of the oldest lakes in Trentino, in the early 20th century it was even popular with the father of psychoanalysis Sigmund Freud for his trips to study and relax. It also boasts two beaches with facilities, a rock-climbing gym (along the Prombis trail) and, when the lake freezes in the winter months, it becomes a firm favourite with ice skaters.



06

Lake Caldonazzo

ALTITUDE: 449M

Separated from Lake Levico only by the Colle di Tenna hill, it is the source of the Brenta River and a popular destination for water sports enthusiasts, as well as the only lake in the region that allows water skiing.



05

Lake Ledro

ALTITUDE: 655M

Lake Ledro is famous for the discovery in 1929 of a huge group of Bronze Age pile dwellings now protected by UNESCO (an accurate reconstruction of a pile dwelling village can be visited in Molina). It also offers four public beaches, including one in Pur, on the south shore, that is also pet friendly.



07

Lake Garda

ALTITUDE: 65M

The largest lake in Italy in terms of its surface area, extending into Lombardy, Veneto and Trentino, but it is the branch that runs between Nago, Torbole and Riva del Garda that boasts a spectacular mirror of warm water surrounded by high mountains. It is a popular destination for windsurfing and sailing, thanks in part to the Ora del Garda, a wind that can be relied upon to blow every day.





These pages show a selection of plants typical of Trentino's wooded vegetation, from the English oak (*Quercus robur*) to the beech (*Fagus sylvatica*) and the European aspen (*Populus tremula*). The photographs were taken in woods near the shores of Lake Santa Maria in the Val Venegia.

Shades of autumn

IMAGES
Mattia Balsamini

The most instagrammable holiday of all? Autumn in Trentino, when nature changes from bright green to the warm and fiery tones of the falling leaves: yellow, orange, red and gold. Here are five itineraries to admire the foliage. Get your hiking boots ready. And your camera



For a gentle walk through the ancient chestnut woods of the Vallagarina, take the Sentiero dei castagneti (chestnut woods path), particularly recommended in October, when the Festa del Marrone (chestnut feast) takes place. Starting at the Santa Caterina sports ground in Brenonico, walk through the farmlands and ancient chestnut woods of the medieval village of Castiglione. For a completely restful, 20-minute gentle walk, take an excursion through the beech woods just outside Fai della Paganella to the Terrazza Belvedere, which, as its name suggests, offers a remarkable view over two valleys and three mountain groups: Valle dell'Adige, Val di Cembra, Latemar, Catinaccio and Sella. For a high-altitude photo that will drive your Instagram followers wild, the perfect destination is the Val Daone: a magnificent glacial valley surrounded by woods and rocky walls.

Here in autumn the larches turn yellow and stand out against the blue of the sky. Our recommendation is to admire them mid-morning from the Val di Fumo Refuge, when the sun lights up the highest peaks. If you love legends, make for the San Martino hermitage (at the entrance to Val Genova, on the southern slopes of Monte Lancia), which people say was inhabited by a hermit who lived on bread brought to him by a tame bear.

Last stop, the Stelvio National Park at the source of the Rabbies stream, which rushes through the Valle di Rabbi before plummeting into the river Noce at the Saent waterfalls, where the leaping white water contrasts starkly with the intense green of the conifers and the dark, reddish colour of the metamorphic rocks. In autumn, the leaves of the larches become so vividly orange they seem unreal.



01



WOODLAND FRIENDS

Trentino's woods occupy a surface area of approximately 400,000 hectares, equal to 63% of the province's total size. Their biomass, calculated by the Italian National Forest Inventory at over 63 million cubic metres, has the effect of retaining in the plant tissue a large percentage of carbon dioxide that would otherwise be dispersed into the atmosphere, thus slowing down the greenhouse effect.

02





Can you teach your children to love the mountains? A writer who is an expert in both children and high-altitude walks assures us it's a lot easier than it might appear. There is one golden rule: "When children stop you should listen to them because it means the mountains are telling them something"

Climbing high with Mum

TEXT Francesca Rimondi
ILLUSTRATIONS Philip Giordano

The first time I went to the mountains I fell in love at first sight. No, that's not true. I was actually a little bit intimidated to begin with. I was five years old and everyone was telling me about the trees, lakes, clean air, flowers, mushrooms, refuges and cows. But mostly they told to me how big the mountains were. I was small and I was a little scared. But then came the love. It happened on a walk. Not the first, nor the second; it must have been the fifth or sixth. My parents, great walkers, had decided to spend the holidays near Moena, in the Val di Fassa. Given that I had just

turned five, they decided to ease me in: a few walks on the valley floor to begin with, then my first climbs.

One morning we were on an endless stretch of gravel. I've tried to reconstruct my parents' memories, to remember where that stretch of gravel must have been. That morning we had probably taken the car west and stopped at Civezzano, where there is a "reserve of great geological interest". Over the days before, I had become familiar with the woods, trees, lakes and the waters of the streams in which we filled our flasks, but as soon

as I saw that expanse of white gravel I stopped. My mother interpreted it as a sign of tiredness, but really I'd fallen in love. I sat down and said I just wanted to look. There was a subsonic breath of sun, mountains and distant trees all around us, of green, yellow and white, everything reflected by everything else. I had fallen in love with the mountains. My father explained that what I was looking at was called a "panorama". From then on, in our family code, panorama became the magic word we would say whenever we needed to stop and look around.

My younger son now also shouts "Panorama!" Then he sits down on a wooden bench by the trees beside the path. My younger son specialises in finding wooden benches here and there, places to stop and rest where you would never expect to find them. Since the time I fell in love with the mountains I've become a mother of two, in crowded grey hospitals in the city. But, as a sort of ongoing hereditary imprint, I decided instantly to bring my children to the mountains. And, having told them before I brought them how big and majestic the mountains were, I thought they were as frightened as I had been when I was their age. But I was wrong. My kids have never been afraid like that. From the very beginning, first one then the other, it came naturally to them to adapt their eyes and strides to the trails. "Once you've discovered walking in the mountains, there won't be anything else in your heart", my mother used to say.

My children and I are all in love with the mountains in our own way, in the sense that we each have our "favourite things". For example, I love the woods. The woods don't hide anything but open up at your feet. You can find the secrets of a wood beneath its trees, under a leaf or a fallen branch; they've always been there, they seem to call to you as you pass by. My younger son has chosen the meadow; he says there's everything in the meadow. Also, since the time he rolled in one, with a smile that made him rosy-cheeked with clean air, meadows have been his reference point for happiness. "Let's roll in the meadow!" he always says. My elder son, on the other hand, was born a mountain goat.



