**The new summer event for mountain lovers in Trentino**

**VISIT THE “HIGHLANDS” WITH THE ALPINE GUIDES**

**The mountain summit professionals have prepared 43 proposals for all those interested in the nature, history and traditions of Trentino. The proposals are grouped under 3 main headings: the Dolomites UNESCO World Heritage Site, the Great War and the most trendy sports and activities performed in unique environments**

The alpine guides are professionals that can allow you to fulfill your dreams and enjoy intense emotions in safety during your mountain holidays: climbing a peak, venturing on a via ferrata, traversing a glacier. Most importantly, they are companions who wants to share with you the secrets and legends of these “highlands”. In Trentino are available to guests **213** alpine guides – experts in mountaineering (plus 33 candidates), **40** mid-mountain guides and **88** local accompanying staff, who are all ready to accompany you in the discovery of unusual places among history, culture and traditions or in the exploration of pristine nature landscapes.

The **Alpine Guides’ Association** of Trentino is launching a new project for the summer 2016, proposing thrilling adventures in the Dolomites and on beautiful peaks to discover the culture, traditions and history of this land set amidst the Alps. The three themes that have inspired the **43 proposals recommended and guaranteed by the alpine guides of Trentino** are: **Grande Emozione** (Strong Emotions) in the Fiemme and Fassa Dolomites, the Pale di San Martino, the Brenta Dolomites, the Lagorai chain and among the Cevedale glaciers; **Dalla Guerra alla Pace** (From War to Peace), from the battle scenes of the ‘White War’ on the peaks to the forts and trenches of the Dolomite front, all the way to the Lagorai ridges and along the Sentiero della Pace (Peace Trail); **Grande Adrenalina** (High Adrenaline), inspired by the latest and trendiest outdoor disciplines and sports: rock climbing, canyoning, tarzaning, via ferratas staged amidst Trentino’s most beautiful mountain landscapes. All of these initiatives have been designed by **13 guide groups and mountaineering schools** operating throughout Trentino.

The formula envisages **3 days of activities**, with overnight stays in mountain huts, non-stop assistance of mountain professionals, free rental of any necessary equipment and, for everyone, a didactical approach to basic mountaineering techniques.

**Here are some proposals from the “Grande Emozione” section**

Together with the “Aquile” (eagles) of San Martino di Castrozza and Primiero, a 3-day trek to the **Pale di San Martino** peaks along via ferratas and in mountain huts. Info and booking: 3288743739, [www.aquilesanmartino.com](http://www.aquilesanmartino.com).

The Guides of the Dolomiti Val di Fassa mountaineering school propose a trek in the heart of the **Rosengarten** range from Passo Costalunga to Rifugio Antermoia, with final descent through Val Udai. Info and booking: 3356682369, [www.guidealpinedolomiti.net](http://www.guidealpinedolomiti.net).

The wild **northern sector of the Pale di San Martino** is the target of the proposal designed by the Gruppo Guide Alpine Val di Fiemme, from Passo Valles along a section of the Alta Via Dolomitica high trail No. 2 to Rifugio Cima Mulaz and the peak of the same name. Info and booking: 3687755694, [www.guidealpinevaldifiemme.it](http://www.guidealpinevaldifiemme.it).

**From Piz Boè to Giogo di Fassa**, at the foot of Sassopiatto, along a trail named after the “mountaineer king” Friedrich August: this is the proposal by the guides of the mountaineering school Friends of Arco. Info and booking: 3493602630, [www.friendsofarco.it](http://www.friendsofarco.it).

The trek proposed by the Activity Trentino Outdoor school of Andalo develops in the **Brenta Dolomites**,exploring unusual corners of this mountain range, from San Lorenzo in Banale to Passo Grostè and return to Andalo via Malga Spora. Info and booking: 3402507108, [www.activitytrentino.it](http://www.activitytrentino.it).

Three days’ walk through the pristine and silent **northern sector of the Brenta Dolomites** together with the alpine guides of Val di Sole, from Peller to Val Nana and along the equipped path of the Palète up to Passo Grostè. Info and booking: 3386076376, [www.guidealpinevaldisole.it](http://www.guidealpinevaldisole.it).

In the tranquil **Lagorai** rangethe alpine guides of the Dolomiti Avventura mountaineering school will accompany you along the trails and sites of Valle dei Mocheni, frequented by the writer Robert Musil during WWI. Info and booking: 3477031435, [www.dolomitiavventura.it](http://www.dolomitiavventura.it).

**Here are some proposals from the “Dalla Guerra alla Pace” section**

In the **Cevedale** group with the Alpine Guides of Val di Sole: the visit to the **Punta Linke** fortified post - 3629 m a.s.l. - is followed by the crossing of the glacier to Cevedale and by the descent through Val Saènt. Info and booking: 3386076376, [www.guidealpinevaldisole.it](http://www.guidealpinevaldisole.it).

