**HIGH ALTITUDE ADVENTURES IN TRENTINO:
Discover the Dolomites in their UNESCO anniversary year as Trentino’s mountain huts open on 20th June**

**As 2019 marks 10 years since the Dolomites mountain range became a UNESCO World Heritage Site, and with Trentino’s traditional mountain huts and refugios opening for business from 20th June, there’s never been a better time for thrill-seekers wanting to take their adventures to new heights to visit** [**Trentino**](http://www.visittrentino.info) **in northern Italy, the region where visitors can travel from the northern shore of Lake Garda to the Dolomite Mountains in less than an hour.**

Trentino offers a diverse range of landscapes which provide the perfect setting for adventure sports and activities and the arrival of the summer season in the region opens up a network of mountain accommodation, dining and scenic spots for visitors to discover. Avid adventurers will be spoilt for choice with the region’s vast hiking trails, via ferratas, mountain biking routes and mountain dairy farms, and here are just a few outdoor adventures not to be missed…

**CHALLENGING HIKES**

For a hike that is breathtaking, in all senses of the word, visitors should head to Pale di San Martino in the heart of the Dolomites. This area of extraordinary beauty is explored from north to south in the Palaronda Soft Trek, which guides visitors through rugged peaks, wildflower-filled meadows and lakeside landscapes over the course of four days. Each of the three nights will be spent in a different mountain hut, each one traditional, atmospheric and cosy in its own right, offering warming and hearty meals after a long day’s hiking.

The Palaronda Soft Trek | from €165.00, including three nights of half board accommodation, relevant passes and trekking information
[www.palarondatrek.com](http://www.palarondatrek.com)

**VIA FERRATAS**

For those ready to push the limits of their physical fitness, Trentino’s via ferratas offer a high-octane adventure like no other. Testing balance, strength, concentration, and determination, an expedition on one of Trentino’s via ferratas will see visitors climb a rockface with the help of steel cables, ladders, walkways and tightropes, whilst harnesses ensure that climbers are safely secured at all times.

Undertake the Adrenaline Rush Tour hosted by Campo Base to see the best of both Trentino’s lakeside and mountainous settings, journeying all the way from Lake Garda from Val di Ledro over the course of three days. With the help of a guide at all times,

visitors learn basic climbing techniques before climbing to spectacular summits, discover remains of trenches from World War I, and canyon through the wild waters of Palvico Torrent.

The Adrenaline Rush Tour, part of the ‘**Let’s Dolomites’** programme | from €510,00 including accommodation, all meals and all equipment needed. Further info [here](http://www.campobase.travel/en/lets-dolomites/summer-3-days/adrenaline-rush-tour/lake-garda-val-di-ledro-big-thrills-multisport-adventure):

**MOUNTAIN BIKING ROUTES**

Visitors can gain a bird’s eye view of the region on two wheels, since Trentino’s mountain biking routes offer spectacular views across the lakes and mountains. The Val di Sole area of Trentino hosts the UCI Mountain Bike World Cup, making it an international reference point for cycling enthusiasts and an excellent destination for thrilling mountain biking routes. Those looking for a mountain biking challenge can undertake Val di Sole’s ‘Great War Tour’, a spectacular 59.4km route, which climbs over 2,500m to offer views of glaciers, dense woodlands, meadows dotted with alpine huts and plenty of WWI ruins.

Mountain heights are made even more accessible with Trentino’s ‘Bicibus’, an easy bus service that shortens the distances between the Brenta Dolomites and Lake Garda, enabling cyclists to save their energy on the uphill climb and focus on the thrill of the descent.

Mountain bikes can be hired from €10.00 a day.

**DAWN IN THE MOUNTAIN DAIRIES**

For a more relaxed adventure high in the mountains, Trentino’s ‘Albe in Malga’ programme, which translates to ‘Dairy at Dawn’, is a series of early-morning events running from 21st June – 14th September that allow visitors to work with a dairy farmer for the morning. As the sun rises over the Dolomites, a Trentino dairy farmer will show small groups how the cows are milked and how traditional mountain cheeses, butters and creams are made, before some all-important tastings. Guests can also stay in the mountain dairies and huts the night before, giving an authentic feeling of the life of a Trentino dairy farmer and the charm of mountain communities.

Further info: [www.visittrentino.info/en/guide/events/albeinmalga\_e\_15062](http://www.visittrentino.info/en/guide/events/albeinmalga_e_15062)