“As soon as I could, I took my sons into the mountains. I left behind carriers, pouches and baby backpacks and made them walk”

He loves that part of the mountain where the vegetation becomes sparser, where the trees give way to the sky and clouds. There, at that exact point, he feels welcome, he feels big, he feels as if he can touch the mountain in his heart. And the mountain doesn't pass up the chance to make it beat faster. 'Let's go higher!' he always says. My younger son shouts "Panorama!". Today, we're making me happy in the sense that we're in a wood,

a majestic wood under the Sass Pordoi. My boys know that during the "Panorama!" we usually have a sneaky square of chocolate or a sip from our flasks. Then, after we've each found ourselves in something different (the colours, silence or even the chocolate), we get up and start walking again. "You can only ask to stop if you're walking", I said first to one and then to the other of my children. Kids stop in the mountains. And when they

FRANCESCA RIMONDI

Is a writer, editor and essayist from Bologna. Her debut memoir ("Non dire ca**o", Frassinelli) was one of the mum-lit phenomena of 2018.

stop you should listen to them because it means the mountains are telling them something and that they're listening. So we adults have to stop and listen too, in our infinite, unshakeable, loving willingness to welcome everything precious the mountains continue to teach us. Knowing that, thanks to some kind of spell, after the "Panorama!" kids will always start walking again. They always get back on the path!

TRENTINO FOR KIDS

With dragons and dinosaurs

With "simplified" hiking routes and stunning picnic locations, there is no doubt that Trentino is kid-friendly. We've picked five truly "special" experiences for you.

1

Busatte-Tempesta Trail

A route of around 5km that starts at the Parco Avventura Busatte in Torbole and follows, through dense Mediterranean vegetation, the profile of a steep ridge overlooking Lake Garda. To help you get over the steepest points of the ridge, three flights of iron staircases were built in 2005. With a total of around 400 steps, they make the route easy even for children.

2

Dinosaurs in Rovereto

Two hundred million years ago, right during the Jurassic period made famous by Spielberg's film, the Valle dell'Adige was a sandy seaside region. The footprints of dinosaurs (carnivores and herbivores alike) discovered just outside Rovereto in 1990 date from that period. They can be visited under the guidance of the local Museo Civico on the second Saturday of every month, from April to October. The (almost) life-size reproductions of the dinosaurs are an added bonus.

3

The muse in Trento

Designed by the architect Renzo Piano and opened in the summer of 2013, the MUSE is an interactive science museum designed specifically for children and young people. Its four floors include galleries of large fossils, a tropical green house, a "time machine" and much, much more.

4

The dragon forest in Val di Fiemme

A short ride by cable car from Predazzo (about an hour from Trento) will take you to the "MontagnAnimata", a magical place where you can start a walk of about 1.5km along which children are invited to discover and note down traces of the presence of dragons (footprints, nests, eggs...) before graduating as official "dragologists" at the end of the trail!



5

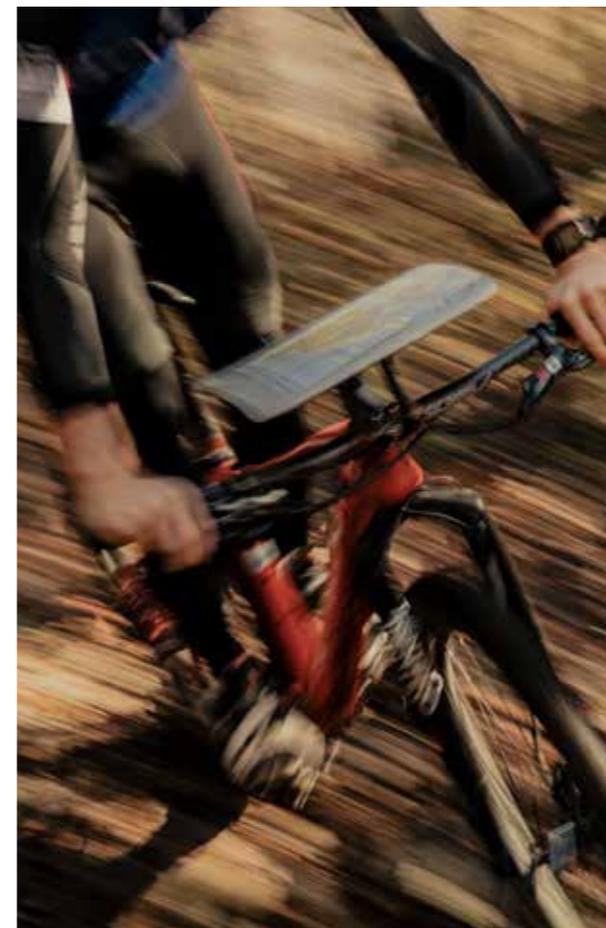
Trails for little walkers

Six different routes in the Ecomuseo della Judicaria, from Lake Garda to the Dolomites, each of which is linked to an audio story that can be downloaded in mp3 format (visitacomano.it) for a walk that is part reality part fantasy...

6

Animals at the malga Juribello

In the town of Tonadico (near San Martino di Castrozza, on the S550 of the Rolle Pass), right in the heart of the Paneveggio Natural Park, this classic Alpine hut is the perfect place to introduce children to horses, cows, donkeys and piglets, even for the very first time.



The challenge of MTB-Orienteering is to find your way through a wood or over a hill on a mountain bike, in the shortest possible time, using only a map. Luca Dallavalle, from the Val di Sole, a champion and expert, says it's a sport that can come in useful in the city as well

Every second counts

TEXT Pietro Madregali
IMAGES Mattia Balsamini



Where did we come from? Where are we going? Humans wondered about this for centuries until Google Maps arrived. And it might be an accident, but people have stopped asking the question, leaving technology to solve it. Luca Dallavalle, however, has found the answer within him. His surname is an answer in itself: Dallavalle (literally “from the valley”) comes from the Val di Sole, specifically Croviana, a village of 700 people and a well-loved holiday destination for well-to-do families since the 16th century. And as for knowing where to go, Luca is one of the best in the world: he’s an “orienteer”, which doesn’t mean he prefers the Orient but that he practises a sport called “orienteering”, in which you are given a map you have never seen before and, after you’ve had a few minutes to read it and work out which way to go, the race starts and your aim is to reach the finish line before anyone else. All this on a mountain bike. Dallavalle’s trophy cabinet is pretty crowded now. In 2015, he won gold in the sprint distance at the world championships in Liberec (Czech Republic), where he also won silver in the medium distance and bronze in the long. In 2017, in Vilnius, he became world champion in a new variant of orienteering called “mass start”, where, rather than racing on their own, athletes all start at the same time.

