**On the glacier above Passo Tonale, the opening of the renovated Capanna Presena**

**MOUNTAIN HUTS IN WINTER, AN AMAZING EXPERIENCE**

**You can reach these charming huts that stand directly alongside the ski runs on your skis, at the end of an excursion on your snow-shoes, even by night if you’re up for adventure, or more comfortably bundled up in a snowcat or a romantic sleigh**

In Trentino’s mountain huts it is easy to feel at home and at the same time in a privileged location. Spending the night in one of these structures is a wonderful experience that leaves you special memories: the different rhythms, the evening chats with people coming from faraway countries and cultures, the sudden changes in light and colour of the sky and mountain slopes. Trentino has over fifty huts that stay open through winter too, where you can stay for the night, all bundled up in warm duvets, or where you can spend an evening in the company of friends around the fireplace as you discover the many special dishes of our land, after which you can put your snowshoes back on and descend to the valley bottom guided by torches.

It is possible to match every kind of mountain hut to every kind of sports and snow lover profile: the most fanatic skiers, the freedom-loving ski-tourists or snowshoeing excursionists, as well as the gourmets seeking exclusive flavours, the tourists out to take the ultimate selfie, the adventurers ready to try high altitude saunas or the sun-worshippers aiming for the envy-triggering suntan. So here we go with the list …

**H24 skiing**: spend the night in the mountains, just a few steps from the ski runs, in the heart of the ski area. When you wake up, you can experience the thrill of sunrise from your bed, tuck into a healthy breakfast and don your skis for the delight of being the first ones to ride the snow in the frizzy morning air and in the light of the new day that brightens the Dolomites. Live this adventure in one of the many mountain huts located along the ski runs of Trentino’s ski areas. In detail: “Albasini” in the **Folgarida–Marilleva** ski area, “Giorgio Graffer” at Grostè, “Viviani-Pradalago” in **Madonna di Campiglio** and “Dos Sabiòn” in **Pinzolo**. Above **Passo del Tonale**, on the Presena glacier, one of next winter’s novelties: the re-opening, after renovation, of the “Capanna Presena” mountain hut at the intermediate station of the new cableway inaugurated last winter, that offers 8 rooms each with en-suite bathroom.

In **Paganella** there is “Dosso Larici”, while along the Ski Tour dei Forti route in **Folgaria** you will find “Baita Tonda” and “Stella d’Italia”. In the ski areas of the Dolomite zone ranging from Val di Fassa to the Pale di San Martino, there are the “Friedrich August”, “Des Alpes”, “Salei”, “Valentini”, “Ciampolin” mountain huts, and the “Fredarola” in the **Passo Sella – Canazei** zone. **“**Ciampàc”, “Tobià del Giagher” and “Buffaure” stand along the **Ski tour Panorama** route, “Paolina” above **Passo Costalunga**, “Negritella” and “Ciampedie” above **Vigo di Fassa**, “Passo Lusia” in **Bellamonte** and finally “Capanna Cervino” at **Passo Rolle** at the feet of Cimòn della Pala.

**Ski-tourism**: many mountain huts located at very high altitude and along the more classical itineraries open their doors to ski-mountaineering tourists all week long or on weekends starting from March to May, when the snow is settled and compacted under the slightly warmer sun, thus favouring the formation of the typical Springtime “firn” for the ultimate off-piste experience. Among these there are Cevedale’s “Guido Larcher” hut in upper **Val di Peio**, Stavel’s “Francesco Denza” and Val d’Amola’s “Segantini” at the feet of the **Presanella**, Mandròn’s “Città di Trento” and “Ai caduti dell’Adamello” in the **Adamello** group; from these huts one can happily reach peaks such as Cevedale, Palòn de la Mare, Zufall, Presanella, Adamello, Cima Pisgana. In the Eastern Dolomite area, instead, you will find “Passo Principe” in the heart of the **Catinaccio**, “Pian dei Fiacconi” on the **Marmolada**, Rosetta’s “Giovanni Pedrotti” on the **Pale di San Martino plateau**.

**Snow-shoeing**: there is a truly infinite number of itineraries for snowshoe enthusiasts throughout the whole range of Trentino’s mountain ranges and Alpine valleys. These mountain huts, usually opened only on weekends in the winter months, in summer become easily reachable destinations of or stops along more or less demanding excursions.

In detail: “Potzmauer” in the mountains of **Valle di Cembra**, “Malga Trivena” in **Val Breguzzo**, “Sette Selle” in **Val dei Mocheni**, “Malga Campo” above **Luserna**, Alpe Pozza’s “Vincenzo Lancia” in the **Gruppo del Pasubio**, Altissimo’s “Damiano Chiesa” above **Brentonico**, Predaia’s “Ai todés-ci” in **Val di Non**, “Gardeccia” at the feet of the Catinaccio in **Val di Fassa,** “Lupi di Toscana” on the Boniprati plateau in **Valle del Chiese**.

**Gourmet venues**: whether for lunch between one ski run and the next, for dinner after a snowshoe outing or a night-time snowmobile ride, sitting at a table in a mountain hut is always special, an experience that should not be missed, the encounter with the local cuisine, the discovery of typical dishes that use ‘zero-km’, i.e. locally produced, ingredients such as at the “Fuchiade” above **Passo San Pellegrino** with its traditional Ladin dishes. On the panoramic peak of **Paganella** with view over the Brenta Dolomites, the “La Roda” mountain hut offers trendy oyster aperitifs matched with the best Trentodoc Spumante wines.

**“doloMitico” wellness:** some mountain huts can easily compete with the best valley hotel spas, such as the “Baita Cuz” above **Pozza di Fassa** with its Finnish outdoor sauna with view of the Fassa Dolomites. At the “Solander” in the **Folgarida-Marilleva** ski area,guests can enjoy a mini-spa with sauna, Jacuzzi and Turkish steam bath, while in the nearby “Orso Bruno” you can soak in your Jacuzzi with view of the Brenta Dolomites and be a front-row spectator of the famous reddening of the peaks at sunset. Equally exclusive is the “*baitota*” of the “Caltena” mountain hut above **Valle di Primiero**, equipped with a small relaxation area with sauna, waterfall, tropical shower, Scotch pine mist and chromotherapy.

**Breathtaking views and perfect suntans**:a terrace for soaking in the sunrays, sheltered from the wind,sippinga drink or a mug of hot chocolate and listening to a soft background music, surrounded by a vast and wonderful view of mountain peaks: who could ask for more? This is the ideal condition for suntan worshippers. In the ideal list – in this case extended to other high altitude huts that are perfect for rest and relaxation – there is, among others, the “**Terrazza delle Dolomiti**” of the “Maria” hut at 3,000 m a.s.l. at Sas Pordoi above **Canazei**. At **Alpe Lusia** there’s the “Valbona” chalet, at the arrival of the cableway up from Ronchi, while at **Passo Rolle** there’s the historically famous “Baita Segantini”, and at the summit of **Alpe Cermis** the “Paiòn” restaurant. In **Madonna di Campiglio** you will enjoy the terrace of the famous “Chalet Fiat” at Spinale and the restaurant “Stoppani” at Grostè, that can be reached directly by cableway. In **Pinzolo,** instead, there’s the “Prà Rodont” restaurant, on **Monte Bondone** there’s the “Bondonero”, while in the **Paganella** ski area you will find the terrace of the recently renovated “Dosson”. Last but not least, in the Skitour dei Forti area, on the ski slopes between **Lavarone** and **Passo Vezzena**, there’s “Baita Neff”.

Info: [www.rifugi.visittrentino.it](http://www.rifugi.visittrentino.it)

(m.b.)

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