Admire the spectacular foliage of Trentino's forests

TAKE A WALK AMONG THE MAGICAL COLOURS OF NATURE

Walking in the woods in autumn never ceases to delight, with surprising new plays of light and shade at every turn. The vivid hues of the trees, in all their incredible beauty and variety, stretch as far as the eye can see.

Inhale the crisp air as you stroll among the bold brushstrokes that range from bright red to yellow and amber depending on the type of vegetation. For any fans of photography or the outdoors, this is the perfect opportunity to admire one-of-a-kind views during a walk or mountain bike ride. Walking boots and hiking gear on, a camera over your shoulder or a phone in your pocket, and you're ready to enter our magical foliage. Here are a few recommended routes:

**Garda Trentino** is a riot of colours, transforming the woods and mountain slopes around the vast lake into vibrant landscapes. Among the places not to be missed is Lago di Tenno, where autumn offers unforgettable views. From the nearby medieval village of Canale di Tenno, you can walk towards the beech forests of the Sella del Calino and the nearby San Pietro cabin. Alternatively, set off up the trails that climb from Nago to Monte Altissimo to observe how nature changes through the seasons.

Above **Vallagarina**, you can stroll among the colours of the beech and conifer forests that surround the small Lago di Cei. There are plenty of photo opportunities on the trail around the lake and along the path through the woods. The path leads to the ancient church of S. Martino in Trasiel, originally built by barbarians on the remains of a prehistoric fortified settlement.

The **Altopiano della Paganella** plateau offers an easy yet exciting route suitable for the whole family among the beech woods near the village of Fai. Starting from La Capannina, this route takes in various panoramic spots overlooking Valle dell’Adige. Continuing on, it reaches the Grotta della Madonna and the Rhaetian archaeological site of Doss Castel.

To admire the autumn foliage in all its glory, you can also climb **Monte di Mezzocorona**, a popular choice in all seasons. The mountain overlooks the Piana Rotaliana which is north of Trento. You can take the cable car or go on foot, following the path (SAT footpath no. 500, taking roughly 1h45m to reach the top). This starts at the station in the valley and leads all the way to the panoramic terrace at the summit. The third option is the *via ferrata* that scales the Burrone Giovanelli ravine; for the first section of this walk, climbers will ascend alongside a spectacular waterfall. Once on the mountain, a new trail leads through beech and fir woods to the Malga Kraun cabin, where you can sample traditional Trentino dishes. From the cabin, a path named 'La magia del bosco' ('The magic of the forest') takes you to the 'Candelabra', a gigantic centuries-old silver fir that has become a living monument.

In the Adamello Brenta Natural Park, the valley and **Lago di Tovel** have plenty to offer visitors all year round. In autumn, the colours are particularly dazzling in the dense forests that surround the lake, where the body of water ranges from green to turquoise. As you gradually climb to loop around the rocky spur that looms above the eastern shore, the crystal-clear water reveals traces of a submerged prehistoric forest on the lakebed. Further along, is a beach of pure white pebbles – a truly surprising sight. In **Val Rendena**, within the Adamello Brenta Park, visitors can follow the trail that climbs from Carisolo to the hermitage of San Martino among the vibrant tones of the larch and beech trees. Legend has it that the spot was once inhabited by one of the last hermits, who survived thanks to a tame bear that brought him bread. On the way back to the valley, you can take in the small church of Santo Stefano, with frescoes by Simone Baschenis depicting Charlemagne's legendary journey through Val Rendena.

As you climb **Val di Rabbi** in the Stelvio National Park, the ring of the Saènt waterfalls leads to the foot of the spectacular cascades formed by the Rabbies river. Along the way, the vivid shades of the larch trees are a definite highlight. When illuminated by the sun, they look like a mass of lit torches. For those who want to continue, from the Prà di Saènt above, you can reach the 'monumental larch staircase', a succession of the 'patriarchs' of the park's woods.

In **Alpe Cimbra**, the woodland charm in autumn is intertwined with history. Among the lively hues of the beech and larch trees, you can relive the stories of the many World War One soldiers who manned Wolf's Gorge – the Wolfsschlucht – a long and intricate trench fortification that dominated Valle di Terragnolo between Serrada and the Dosso delle Somme fort. Now, a hiking trail retraces the fortifications in their entirety thanks to an operation focused on recovering military works, which is now surrounded with vegetation.

**Val** **di Cembra**, with its unique spectacle of terraced vineyards that transform the slopes of the valley into golden carpets, offers numerous autumn trails. You can walk along the 'Dürerweg', traversing the vineyards to the Castello di Segonzano, or follow the signs for the European E5 long-distance trail among the changing colours of the woods from Lago Santo di Cembra to Passo Zise, and admire the vineyards from up high. Continuing on, you reach the Potzmauer shelter, where you can enjoy a menu of locally sourced and seasonal produce.

In Valle di **Primiero**, at the foot of the Pale di San Martino and above the village of Mezzano, a themed trail can be followed up to the Prati di San Giovanni. Starting at the foot of Cima Cordognè, this route offers spectacular views of the Pale di San Martino, the Vette Feltrine, Monte Pavione and the turquoise waters of Lake Noana; which you can also admire from the 70-metre-long hanging footbridge in Val de Riva.

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