The adrenaline of the race against the clock, added to the challenges of the natural environment, seems to be a very pow-



Luca Dallavalle on a mountain bike in Ontaneta di Croviana, Val di Sole: 28 hectares of woods along the Noce torrent, a natural oasis for many animal and plant species.

erful drive for orienteers. “I started when I was 13”, he says, “to keep up with a group of friends who had started a few months earlier. I instantly developed a passion for map reading and finding my way through forests: it’s a sport where you become one with the environment you’re travelling through”. Gradually, Dallavalle expanded his training area from the Val di Sole to surrounding places, from the Piana Rotaliana to the Folgaria plateau, and then to the whole region. “In fact, with the variety of territory and slopes, Trentino seems to be made for bikes. Both for those who, like me, ride them competitively, and for touring cyclists who are looking for clean

air and beautiful views above all. When I’m cycling on a warm-up trail, even I have places I go back to just to admire the landscape again. My favourite ones are the paths around the lakes, particularly Lake Tovel. Higher up I would definitely recommend the paths around Madonna di Campiglio, from which you have a spectacular view of the Brenta Dolomites and the Presanella Group”.

That’s if you’re already familiar with mountain biking, but what if you’re just venturing into cycling in the mountains for the first time? “If you’re just starting out, things are much easier than when I began”, says Dallavalle. In Trentino there

is a dense network of cycle paths spread across the region. One example I know well is in my Val di Sole, where a well-known cycle path follows the course of the river Noce, from the Mostizzolo bridge to Cogolo di Peio, for a total of about 34 km, which is really suitable for anyone. Higher up, however, a network of paths has been created that includes climbs, plateaus and narrow tracks through vineyards that provide quite a challenging series of slopes for more experienced bikers”.

Chatting with Dallavalle, we discovered that orienteering was originally a military discipline and was first practised as a sport in Scandinavia. From northern Europe, its popularity is now spreading to America and Australia. In Italy, there are around 10,000 practitioners and the sport has become most popular in Trentino. Whether on foot, on a mountain bike or in the winter version, using the techniques and equipment of cross-country skiing, orienteering races always work in the same way: one minute before the start, athletes are given a very detailed map, then everyone sets off on their own. The website of the FISO, the Italian federation for orienteering sports, shows the dates and venues of all the different races, whether on foot, bike or skis. In addition to providing useful information for people wanting to get involved in this sport (you just need to turn up and you’ll be directed to a test track) there are useful details about environments where the races take place, which are always particularly attractive. For example, the main event of the season for orienteering on foot is the “Dolomites 3 Days”, which in July 2019 will take athletes and enthusiasts on three routes with different features: the Valles Pass, the Rolle Pass and the Val Canali. Before saying goodbye, we asked Luca if, apart from physical fitness, people who practise orienteering develop any other particular skills. “If I go somewhere I’ve never been before”, he says, “I find it easier than other people to memorise the crossroads on a map. Even in a city like Milan, where there are plenty”.

PIETRO MADREGALI

A promising former star footballer for AC Milan who writes about sport and food, mainly online.

TIPS

Mountain biking: Four trails for beginners

If you aren’t super-fit, it’s best to start gradually with a less challenging trail, without however giving up on the beauty of the landscape

1

Canazei - Penia - Pian Trevisan

A medium difficulty trail along the high Val di Fassa, passing through the villages of Alba and Penia, to the Villetta Maria hotel/refreshment stop, a well-known starting point for hikers walking to Lake Fedaja and the Marmolada.

Length > 14.8 km

Time > 1:50 hours

Difficulty > medium

2

Rifugio Caltena (Transacqua)

A mountain trail that begins and ends at the Caltena Refuge (1,260 m), starting on the Cordognè-San Giovanni path, you’ll have to push your bike up to the ridge, but the view from the summit of the Feltrine over Pale di San Martino will more than make up for the effort.

Length > 9.7 km

Time > 2:00 hours

Difficulty > medium-easy

3

Malga Fratte

An ideal excursion for beginners, it includes a descent (on a dirt track) from Madonna di Campiglio to the Val Brenta, passing through the Malga Fratte pasture, followed by a completely restful ascent in a cable car.

Length > 5.7 km

Time > 1:00 hour

Difficulty > easy

4

Altopiano della Paganella

Unchallenging and extremely picturesque excursion along several sections of dirt track, offering an enchanting view of the Valle dell’Adige.

Length > 1.3 km

Time > 45 minutes

Difficulty > easy



TECHNOLOGY

E-bike: the beauty of cycling, without the effort

The e-bike, i.e. an electric bike with assisted pedalling, is the best way to start tackling the mountains on two wheels. Obviously, it’s still a bicycle, which means that the electric motor “facilitates” the pedalling without replacing it, but the assistance, particularly uphill, is sufficient to help even the most unfit cyclist, allowing everyone to maintain a constant pace. Remember to always check the battery level, wear (and fasten!) your helmet, and above all bear in mind that the electric motor can help you cycle uphill but that downhill, particularly on dirt tracks, you will still need good technique, prudence and good brakes. E-bikes can now be hired across Trentino: check the visittrentino.info website for recommended itineraries near your holiday location and places where you can pick up a bike.

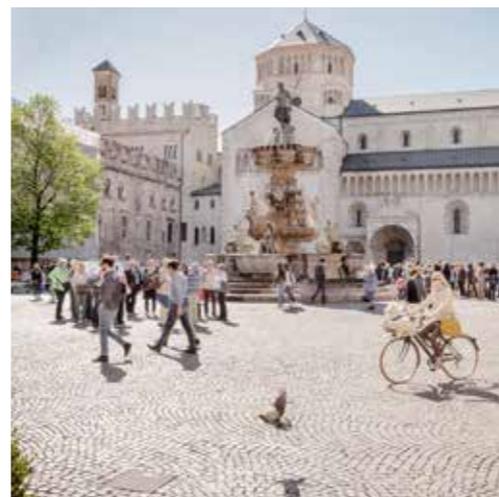
It was in 1902 that Giulio Ferrari laid the foundations for the “Ferrari Trentodoc” Trentino’s own premium spumante. Today, the local tradition of sparkling wine is carried on by a number of cooperatives and private wineries, including one owned by the former racing cyclist Francesco Moser



01

Mountain bubbles

TEXT Valentina Vercelli
IMAGES Lorenzo Pesce



02



03



04

- 01 Pettirosso in Rovereto.
- 02 Piazza del Duomo (Trento).
- 03 Vineyards at the Cantina Endrizzi.
- 04 The Casa del Vino della Vallagarina.

To the north, the unmistakable profile of the Dolomites, a UNESCO World Heritage site since 2009; to the south, the Mediterranean climate of Lake Garda. In between, hundreds of hectares of vineyards, climbing to an altitude of 800 metres and benefiting from a unique climate and terroir to create a “metodo classico” mountain spumante - based on chardonnay and pinot noir grapes - that is among the most famous in Italy.

