**FAMILY FUN IN TRENTINO**

**Families travelling to Trentino are spoilt for choice when it comes to entertainment. With a variety of nature-oriented activities, breaks in Trentino will introduce children to the Dolomites lifestyle, with plenty of themed walks, experiences with animals and outdoor adventures to embark on.**

**A SUMMER ON THE FARM**

Families can discover the rhythm of nature and the traditional hospitality of the mountain communities with Trentino’s agritourism, particularly with a visit to one of Trentino’s educational farms. Giving little ones a chance to experience authentic rural life, educational farm visits might entail workshops demonstrating how to make yoghurt or ricotta cheese, or how to create goods or clothing with felt. Educational farms provide an insight into the cycles of nature and work in an agricultural business in Trentino, providing a taste of a life that is simple and grounded in nature.

There are many educational farms to choose from. For families, **Maso Pertener**, at the feet of the Adamello Brenta Nature Park, is set amongst woods, green meadows and animals at pasture, creating an idyllic and peaceful setting for children of all ages. **Agritur Solasna**, in San Giacomo in Val di Sole, offers genuine Italian hospitality, excellent food, apple picking, and Casolet cheese made with the farm’s own raw milk. Little ones can try their hand at being a farmer, harvesting their own crops and turning milk into ricotta.

For those who wish to stay closer to the city of Trento, the **Agritur La Val** welcomes guests at the feet of the Vigolana mountain, in a family-run facility with a simple atmosphere to experience the silence of nature, interrupted only by Gina, the donkey. Here guests can collect fresh fruit and vegetables before enjoying it together at the dining table.

**OUTDOOR ADVENTURES FOR LITTLE SUPER-HEROES**

Part adrenaline-fuelled experience and part dream come true, Lake Molveno offers children the chance to fly! Anyone above the age of 8 can feel like an eagle for the day, soaring over the blue waters of Lake Molveno and the spires of the Brenta Dolomites, with a **paragliding for kids experience**.

**ADVENTURE PARKS**

Thrill seekers can venture over the spectacular Tibetan bridge in Val di Sole. 100m above ground, this suspended bridge takes adventurers to the Ragaiolo waterfall to marvel at this natural spectacle. Families can gather their strength again with a hearty meal at Malga Fratte following this adrenaline high.

**Dolomiti Action Adventure Park** in Val di Fassa – A place that offers the perfect blend of adventure and nature at the feet of the Dolomites, Dolomiti Action Adventure Park offers thrilling Nepalese bridges, oscillating beams, trick walkways, net walls and long zip-lines. The 100-metre double zip-line travels at rapid speeds over the Avisio river, providing a high-octane rush as well as astounding natural views.

**Acropark Rio Centa** in Valsugana - The nature park’s main attraction, created in the wonderful natural context of the Vigolana, is the “Big Circle”: a picturesque tour high up across the trees with final ‘flight’ over the Centa River. This series of zip-lines allows families to adventure in complete safety.

Water is once again the leading element at the **Canyon Rio Sass in Val di Non**, where families can walk along a gorge carved by the impetuous flow of the Rio Sass which, over the years, has eroded the rock. The adventurous suspended route among walkways and stairways in mid-air can be taken on by the entire family, equipped with helmets and waterproof capes in a unique and magic natural setting made of red and green algae, moss and ferns.

**EASY WALKING, WITH OR WITHOUT A BUGGY**

There are many gentle, flat trails in Trentino that are ideal for families and strollers. There are also plenty of themed routes where little ones can use their imagination, inspired by the characters and legends born around the Dolomite mountains.

**San Martino di Castrozza - Primiero**: the ‘**Muse Fedaie**’ ring in Val Canali is an easy hike which explores one of the most beautiful valleys of the Dolomites. Starting at the picturesque Villa Welsperg, the headquarters of the Paneveggio Pale di San Martino Nature Park, the route meanders through Val Canali to discover rich biodiversity.

**Rovereto and Vallagarina**: at the foot of Monte Baldo, this route, covering about a kilometre on dirt road, is particularly suitable for strollers with big wheels. Starting in San Giacomo, cross the pastures to reach **Malga Mortigola** and watch animals graze amongst the educational farm, stable and cheese factory.

**Val Rendena**: Those who wish to discover the **Adamello Brenta Nature Park** can enjoy a walk not far from **Madonna di Campiglio**. After leaving the car in the parking area in Patascoss, **Malga Ritorto** can be reached on foot or on the small train. Forming a balcony over the peaks of the Brenta Dolomites and Val Rendena, this area also provides an opportunity for little ones to see cows and other animals up close.

**THEMED WALKS**

The **Sentiero Cimbro dell'Immaginario** (Cimbrian Imagination trail) is a route through the woods and pastures of Luserna, inspired by the legends and characters of Cimbrian tradition. The 7km ring takes a couple of hours to comfortably walk in its entirety, among wooden works of art by local artists and tales of legends told along the route. The trail starts from the central square in front of the Kamouhaus vo Lusérn - Municipality of Luserna (1,333 m above sea level), and it is suitable for families. (Distance 6.6 Km - Duration 2:40 h - Climb 186 m).

The unusual route known as the **Sentiero delle Meraviglie** (Trail of Wonders) is a pleasant walk that is suitable for all levels. The 2km long route invites visitors to reflect on the primordial relationship between man and nature through the meaning of certain places

of the Ladin territories and religious buildings, starting from the church of Santa Giuliana in Vigo di Fassa, a symbolic place for the entire Fassa community.

Finally, **Family Dolomiti Natural Wellness** in the heart of the **Adamello Brenta Nature Park** is ideal for family walks. Families can walk slowly, sometimes even barefoot to feel grounded and balanced, surrounded by a relaxing natural atmosphere. Gentle and flat walking sections are alternated with a few holistic wellness activities including to breathing, listening and meditating exercises. There are 8 routes that encompass wellness elements, in the territory of Madonna di Campiglio, Pinzolo, and **Val Rendena**.

Find out more about family holidays in Trentino:

[www.visittrentino.info/en/experience/family-holidays](http://www.visittrentino.info/en/experience/family-holidays)