**HIGH ALTITUDE ADVENTURES  
Trentino’s sky-high adventures**

**With a wide selection of hikes that lead visitors to some of the Dolomites’ most famous views, and an excellent network of via ferrata climbs, one of the best ways to discover Trentino is from a great height. Undertake a challenging hike or an adrenaline-fuelled via ferrata, with the promise of panoramic views as a reward.Ideal for active families in the Dolomites***From Alba di Canazei in Val Contrin to Rifugio Contrin, crossing through Val San Nicolò - Val Monzoni*

In Alba di Canazei (1517m), near the cableway, take trail no. 602. This trail has a gradual increase in steepness in the valley, coming out near Baita Locia Contrin (1736m). The trail then levels out to cross Ruf de Contrin, past Rifugio Mèlga Cianci, and travel diagonally to Rifugio Contrin (2016m). From here on, the trail unwinds along the beautiful and pristine Val San Nicolò with an interesting deviation along Val Monzoni to reach a dairy hut, presenting an opportunity for a refreshment stop.

**Only for expert adventurers**

*From Rifugio Tuckett to Rifugio Pedrotti along Sentiero Orsi. From Rifugio Pedrotti to Rifugio Agostini across Pozza Tramontana and the new Ferrata Cornella - 3 days, 2 nights*

This magnificent long route is on loose terrain with narrow ledges, so is more suited to experienced climbers. The mid-altitude trail has spectacular views of the Brenta Dolomites, journeys past the Tuckett and Pedrotti mountain huts. The trail develops on the Eastern face at the foot of the Brenta Dolomites, along the Eastern slopes of the peaks of the Sfulmini range.

**Panoramic tour in San Martino di Castrozza**

The **Palaronda Soft Trek** is ideal for those who want to climb in an environment of extraordinary beauty in the heart of the Dolomites. Designed to cross the entire Dolomites plateau from North to South, with sections that are not too long and routes that do not require special equipment or via ferratas, this experience is suitable for mid-level hikers. Further info and bookings:[www.palarondatrek.com/palaronda-soft-trek/](http://www.palarondatrek.com/palaronda-soft-trek/)

**‘Let's Dolomites’ Adventure Holidays**

In summer 2019, Trentino Alpine Guidesis once again offering the **Let's Dolomites holiday packages** designed for those who would like a guided mountaineering experience in the main mountain areas of Trentino: Adamello, Brenta Dolomites, Cevedale, Pala Group, Fassa Dolomites and Lagorai, Trento and Monte Bondone.

With a combination of hikes and via ferratas, the Let’s Dolomites packages are ideal for those looking to try their hand at mountain climbing experiences, with guided trips of up to seven days.

**Trentino’s top pick**

Starting at Marmolada mountain, the jewel in the crown of the Dolomites, this route journeys to the Belvedere area and towards the mountain group of Sella and Pordoi, resulting in a breathtaking 360-degree view. Continue to Passo Sella, walking along the mountain side at the foot of Sassolungo.  
  
[www.campobase.travel/en/lets-dolomites/summer-6-or-7-days/the-best-of-dolomites-in-trentino](http://www.campobase.travel/en/lets-dolomites/summer-6-or-7-days/the-best-of-dolomites-in-trentino/)

**Top Via Ferratas**

The Dolomites, aside from being considered the most beautiful mountains in the world, are also famous for their numerous via ferratas: climbing routes suspended over spectacular views, with metal ladders and walkways to help with the ascent. With steel cables and harnesses, climbers are completely safe and secure.

**1. Le Bocchette - Campiglio**

The Via delle Bocchette is located in the Brenta Dolomites and is one of the most complete via ferrata systems. This great **network of equipped paths** allows climbers to admire one of the most exciting and evocative Alpine landscapes ever. Ideal for experienced climbers.

**2. Ferrata delle Aquile - Paganella**

The Ferrata delle Aquile (translating to ‘Eagles’ ferrata’) on the Paganella mountain is renowned for its great heights and its feeling of crossing the sky. It can be reached using the lift facilities from the Paganella summit and is designed for expert hikers with a good level of physical fitness.

**3. Sentiero dei Fiori – Val di Sole**

This historical route in Val di Sole, dating back to the First World War, follows the **old trenches, with equipped sections**, steel cables, and suspension bridges. This route should be undertaken by those with a good level of physical fitness.

For further suggestions about activities in Trentino: [www.visittrentino.info/en/experience/adventure-and-adrenaline](https://www.visittrentino.info/en/experience/adventure-and-adrenaline)

*This summer, hikers and bikers are advised to plan their routes in advance as some trails may be closed due to adverse weather conditions last autumn. Work to restore the forests and trails began immediately, and will continue throughout the summer so signage will indicate any trails that are temporarily closed. Real-time updates on the various trails will be available on the website at*[*www.visittrentino.info/mca*](http://www.visittrentino.info/mca)*or by enquiring at the local APT offices.*