The history of sparkling wine in Trentino can be traced back to a specific year and a single person: after studying at the Imperial Regia Agricultural School in San Michele all’Adige and the wine institute in Montpellier, Giulio Ferrari returned to Trento in 1902 after gaining work experience in Champagne. In a small wine cellar next to the cathedral, he began producing a wine using the classic method he had discovered in France and become so passionate about. He worked for fifty years, then, in 1952, due to a lack of heirs, sold the business to Bruno Lunelli, a wine-maker from Trentino who increased production without compromising quality. In the wake of its success, many entrepreneurs followed the trail that had been blazed: the Trento DOC Metodo Classico Institute was founded in 1984 to promote and

- 05 A glimpse of the vineyards at the Cantina Moser in Trento.
 06 The tasting area at the Cantina Mori Colli Zugna, in Mori (TN).
 07 Spumante production at the Fondazione Edmund Mach.

protect the production of sparkling wines in Trentino and now boasts fifty wineries among its ranks.

Today, the Ferrari winery is run by the third generation of the Lunelli family, a group of determined young cousins who have succeeded in producing four million bottles on their 120-hectare vineyard, supported by hundreds of trusted producers, all in possession of, or working towards, organic certification. The Trentodoc Extra Brut Giulio Ferrari Riserva del Fondatore is the winery's flagship wine; every year, it wins numerous awards bestowed by specialist wines guides and earns its place as one of the best "metodo classico" wines in Italy. It has also recently been joined by a new label, the Trentodoc Dosaggio Zero Giulio Ferrari Riserva del Fondatore Rosè, produced in a few thousand bottles and also destined to become one of the greats. A visit to the winery is unmissable, in particular for its excellent two-Michelin-starred restaurant Locanda Margon, where the Trentino chef Alfio Ghezzi uses the very best local ingredients to put a flawless twist on traditional dishes.

Cooperatives have always played an important role in local wine production. The Cesarini Sforza winery, part of the La-Vis group, is one of those that uses the "metodo classico". Its vines are divided between the hills of Trento and Lavis and the foothills of the Valle di Cembra. Although the Trentodoc Brut is their calling card, investing a few extra euros to sample the Trentodoc Extra Brut 1673 is highly recommended; produced from chardonnay grapes grown above 500 metres, it is clear that the extra value comes from the freshness, intense flavour and charm of sparkling wines from the mountains. Also recommended is the Altemasi range courtesy of the Cavit winery: for consistent quality at an attractive price, the Millesimato Brut is



05



06

not to be missed. Private wineries are not far behind, welcoming tourists in a way that makes them feel like old friends. One of these is Letrari, a well-known and well-respected name in Trentino sparkling wines. The winery, based in Rovereto, was founded by Lionello Letrari in 1976 and is now run by his children Lucia and Paolo.

Another prominent name is that of Maso Martis - belonging to Antonio Stelzer and his wife Roberta Giurali - founded as recently as the early 90s but already a force to be reckoned with. The vineyards planted with chardonnay and pinot noir vines, plus a small percentage of pinot meunier (one of Champagne's varieties), are organic and grow on calcareous red rock soil that provides freshness and structure. The winery belonging to the former racing cyclist Francesco Moser is a few kilometres away and housed in the 18th-century mountain farmstead Villa Warth. We



07

recommend visiting not only to taste the Trentodoc Brut 51,151, which takes its name from the record number of metres travelled in a single hour by the unforgettable champion, but also for the small museum that is home to some of the cyclist's memorabilia.

Also worth noting are the sparkling wines produced by the Cantina Endrizzi, which has been making wine in Trentino for more than 130 years, when the region was still in the hands of the Habsburgs; as well as those produced by Roberto Zeni and the Schwarzhof winery in San Michele all'Adige, home to the Trentodoc Maso Nero Dosaggio Zero, a rare wine made using only pinot blanc grapes. Wherever you go, the standard of production is really very high. This is thanks in part to the Agricultural Institute in San Michele all'Adige, a school of excellence founded in 1874 that trains dozens of competent specialists every year. It is also home to an attractive winery that produces wines and sparkling wines inside a 12th-century Augustinian convent.

VALENTINA VERCELLI

A passionate expert on wine (as well as travel and food in general), who works on the editorial team for "La Cucina Italiana" magazine and the "Slowine" guide

TIPS

Trento: five places waiting to be discovered

Not the usual tourist bars you find in all the guides: you have to be in with the locals if you want to get to know these little gems



3

La Vie en Rose

via San Marco 8

barlavieenrose.eatbu.com

From breakfast to lunch and aperitivo to dinner, this small and welcoming lounge-cum-bistro with a classic vintage atmosphere is just five minutes from the Castello del Buonconsiglio. Boasts a carefully chosen list of cocktails and a menu offering a wide selection of vegan and vegetarian dishes.

4

Café de la Paix

passaggio Teatro Osele, 6

[facebook.com/CafedelaPaixTN](https://www.facebook.com/CafedelaPaixTN)

An outpost of the ARCI cultural association with a very relaxed atmosphere, thanks in part to its enviable location (a courtyard sheltered from the traffic but right in the city centre) and "creative" vintage decor. Creative cuisine that spans the continents at prices that are more than friendly.

5

Locanda del Gatto Gordo

Via Camillo Benso Cavour, 40

[facebook.com/locandadelgattogordo](https://www.facebook.com/locandadelgattogordo)

Rising from the ashes of the historical Bar Nettuno, a stone's throw from the cathedral and the railway station. The atmosphere is artsy while the food is a hybrid of Trentino and Mexican street food. Bluegrass concerts and poetry slams are also on the bill.



1

Casa del caffè

via S. Pietro, 38

casadelcaffetn.it

In contrast to the transatlantic chains so popular these days, at this café the coffee, which is roasted and sold on the premises, is drunk strictly standing up at the counter; the variety of blends and expertise of the management make it worth the effort.

2

Osteria della Mal'Ombra

corso III Novembre, 43

[facebook.com/andrea.massarelli.56](https://www.facebook.com/andrea.massarelli.56)

A warm and welcoming atmosphere with an occasional live musical accompaniment at this osteria in the south of the city, known for its good selection of craft beers (including some made from chestnuts).

NATURE

Where the apples live

Thanks to its 2,500 hours of sunshine per year, the Val di Non produces apples famous the world over for their fragrance and rich flavour. And from this spring, it will also be possible to visit the underground cave cells where Melinda lets them “rest”

IMAGES Fabrizio Gilardi & Manuela Schirra

Each moment of the autumn has its own apple: the weeks straight after the end of summer are when the Gala variety, with its characteristic intense red skin, is harvested. In September and October, it's the turn of the three local DOP varieties: the Renetta Canada (Trentino's apple par excellence), the Red Delicious (also known as Snow White's apple) and the Golden Delicious, the most popular variety on the Italian market, not just because it keeps well. Towards the end of the autumn it's finally time for the round, compact Fuji variety, with its red skin. Geographical location (climate, exposure to the sun, and soil quality) remains the main variable in determining what an apple will be like. It is to tell precisely this story that the Val di Non has created an “interactive walk” of about five kilometres, called the Sentiero Al Meleto (www.almeleto.it). Designed for kids and adults alike, it takes walkers through the life cycle of an apple. From spring 2019, Melinda, Trentino's leading consortium for the cultivation and distribution of apples, opens its underground cave cells (at a depth of 575 metres) to the public. It is here that the fruits are left to “rest” as they wait to be distributed to shops.



photo Archivio Trentino Marketing



BELOW GROUND

Four stages of apple storage at Melinda's underground cells in the Rio Maggiore mine (Val di Non). To book a guided tour email: mondomelinda@melinda.it.



