



# TREKKING AND THE OUTDOORS

HOLIDAYING SAFELY





## Holidaying safely in Trentino: trekking and the outdoors

In Trentino, nature welcomes you to enjoy its wide-open spaces full of fresh air, often far away from any human settlements. But it's also a region with a deeply rooted culture of turning to the outdoors and practising physical pursuits to restore well-being.

For this reason, our region is often compared to an open-air gym, where there really is no limit to the activities you can enjoy: featuring different levels of difficulty to suit your own experience, and available during every season of the year.





# What we're doing to take care of you

From the lowest to the highest altitudes, you will find **both natural and fully equipped environments** in Trentino that you can explore independently, on a bicycle or simply on foot, with your gaze roaming freely over unforgettable landscapes like the skyline of the Dolomites.

What's more, you can also find many professionals and expert guides here, ready to accompany you on **new adventures**: from rafting to climbing, from paragliding to kitesurfing.

Whether you want to **have fun** on your own or be guided by an expert, check out this guide to discover the activities you can enjoy and how to do so **safely**.

For all urgent and emergency situations not related to COVID-19, always contact the single emergency number 112.

## Independent outdoor activities

### REMEMBER!

- **Always avoid sharing** personal belongings, equipment, and flasks or bottles with other people.
- Always wear your mask when you cannot respect the minimum safety distance from people who are not a part of your household or your social group.
- In the case of regular-intensity physical activity, the minimum distance to maintain is at **least 2 meters** on foot or by bicycle; for high-intensity physical activity (such as mountain running or mountain biking) the minimum distance to maintain is 5 meters.





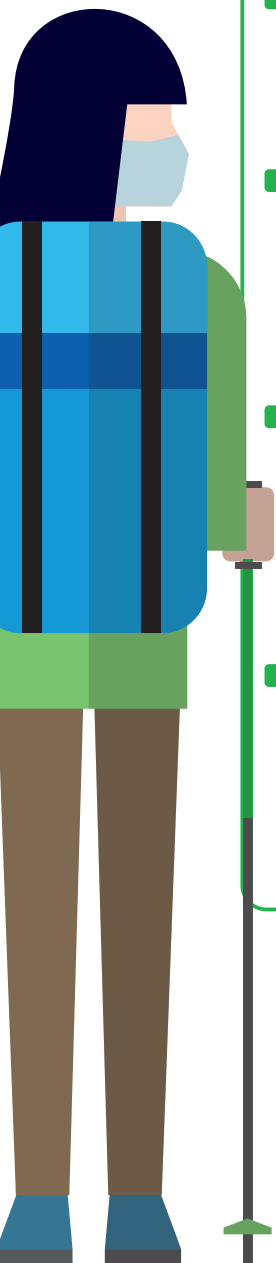
- Consider your **health** before you leave, and put your trip off to another day if you don't feel well.
- If you decide to **stop for refreshments** along the route, try to plan it in advance and contact the establishment beforehand to make a **reservation**. This way, you can be sure of accessing the service and find out about any specific restrictions or opening hours. To find out more about how catering businesses are operating, please refer to the [specific page](#).
- **Wash your hands often or use hand sanitiser**. If you stop to take a break in one of the facilities, hand sanitiser will be provided for you.

## Trekking and the mountain

- If you've decided to explore the mountain, whether trekking or just taking a walk, **familiarise yourself thoroughly with the route** before setting out. You can contact your closest [tourist information office](#) for help.
- **Masks** must be worn and **minimum distances** must be maintained on the mountain, where it is not always possible to maintain minimum safe distances from people that are not from your household or part of your social group.
- If you need to use **cable lifts** to reach the trail or altitude where your route starts, read the [detailed information](#) we have prepared.
- For greater reassurance, bring **hand sanitiser** with you to disinfect your hands and other surfaces.
- Never leave your **rubbish** behind on the mountain, particularly personal protective equipment, and try to avoid leaving them behind at dairies and alpine huts too, whenever possible. Waste disposal in these locations is a difficult process.



For more information on how to access mountain huts, check out the [special guide](#) we have prepared.





## Bicycle

There are lots of bike routes for every requirement available for your enjoyment in Trentino.

Cycle paths, **bike parks**, kilometres of ups and downs on **mountain bike** trails, and epic hills to climb on **racing bikes**. Whether you're a **cycling traditionalist** or enjoy a little help from an **electric bike**, Trentino is the place for you.

