**THE SOUND OF SILENCE IN TRENTINO**

**Many of Trentino’s beautiful pastures, forests and valleys can be enjoyed in total silence, allowing visitors to find total peace of mind in the mountains.**

**Cross-country skiing**

Cross country-skiing is a way for skiiers to feel the wind in their hair away from the more populated pistes whilst immersing themselves in the silence of the forest, with blue skies and bright white snow for miles. Besides the priceless views and panoramas of the Dolomites, Trentino is now also paradise for cross-country skiers thanks to the recent development to ski lifts and passes in the area. It is by no mere chance that 3 World Championships, dozens of World Cup legs, Ski Tours, and the famous Marcialonga have been held in Trentino.

The integrated [**SuperNordicSkipass**](http://www.supernordicskipass.it/) system allows visitors to ski in 16 areas with a single card, making use of services, skiing schools, and catering and ski waxing venues, and plenty of pistes and routes to explore. In **Val di Fiemme**, the Marcialonga route passes through snow-dusted forests and wide, open spaces for 27km. On **Monte Bondone**, the Gervasi piste is a treasure just outside Trento. The 8 km route provides skiers with a view of the whole of the Brenta Dolomites, even catching glimpses of the Lagorai and Pale di San Martino ranges.

For those seeking full immersion in the heart of the **Adamello Brenta Nature Park**, at Campo Carlo Magno in Madonna di Campiglio, the 12 km route is framed by the majestic outline of the Dolomites. On **Alpe Cimbra**, the Passo Coe piste is a challenging 15km route perfect for early morning skiing. With alternating ascents and descents that slowly pass through mountain cottages, spruce groves, pastures, and old boundary stones marking the border with the Austro-Hungarian Empire, the route is one of the region’s most peaceful ways to start the day.

A short distance away, the Lavarone piste in **Millegrobbe** is a 12km run suitable for all levels of skier. The peaceful, quiet scenes of the Folgaria, Lavarone and Luserna Plateau are dotted with snow-covered rocks**.** Finally, Malga Costa in **Passo Lavazè** is an impeccable piste that winds around Malga Costa and through the majestic spruce trees in **Val di Fiemme**, testing even the most experienced of skiers.

**Snowshoe paradise**

Trentino is surprising at every turn, unfolding as visitors follow alpine pastures, forest trails and roads whilst wearing snowshoes. Snowshoe outings are one of the top activities offered by the three Nature Parks in Trentino, amidst natural landscapes that appear to have slept through the night, but have not, as shown by the dozens of animal tracks that can be seen along the routes.

In the **Paneveggio-Pale di San Martino Nature Park** visitors can walk along an easy, spectacular path that goes all the way to Malga Bocche, in front of the majestic Pale di San Martino and the nearby Lagorai chain, or in Val Venegia, pushing on to below Cimòn de la Pala. Finally, from the Paneveggio Visitors' Centre, heading off into the large "resonance” spruce forest will take visitors to the area of the beautiful Colbricòn lakes.

In the **Adamello Brenta Nature Park**, visitors can set out to explore the silent Val Brenta and Val d'Agola, accompanied by alpine guides, whereas from Campo Carlo Magno above Madonna di Campiglio, they can reach the basin that encloses Lake Malghette. Numerous excursions for all fitness levels are also available on the Andalo, Molveno, Giudicarie, and Chiese slopes, but easy routes such as those that go up Val Breguzzo or head into the Bondone and Daone valleys are also available.

In Val di Sole and Val di Rabbi, the forests of the **Stelvio National Park** are home to beautifully white alpine pastures and frozen lakes. Many routes lead to mountain huts and restaurants, providing ideal spots to stop and warm up.

**Trentino Skisunrise Programme**

There’s no feeling like being the first on the piste with a dusting of fresh powder to carve your skis or board through. Trentino’s Skisunrise programme sees different areas of the region begin operating their lifts at the crack of dawn, enabling visitors to make the most of these magical hours during which the snow is untouched, the slopes are almost completely silent and the sun is just coming up. The Trentino Skisunrise programme takes place on various dates from December through to April.

**“White” experiences with the Alpine Guides**

The **Alpine Guides of Trentino** allow visitors to enjoy adventurous weekend experiences in nature, with **snowshoe outings**, **ski mountaineering** and **climbing frozen waterfalls** all included in the **Let's Dolomites** project. Experiences include **day excursions**, or real **multi-day trekkings from mountain hut to mountain hut** using snowshoes or mountaineering skis. During these outings - within the capacity of all who have a minimum fitness level – or at the mountain hut where the night will be spent, guides provide tips and information on snow science, safety, how to read topographical maps, and how to use self-rescue tools correctly. Information and bookings:

<https://www.visittrentino.info/it/articoli/outdoor/let-s-dolomites>

**Trentino’s atmospheric ‘Ice Theatre’**

To contrast with the peaceful silence of the snow, Trentino’s Ice Theatre is an unmissable winter experience that sees a 200-seat ice amphitheatre carved in the Presena Glacier at Passo Tonale. An entire orchestra play instruments made of ice at an altitude of 2,600 meters, with a calendar of concerts ranging form classical to jazz and internationally renowned musicians coming to the region to play. Since the igloo can be easily reached with the gondola that departs at Passo Tonale, the atmospheric theatre is an excellent spot for skiers and non-skiers to enjoy. There are four concerts each week, on Thursdays at 3pm and 4pm, and Saturdays at 4pm and 6pm.