Adopt an apple tree

This initiative allows everyone to be a “farmer for the weekend”. And in the autumn you can even take home a box of apples

If you book a stay at one of the agriturismos participating in the initiative, during the spring months (find the complete list at adottaunmelo.com) you can pick “your own” apple tree and watch it as it flowers. During the summer, a team of agronomists and farmers will take care of it during the phase when the flowers turn into fruit, keeping you constantly updated with photos, messages and emails. Finally, in the autumn, you can return to the farm to pick apples from your tree and take home a box full of delicious fruit! What if you can't make it to Trentino in the spring? Don't worry, adottaunmelo.com also offers long-distance adoptions.

A woman with curly hair, wearing a dark long-sleeved top and dark pants, is walking through a field of tall, golden grass. She is carrying a large, light-colored wicker basket filled with green herbs. The background features a mountain range with a forest of evergreen trees and a few small wooden buildings. The sun is low in the sky, creating a warm, golden glow and lens flare effects.

NORIS CUNACCIA

Herb lady

TEXT Raffaele Panizza
IMAGES Sirio Magnabosco

From her chalet laboratory in the woods under the Adamello Group, Noris Cunaccia selects and works with leaves, roots and lichens. It's known as foraging and is highly praised by award-winning chefs, but it draws on ancient and popular wisdom

Where others see a tripping hazard, she sees a root to pick. Where there's a path beaten by mushroom hunters, she finds an edible leaf with a slight pineapple flavour

Where others see a tripping hazard, she sees a root to pick. Where there's a path beaten by mushroom hunters, she finds an edible leaf with a slight pineapple flavour. Where there's a wild mountain meadow, she sees a self-seeded vegetable garden, which she encourages and gently plunders every day, leaving the most beautiful plants on the ground, so that the delicacies of this edible forest can feed their broods and "strengthen the breed". "Because nature is indeed a generous mother" - she says, in a seemingly constant trance - "but also a living entity that changes all the time and should never be treated like a supermarket shelf".

Noris Cunaccia, a pioneer of foraging (the practice of recognising and picking wild and self-seeded food), universally considered to be the "herb lady", has the eyes of a hawk, and hands that can fill huge jute sacks with everything the hills have to offer. "This is my latest experiment, a Cornelian cherry concentrate with 2.7% acidity. I've called it the "Tomato of the Alps", she says, pointing to a hundred or so red jars arranged in the laboratory at Primitivizia, the shop in Spiazzo, near Trento, where she stores and sells the 25 fruits she harvests, including herbs and berries. Quinces, rosehip ketchup, dandelion buds, burdock to be served with cold cuts, watercress to enrich soups...The cornerstones of the so-called "Alpine diet", which UNESCO, particularly thanks to her contribution, is soon expected to declare an "Intangible

Heritage of Humanity". "The tomato, however", she explains, "is not for sale yet. I'll be sending it to a few chefs, the ones who understand the meaning of what I am doing". Their high-sounding names she categorically refuses to reveal, but some of them are already well-known. They include the Peruvian Virgilio Martinez, considered one of the best five chefs in the world according to the San Pellegrino 50 Best ranking, and Norbert Niederkofler, three Michelin stars, with his St. Hubertus in San Cassiano, Val Badia, not to mention the gastronomic knowledge of her brother Giovanni, Michelin star in 1997 with his Locanda Mezzosoldo restaurant, now working full time with Noris in preserving her "loot".

Once required for the survival of the inhabitants of the Val Borzago and now transformed into a fine art, her philosophy is to collect and enhance. "The pits of Cornelian cherries are fermenting on the window sill", she explains, pointing to them: "Around Christmas, once the flesh has been completely removed, I'll give them to my mother to fill cushions. In the mountains, you never throw anything away". Noris extends this rigorous approach even to the most common and apparently inconsequential plants. "The dandelion, for example: the flowers can be used to make fake capers, the roots to make fake coffee, the heart to make fake artichokes, the leaves for salad and even cream", she explains, then telling

us about the first raspberries and blueberries she picked as a child, and the "meadow soups" her grandmother served in the evenings after spending a couple of hours bent over on the hillsides.

Guided by her shamanic spirit, we venture into the woods under the Adamello Group, heading for the chalet overlooking Lake Nambino that houses her small utopia, the "Wild Herb Research and Study Centre". A small hut where award-winning chefs, scholars, musicians come to regenerate, and which regularly hosts students from Pollenzo University, dispatched up here to understand the meaning of "real" ecology in a world where even the noblest concepts are transformed into slogans and barcodes. Nature has its own intelligence, insists Noris: the mountain doesn't make plans and plants "run away", changing from shoot to wood in a matter of days. There is the moment of youth, when they must be left alone, and the time of vigour, when you need to pick them and process them.

And finally, there is old age, when the prevalence of fibre drives out all other flavours and smells. "But when it's time to harvest the plants, I feel it in my veins", as in spring, for example, when Alpine blue-sow-thistle, which only people who live in the Adamello Brenta National Park can pick, up to a maximum of two kilos a day, appears along the edges of the Lobbja glacier and the Carè Alto. And the cones of the mountain pine, a plant that moun-



AT THE CABIN

Noris Cunaccia's laboratory is in the Val Redena, in Spiazzo, in the province of Trento. To book a tour, email: info@primitivizia.it

ROSE KETCHUP

A flagship product for Primitivizia - the company owned by Noris Cunaccia and her brother Giovanni - it is made with a berry from the rosaceae family.

AS IN NATURE

Primitivizia's products are all made with natural mountain herbs, handpicked in different seasons and washed with spring water.

BEAR ON THE MENU

Queen's garlic, bear radicchio and martinsecca pears are just some of the specialities available for purchase from the website www.primitivizia.it.



