**EXPLORE TRENTINO WINERIES AND VINEYARDS ON FOOT OR BY BIKE**

**The area north of Trento, where excellent wines have been produced for centuries, is at the centre of a new cycling tourism development: a new itinerary takes visitors through the villages and wine cellars of the Piana Rotaliana and the Colline Avisiane. As well as wine trekking in Vallagarina, the cellars of the heroic Vintners in Val di Cembra and among the producers of Nosiola.**

Each bottle of wine has a fascinating story behind it, which has usually spanned centuries and is entrusted to a new generation of winemakers that eagerly continue the tradition. It happens in one of the oldest production areas in the Alpine region, **the Piana Rotaliana** (north of Trento), admired and referred to as 'the most beautiful vine-grown garden in Europe' by Johann Wolfgang Goethe in the pages of his 'Italian Journey'. Alluvial soils and a natural barrier of mountains that keep the coldest winds, have created the ideal conditions for growing an indigenous vine that gives a red wine with a strong personality and a distinctive character, **Teroldego Rotaliano D.O.C.**, which is full-bodied, generous and elegant, deeply territorial (the first D.O.C. recognised in Trentino) and therefore unique.

**Wine Tour 50**

**Wine Tour 50** is about 50 km in Piana Rotaliana and includes all six villages in the area, with detours to the north towards Salorno (Alto Adige) and to the east towards Giovo (Valle di Cembra). The tour has **two alternative routes**: one to the north which is flat, and one to the south, which is up the hill and has a greater difference in altitude but is more scenic. This tour leads through the beautiful wine-growing landscapes, passing by many wineries situated along the Adige River. It is possible to stop at more than 50 wine cellars along the way and book a guided tour and wine tasting.

In order to appreciate the tour to the fullest, it is recommended to cycle anti-clockwise. The signs have also been prepared with this in mind and provide additional information about the surrounding nature and the excellent wines produced in various areas.  
The recommended bikes for this tour are **gravel, trekking or an e-bike**. This route is accessible from the Valle dell'Adige cycle path, as well as by train. The Trento railway station is just a few kilometres away and regional trains stop at both Mezzocorona and Lavis, while all the villages in the area are connected by the local Trento-Malè railway, which transports bicycles upon reservation.   
More information is available here: [www.girodelvino50.it/?lang=en](http://www.girodelvino50.it/?lang=en)

**Wine trekking in the Vallagarina vineyards**“Heroic” vineyards sit at over 700 metres in altitude and ensure quality production. The area is also appreciated internationally for the quality and diversity of the outdoor experiences on offer. This therefore creates an unforgettable experience when the walk or bike ride is followed by a visit to a wine cellar.

Vallagarina is the largest wine-growing area in Trentino. Amidst baroque villages, cornfields, hills and terraces, it is a veritable treasure trove of indigenous grape varieties and fine wines such as Trentodoc, and excellent indigenous reds such as Marzemino, Enantio and Foja Tonda. A real treat is the suggested trek to Borgo dei Posseri in the municipality of Ala, at an altitude of 625 metres. It is recommended that this walk is completed independently and at a slow pace. You should start from the winery, equipped with a map and a basket of local products and refreshments for the stops along the way. You will follow a multi-sensory route marked by spots where you can stop near the vineyard and taste the wine.

For more information visit: [www.borgodeiposseri.com/en/enotour](http://www.borgodeiposseri.com/en/enotour)

**The high-altitude vineyards in Europe**

The high-altitude vineyards in Europe can be explored in Trentino and most of them are located in the Cembra Valley. It is at these altitudes that white grape variety Müller Thurgau, regarded as the 'mountaineer' among the Trentino vines, king of aperitifs and light summer cuisine, is growing. It is in this valley that you can go to the mountain cellars to taste their wines, which are fragrant and flavourful, thanks to the cool climate. A day among the valley's cellars (the 'caneve') is like an immersion in the history of mountain farming architecture.

To discover the valley's cellars, you can start in the municipality of Verla di Giovo and visit Villa Corniole of the Nardin family, a female-run business that produces excellent wines known all over the world.

For more information visit: <https://www.villacorniole.com/>

The itinerary continues in the direction of Cembra, the heart of the valley. Here, you can visit some award-winning wineries in Trentino such as Cembra Vini di Montagna, the highest cooperative winery in Trentino, and an example of excellence in production, hospitality and customer service.

For more information visit: <https://www.cembracantinadimontagna.it/en/>

In the historic district of Carraia, located in Cembra, you can visit the Nicolodi Alfio winery. A passionate vineyard which, in addition to growing Müller Thurgau, dedicates a lot of energy to the reintegration of the valley's historical and forgotten vines, such as Lagarino.

For more information visit: [www.cembranidoc.it/it/consorziati/alfio-nicolodi](http://www.cembranidoc.it/it/consorziati/alfio-nicolodi)

For more information about Trentino wines and vineries, please visit: [www.visittrentino.info/en/articles/food-and-wine/trentino-wines](http://www.visittrentino.info/en/articles/food-and-wine/trentino-wines)