**THE ENCHANTMENT OF WALKING IN THE TRENTINO DOLOMITES**

**Five thousand kilometres of trails to be hiked among wild valleys and impressive mountains, a network of high mountain huts where you can find refreshment and, for the most adventurous, the thrill of vie ferrate.**

**Hiking, a passion for walking**

With **more than five thousand kilometres** of trails - well cared for and clearly marked - Trentino is one of the most appreciated locations for **hiking** enthusiasts - with routes of all levels of difficulty.

The **Dolomiti Brenta Trek**, for example, offers two alternative ring routes in the heart of the Adamello Brenta Nature Park. The “Country” trail is dedicated to those who like to travel on foot among nature and culture. It starts in Madonna di Campiglio and follows the “San Vili” trail, an ancient Roman route, to reach Valle dello Sporeggio and then Val di Tovel. On the other hand, the “Expert” route is designed to satisfy more experienced hikers. It is divided into eleven legs, among trails and vie ferrate, with a total cumulative elevation gain of 8200 m and a distance of 96 kilometres.

Other spectacular routes are the **Pala Ronda Trek** - which allows you to walk around the Pala Group, and the **Dolomiti Panorama Trek**, which connects Val di Fassa with Val di Fiemme, and the area of San Martino di Castrozza, among the most iconic of the Dolomites.

And, to enjoy the magic of the mountains, in summer and in winter, the Alpine Mountain Guides of Trentino offer **Let’s Dolomites**, a series of themed tours, from 3 to 6 days in length, sleeping in mountain huts. In the winter time, this offer is focused on activities like snowshoe walks, ski mountaineering and ice climbing.

**Alpine mountain huts, for the most authentic mountain experience**

This extensive network of trails can count on constant maintenance by the **Società degli Alpinisti Tridentini [Trentino Mountaineering Association] (SAT)**, the most important mountaineering institution in Trentino. Established in 1872, it currently has almost 27,000 members and manages 35 mountain huts and numerous bivouacs.

Around Trentino, there are **146 Alpine mountain huts** in service, where hikers can find refreshment or stay the night during multi-day routes. Here, you can see the genuine sharing that makes mountain life such an authentic experience. Many mountain huts can also be reached with a short walk, to taste the specialities of Trentino cuisine, in a family-style environment. It is also possible to organise hikes accompanied by Accompagnatori di Media Montagna - certified hiking guides with in-depth knowledge of the environmental and cultural heritage - to discover the secrets of the age-old nature and culture of these places, full of history and legends.

**Vie Ferrate, to experience the thrill of the void**

The mountains in Trentino are also famous for the numerous and spectacular **vie ferrate**, fitted routes which, thanks to metal cables, pegs, steps and ladders, make it easier to reach the peak without the need for traditional mountaineering equipment.

Fitted routes can be followed in complete safety with the right equipment (harness, gloves, helmet and the designated ferrata kit), and suitable physical preparation. But it is also possible to request the company of an Alpine Mountain Guide. They are available for courses or for organising one or two-day excursions. The peaks of Trentino are home to vie ferrate for all tastes.

There is the famous **Via delle Bocchette**, in the Adamello Brenta Nature Park: it gets its name from the “bocchette” [channels] between one peak and the next, which characterise the Brenta Dolomites, often accompanied by numerous ledges, providing a truly unique view. The **Sentiero Attrezzato Dino Buzzati**, set up in 1977 in memory of the famous writer who loved to climb in Val Canali, offers magnificent views of the Pala Group, mountains of a coral origin, among the most beautiful in the Dolomites. Here, the spectacular south-western face of the Cimon della Pala also offers the challenging **Ferrata Bolver Lugli.** In Val di Fassa, the offer is extensive: from the picturesque **Sentiero Bepi Zac**, a fitted route between caves and rocky terrain where you can still experience the scenarios of the Great War, to the **Ferrata dei Finanzieri**, suitable for expert hikers, along the face of the Collàc peak.

Those above Lake Garda, among the most popular, guarantee splendid views and make it possible to choose from different levels of difficulty: the **Ferrata del Monte Colodri di Arco**, for example, is even suitable for children and beginners. Decisively more challenging is the new **Ferrata delle Aquile**, in the Paganella: aerial and truly spectacular, with many suspended bridges. Lesser known, but decisively original, is the **Sentiero Attrezzato Sallagoni**, which is developed in the Castel Drena canyon, easy to reach from Valle dei Laghi. Or, also, the fascinating **Sentiero dei Fiori**, above Passo del Tonale, which follows Austrian walkways and posts from World War I.

Further information available at this [link](https://www.visittrentino.info/en/experience/hiking-and-trekking)