Together with the alpine guides of Madonna di Campiglio, visit to the war theatres of the **White War in the Adamello range**: the Cresta Croce ridge with its famous 149mm cannon and the Corno di Cavento ice gallery. Info and booking: 3357193660, [www.guidealpinecampiglio.it](http://www.guidealpinecampiglio.it).

The high altitude Museum at Passo Paradiso, the **Sentiero attrezzato dei Fiori** equipped path on the Corno di Casamadre and Corno di Lagoscuro, the Mandròn-Adamello glacier and the Cresta Croce ridge are all “White War” sites to be visited with the Mountainfriends mountaineering school of Pinzolo. Info and booking: 3356780275, [www.mountainfriends.it](http://www.mountainfriends.it). This itinerary is also proposed by the Alp Emotions mountaineering school of Peio. Info and booking: 3489129723, [www.alpemotions.it](http://www.alpemotions.it).

An important sector of the Dolomite front was the **Cresta di Costabella** above Passo San Pellegrino, which you overcome to reach Passo Cirelle and the Contrin mountain hut together with the guides of the Dolomiti Val di Fassa mountaineering school. Info and booking: 3356682369, [www.guidealpinedolomiti.net](http://www.guidealpinedolomiti.net).

**Monte Cauriòl**, in the heart of the Lagorai range was the symbol of the war fought among the peaks and is one of the sites reached by trekking along the Sentiero della Pace (Peace Trail) together with the alpine guides of San Martino di Castrozza. Info and booking: 3288743739, [www.aquilesanmartino.com](http://www.aquilesanmartino.com). Frontline remains are also to be found on the **Translagorai** itinerary from Cermis to Malga Valmaggiore with the alpine guides of Val di Fiemme. Info and booking: 3687755694, [www.guidealpinevaldifiemme.it](http://www.guidealpinevaldifiemme.it).

Last but not least, two proposals in the **Trentino part of Lake** **Garda**,where you can approach many fortifications along spectacular via ferratas such as the Susatti at Cima Capi. This proposal is by the Mountime Outdoor Adventures mountaineering school, with visit to the **Tagliata del Ponale tunnels** and to the trenches of Cima Pichea in the Ledro Alps. Info and booking: 336744251, [www.mountime.com](http://www.mountime.com).

The second, offered by the Friends of Arco mountaineering school, starts off from **Monte Altissimo** and reaches Arco following the fortifications along the Sentiero della Pace (Peace Trail). Info and booking: 3356780275, [www.mountainfriends.it](http://www.mountainfriends.it).

**Here are some proposals from the “Grande Adrenalina” section**

Together with the “Aquile” (eagles) of San Martino, experience the thrill of canyoning in the gorges of the Neva torrent **in Val Noana**, as well as of rock climbing up the peaks of the **Gruppo del Cimonega.** Info and booking: 3288743739, [www.aquilesanmartino.com](http://www.aquilesanmartino.com).

Authentic mountaineering enjoyment at **Monte** **Bondone** just outside Trento, climbing and trekking with the Dolomiti Avventura alpine guides. Info and booking: 3477031435, [www.dolomitiavventura.it](http://www.dolomitiavventura.it).

For via ferrata fans, the “Via delle Bocchette” in the central sector of the **Brenta Dolomites** is an absolute must, made possible thanks to the alpine guides of the Activity Trentino Outdoor school. Info and booking: 3402507108, [www.activitytrentino.it](http://www.activitytrentino.it).

A 3-day package of canyoning, cliff climbing and Dolomite via ferratas is proposed by the Mountain Friends school in the wild gorge of **Limarò** cut by the Sarca river, and in the **Brenta Dolomites**. Info and booking: 3356780275, [www.mountainfriends.it](http://www.mountainfriends.it).

Three among the most attractive canyoning itineraries in **Garda Trentino** are included in the proposal by the Mountime Outdoor Adventures mountaineering school: Rio Palvico, the Tignale torrent and Rio Nero. Info and booking: 336744251, [www.mountime.com](http://www.mountime.com).

The main mountaineering techniques can be learned from the Val di Fiemme alpine guides whowill accompany you on the via ferrata ‘Bepi Zac’ above **Passo San Pellegrino**, along the WWI communication trenches, and then to the Acropark in Molina di Fiemme. Info and booking: 3687755694, [www.guidealpinevaldifiemme.it](http://www.guidealpinevaldifiemme.it).

Further information: [www.guidealpinetrentino.it](http://www.guidealpinetrentino.it)

(m.b.)

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