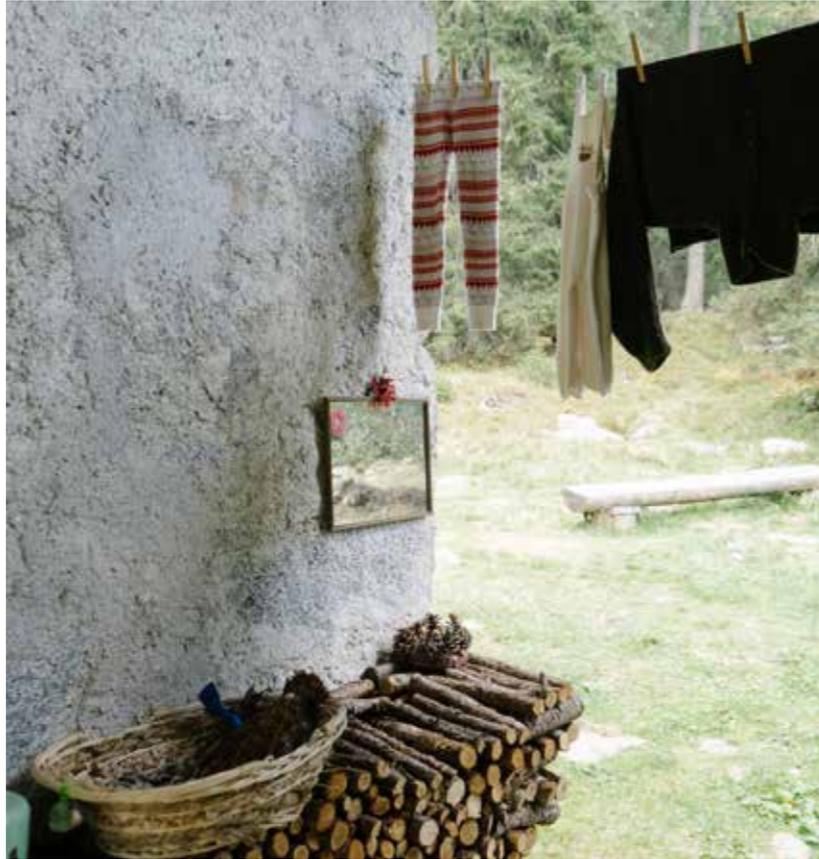
01

tain dwellers consider to be the symbol of strength and courage, because it survives under avalanches all through the winter and never breaks. “They need to be picked when they’re very small, at over 2,000 metres, and left to macerate in the sun for up to seven years”, explains Noris, picking a teardrop of resin from the branch and popping it into her mouth like a boiled sweet.

From the spring of 2019, Noris will begin to share her knowledge with a few chosen people she will allow to sign up for courses in recognising and collecting herbs, although one can easily imagine that Noris will continue to keep some of her “witch’s secrets” to herself, such as the “earth soup”, boiled all night and filtered seven times, mixing essences with clods of earth, then poured into bowls for anyone who needs strength and positive karma. “It has to be virgin soil though”, she says, slipping momentarily into magic. “For it to work, no human foot must ever have trod on it...”

RAFFAELE PANIZZA

Television journalist and author, writes for “Vogue”, “Vanity Fair” and “Icon”. A passionate AC Milan fan, in 2010 he wrote “Negrazzuro. La vita difficile di un ragazzo impossibile”, a biography of Mario Balotelli



02



03

- 01 Noris Cunaccia: the name of her company Primitivizia comes from a combination of the Italian words for primitive and delicacy.
- 02 A glimpse of Noris Cunaccia’s cabin at the foot of Monte Adamello, in the province of Trento.
- 03 A composition of decorative and fragrant herbs with mushrooms: essential elements in many of Noris’s gastronomic creations.
- 04 Chef Gilmozzi working in the kitchen at El Molin. To book: alessandrogilmozzi.it.



04

MOUNTAIN COOKING

Moss in risotto

Chef Alessandro Gilmozzi has been gathering herbs in the woods since he was a child. In 2008, those same herbs won him a Michelin star: confirmed, year after year, until today

Twice a week, chef Alessandro Gilmozzi of the El Molin restaurant, goes shopping in the woods above Cavalese, in the middle of the Val di Fiemme. Accompanied by his young team of kitchen porters, he picks the ingredients for his “mountain menu”: a symphony of smells from the forest, occasionally quite daring, which has won him a Michelin star and invitations to all the most prestigious food festivals around the world.

Which is the most surprising moss?

“Undoubtedly the one known as “mountain moss”, which you pick close to streams: it has an oyster-like flavour that tastes delicious in risotto. Moss also works exceptionally well in pastries, including tree moss, for example, which I use in a cake called “Borderline”, inspired by my grandfather. I add it to ice-cream with larch dust, which I gather from the bark”.

Which lichens do you prefer?

“White lichen, also known as “reindeer lichen”. I use the powdered version to make bread and breadsticks. Mixed with Icelandic lichen, I also use it to ferment a beer I have called “Mr Lichen”.

Which dish made you famous?

“I think it was venison tartare, made with the game supplied to me by hunters. The dish is enriched with Bronte pistachio, sea urchins and Alpine watercress picked by us. Watercress is eaten raw in these parts”.

Among common herbs - I mean the ones sold by greengrocers - which do you hate the most?

“Parsley. Although I have included it in my menu: I extract the chlorophyll cold and make a dessert with it”.

Do you snub mushrooms?

“It’s not that I snub them, they just don’t inspire me. Except for *Albatrellus ovinus* mushrooms, which I blanch in water and vinegar and then store in oil. My porcini mushroom supplier remains my father-in-law, who has worked as a forester all his life and brings me the most stunning boletus mushrooms”.

Which is the most dangerous plant in the forest?

Lupine, a lichen that hangs from trees like a small vine. It used to be mixed with stale bread to make fatal morsels for wolves and foxes. It’s deadly.

TIPS

Three gourmet malghe

Detailed knowledge of herbs and harmony with nature are also the cornerstones of the 400 or so “malghe” currently operating in Trentino, where life still follows the rhythms of the Alpine pastures. We’ve chosen three.

1

Malga Campo Nestalp

Frazione Celentino, Peio (1,979 m)

nestalp.com

A classic malga of the Trentino, surrounded by picturesque cattle pastures, with a well-stocked store selling butter, ricotta and “casolét”, as well as a restaurant area which - for the romantics among you - also offers a “candlelit dinner” service in the old barn.

2

Malga Sasso Piatto

Giogo di Fassa, Campitello (2,200 m)

malgasassopiatto.info

More of a refuge than a malga (given the altitude and the 90-minute walk needed to reach it from the Col Rodella cableway), this ancient structure, built over 200 years ago, was restored in 2016. It offers the traditional malga menu, with a particular preference for desserts (panna cotta and pancakes filled with jam).

3

Malga Casarina

Località Val Campelle, Scurelle (1,468 m)

valcampelle.com

Serves typical Trentino dishes (tagliatelle with venison sauce, spinach and cheese gnocchetti, polenta and tosella) in a traditional environment (stone outer walls with a larch shingle roof). Interesting “adopt a cow” initiative.