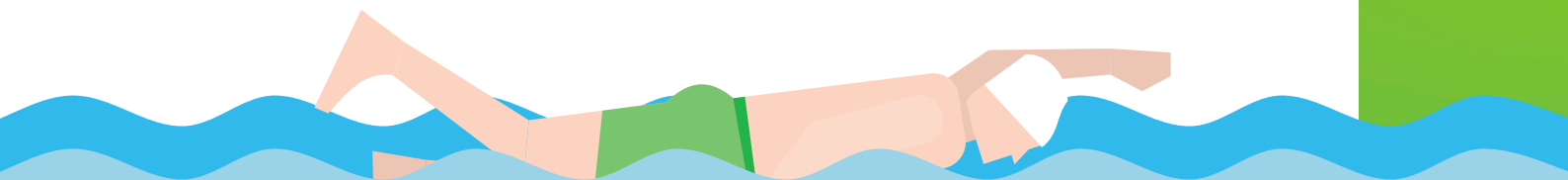
Even when cycling, however, it's best to observe **a few simple rules** to avoid any risk of infection and guarantee your health and the health of others.

- If you wish to organise an outing that requires transporting your bicycle, first **check** with your nearest tourist office or the place where you are staying to find out what means of **transport are available**. Alternatively, use your own vehicle to get around.
- If you find yourself cycling in high traffic areas, for example in the city, where it is not possible to maintain the minimum safe distance of 2 metres, then you must **wear your mask**.



## Water sports

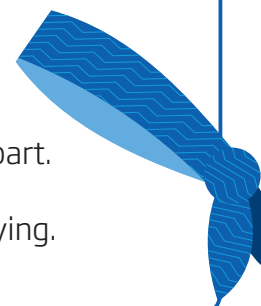
You can take part in individual water sports (such as swimming, surfing, windsurfing, kayaking, canoeing, sup, and fishing) with complete **peace of mind**, by using your own equipment, provided you maintain the **minimum safe distance of 2 metres**.





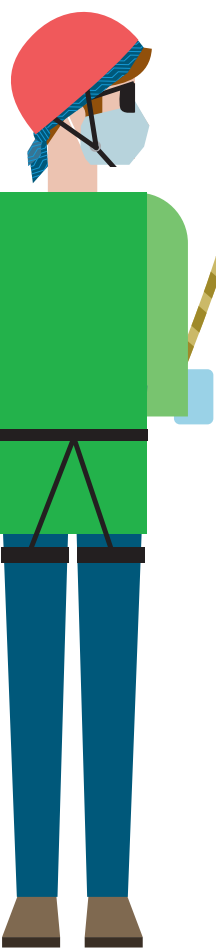
## Climbing

- We recommend that the belayer wear a **face shield below their helmet** in order to avoid droplets. We also recommend wearing a **mask**, particularly for belayers and those who may find themselves close to others.
- To shield your eyes from sweat, it is advisable to wear a **bandana under your helmet**.
- The use of **liquid chalk** is preferable.
- Avoid climbing along parallel routes fewer than 5 metres apart.
- We recommend using **gloves** to hold the ropes while belaying.



## Via ferrata


- Avoid **overtaking** of any kind along the route, as well as drawing too close to others.
- If you meet climbers coming in the opposite direction (descending), use any wide points available to **make it easier** to pass each other, and **wear a mask**.
- Remember to **use hand sanitiser often**, given their contact with ropes and brackets, and avoid touching your mouth, nose or eyes.
- Remember to use a **bandana** or **buff** under your helmet to prevent sweat from dripping into your eyes, and use **goggles** or **eye protectors**, particularly when descending.





## Outdoor activities with a guide

If you decide to take part in an outdoor experience with an instructor or guide, Trentino can offer you all the professional expertise needed to **guarantee your safety** in every sense. For experiences like this, in which it may also be necessary to hire equipment, a number of procedures shall apply regardless of the specific nature of the individual activities:



- **Always contact** the guide, venue or service offering the experience you are interested in beforehand, because prior **booking of the service is mandatory**. The activity coordinators may provide you with important information over the phone and explain to you the **self-certification and privacy form** you will have to sign before taking part in the activity.

- You may be asked to consent to a **temperature check** before partaking in the activity, and you may be refused access to the service if you have a temperature of **37.5°C** or higher.

- Always bring a **mask** with you, and always use it when asked to do so or when you cannot observe **safe physical distancing**.

- In the case of group activities which require the **hiring of equipment**, some of these may only be participated in by people from the same household or the same social group, if such has been stated.

- Before taking part in the experience, a **briefing** will be organised to recap the **important rules** and **regulations to observe**. This activity must be carried out in the open air when possible, or may be conducted in several small groups if small, enclosed environments are used.

**Remember to be careful!**



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Just as your desire to stay active hasn't gone away during these months, Trentino's restless, sport-loving heart has continued to beat and is ready to pick up the pace, leaving you breathless from exertion and adrenaline.

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**1500**

National COVID  
emergency number

**112**

Unique number  
for other types  
of emergencies