The love song of the deer

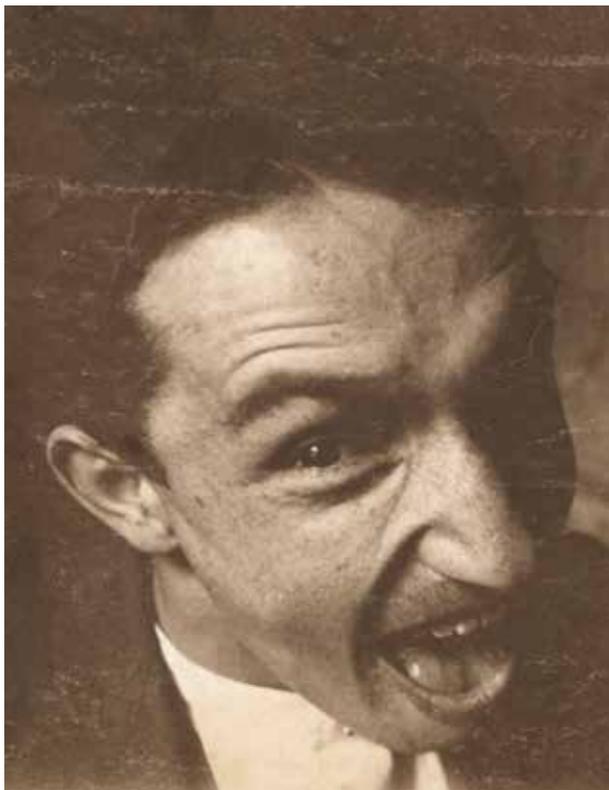
The zoological term is “bell” and listening to it (while hidden) in the woods by night is a thrilling experience. One that needs an expert guide

Imagine being in the woods at night. There's no need to be afraid; you're not alone. You have an expert game warden with you. It's not all that cold: it's early autumn, mating season for the deer. In the darkness, all you can hear is the sound of your breathing and the light steps of rubber-soled shoes on the leafy grass. Suddenly, announced only by an imperceptible acrid scent in the air, a scream pierces the night. It is the mating call of the deer, known by zoologists as the “bell”, a powerful and ear-splitting song that, in some cases, is a prelude to the physical antler-locking confrontation between two rutting males for the conquest of a female. This scene usually only seen in documentaries is exciting in the wild, obviously at a safe distance, even better using the thermal camera (sensitive to infra-red radiation) used by the game wardens. Between September and October, this experience can be yours at nature reserves across Trentino.

DAY AND NIGHT

Deer sighting excursions take place mainly in the months of September and October. For dates and information: visittrentino.info.





Trentino-born Fortunato Depero was one of the key figures of the early 20th century avant-garde movement. Since 1959, the house in Rovereto where he lived and made art has been one of the most important museums in the world dedicated to Futurism, alongside the MART, providing an opportunity to view all his creations and marvel at how “modern” they still are

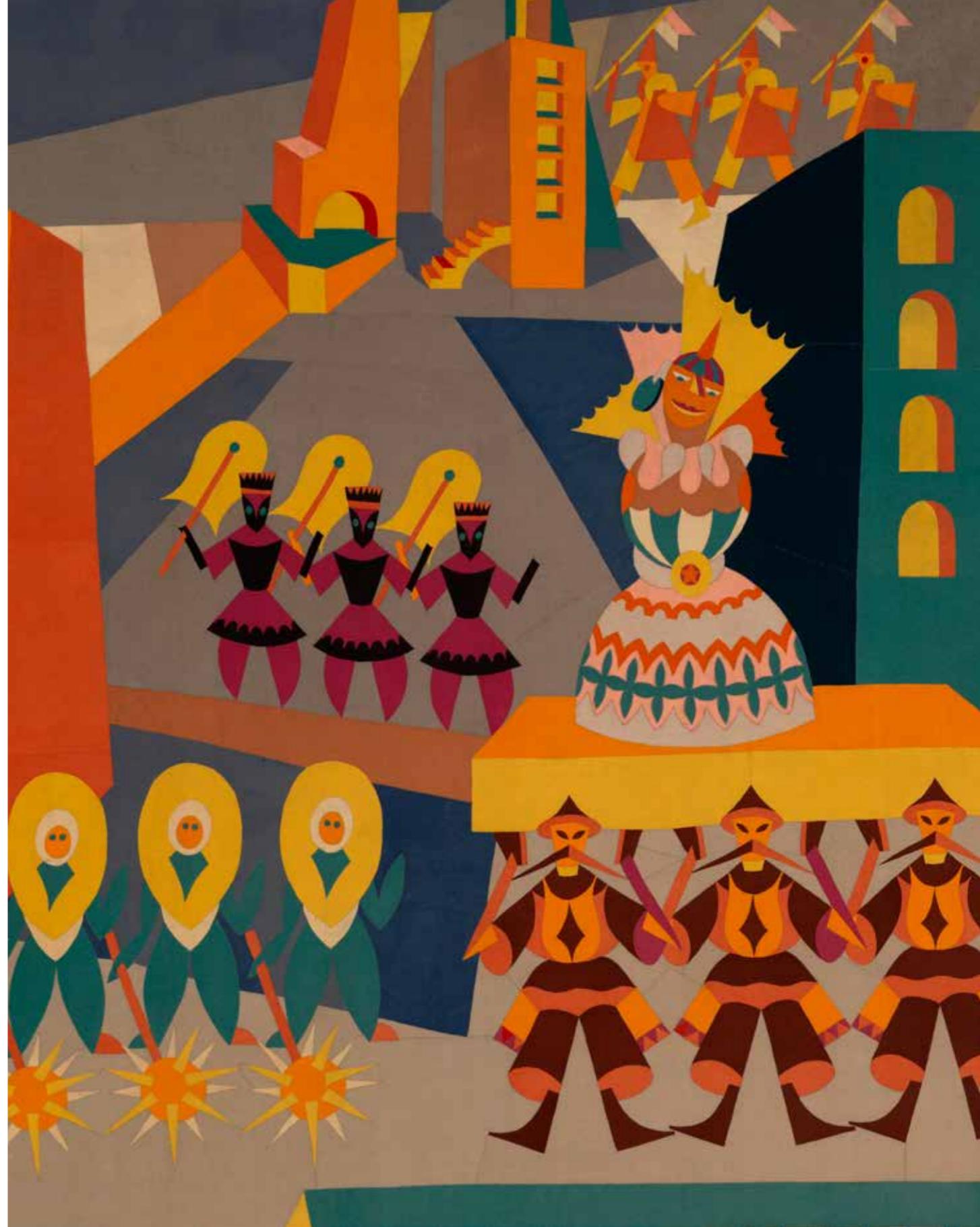
TEXT Walter Rovere
IMAGES Archivio Casa d'Arte Depero

The future, seen from the 1920s

Visitors to the Casa d'Arte Futurista Depero di Rovereto may come to a sudden realisation, a déjà-vu moment, when viewing some of the pencil and ink drawings and sketches on display, and suddenly say: “Where have I seen that before?” In fact, it's surprising how much of contemporary graphics, how much design and even how much advertising owe to the intuitions of this painter, poet and sculptor from Trentino, beginning of course with

the iconic “conical” bottle for Campari Soda, which he designed in 1932 and is still made today, entirely identical to how it was then. A perfect demonstration of his natural inclination - much earlier than Andy Warhol - to remove any barrier that separated art from marketing.

Born in Fondo, in the Val di Non, in 1892, Fortunato Depero moved to Rovereto when he was very young and remained loyal to the town, except for a few tem-



porary stays in art capitals like Rome and New York. When he joined the Futurist movement alongside its founder Filippo Tommaso Marinetti, he introduced an awareness (revolutionary at the time) that any aesthetic reconstruction of the world could not disregard the need for art to be brought out of its designated places and penetrate people's daily lives.

His creativity was therefore focused on combining all kinds of artistic expression: moving picture-sculptures, "sculptural dances" with wooden puppets instead of actors, the famous "bolted book"... Above all, anticipating personal branding strategies and the relationship between art and business that were imperatives of contemporary art, in 1919 he founded an actual "art house" in Rovereto, where he produced tapestries, cushions, furniture, lamps, wall panels, windows, screens, and even toys designed to train children to express their imagination.

His relationship with Trentino, particularly at the end of his stays abroad and his final return to Rovereto in 1930, was affectionate, fruitful and lasting. The starting point for exploring this is naturally the aforementioned Casa d'Arte (art house): the only Futurist museum in Italy, which was set up several years after Depero died (at the same time as a radical restoration was completed in 2009), scrupulously following the instructions he left behind. But while the house, with its range of works and the time span they cover, is a kind of summary of the life of this internationalist, travelling artist, the work of art he produced in the Sala del Concilio (council chamber) of the Province of Trento building, is a powerful demonstration of his local roots. The work was strongly supported (against the opinion of a number of councillors and some of the citizens) by Remo Albertini, a man of culture and, in the early 1950s, President of the Province of Trento. The mission Albertini entrusted to Depero was to "tell the story" of Trentino in all its forms, including nature, beauty and creativity. Depero worked on it incessantly from 1953 to 1956, producing murals (in his classic and futuristic "comic strip" style geometries), panels and even the furniture for the chamber, completing what many consider to be his artistic



Chiesa di Lizzana, Depero (1923).

testament, particularly because of the explicit affection he had for his roots.

Even more moving in this respect are the words with which Depero completed the work in 1956 (which can now be found in the elegant Epistolario or collection of letters published by Nicolodi in 2005). "I am a son of our mountains, a 100% Trentino, and my nature is reflected in all my expressions (...) coloured, sculptural, crystalline and rocky, just like our beloved Trentino, one of the most idyllic and attractive places in the world that deserves (...) all my colourful and fiery artistic enthusiasm. Trentino, with its titanic stone towers, both natural and historical, inspires courage, firmness and the hardness of porphyry". His words re-

flect all the emphasis on plasticism and renewal found in Futurism, but also an unexpected delicacy.

WALTER ROVERE

A curator and essayist in the interdisciplinary fields of music, cinema and visual arts, is mainly involved in organising the Angelica festival. Born in Levico Terme, he lives in Trentino and Bologna



One of the rooms in the Casa d'Arte, for which Depero himself designed the furniture.

The museum house

The Casa d'Arte Futurista Depero is in the centre of Rovereto, at Via dei Portici 38, and is open every day, except Monday, from 10 am to 6 pm. Founded in 1957 by Depero himself, in 1989 the Casa d'Arte became part of MART, the Trento and Rovereto museum of modern and contemporary art. If you're already in Rovereto, a visit to the MART's

main centre, at Corso Bettini 43, never fails to satisfy art lovers. The permanent collection includes over 15,000 works, featuring some by Giorgio de Chirico, Mario Sironi and Carlo Carrà. For information about opening hours and current exhibitions go to: www.mart.trento.it.

Other art in Trentino

Five places, in addition to MART, where you can discover examples of contemporary art from all over the world, without leaving Trentino

1

Galleria Civica di Trento

Trento

fondazionegalleriacivica.tn.it

Opened in December 1989, since 2013 (after a renovation involving young architecture students from Trentino) it has been an integral part of MART, retaining its strong focus on historical avant-garde movements.

2

Boccanera Gallery

Trento

arteboccanera.com

Opening in 2007, it immediately focused on seeking emerging radical talents, with a particular interest in the East European, South American and US scene. Since 2016, it has also had a satellite space in the Lambrate/Ventura district of Milan.

3

Arte Sella: the Contemporary Mountain

Borgo Valsugana

artesella.it

International contemporary art event established in 1986 which over time has become a kind of permanent installation of "land art" in the woods and along the streams running through the Sella Valley, in an unprecedented and quite unique combination of art and nature.

4

Paolo Maria Deanesi Gallery

Trento

paolomariadeanesi.it

Founded in 2005, the gallery focuses on new forms of contemporary art, presenting and promoting emerging artists, both Italian and international.

5

Tridentum

Autostrada A22, casello di Trento

stefanocagol.com

An imposing "site-specific" work of art created in 2011, consisting of three pyramidal polyhedral structures (16 tonnes of steel in total) standing close to the Trento Sud exit of the A22 Motorway. The creator is Stefano Cagol, 49, a Trentino born artist with experience in Austria, Italy and Norway.



ACCESS ALL AREAS WITH THE GUEST CARD

The “Trentino Guest Card” is the tourist superpass that gives you complete freedom, not to mention saving you time and money. For example, you can travel on Trentino’s entire public transport network (including trains, boats and some cable cars), visit more than 60 museums, 20 castles and more than 40 attractions, including the Verona Arena, sign up for a wide range of guided tours by skipping the queue and taste local products directly from the producers. All you need to do to get yours is book a stay of a least two nights in one of the hotels participating in the initiative, download the app (iOS and Android) and register.



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FESTIVAL

High altitude music

I Suoni delle Dolomiti [The Sounds of the Dolomites] is the most anticipated annual event for music and mountain enthusiasts. An important summer festival of “concerts at high altitude” that has played host in previous years to artists such as Graham Nash and the Baltica String Trio, as well as the very best of jazz and world music. Find information about the 2019 event at: isuonidelledolomiti.it.

Trentino

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WINTER IN TRENTINO

With a total of 800 kilometres of ski slopes, Trentino is, of course, the perfect destination for a winter sports holiday: but if snowshoes and poles are not your thing, you can enjoy the almost mystical atmosphere of the frozen lakes or discover animals that live in the snow on guided tours of the region’s nature reserves. Getting around in Trentino during the winter could not be easier: by car (on roads that are always safe and cleared by snowploughs), by train or with the FlySki Shuttle network that connects the entire region to Northern Italy’s major airports.

