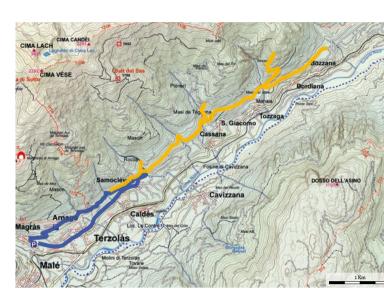
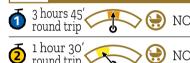
Setting out from Palazzo Torraccia in Terzolas village, follow Valley Trail 7 signs towards Samoclevo via Piazza della Chiesa and Via dei Canopi. Having reached Samoclevo, continue beyond the fountain behind the church and take the uphill road on the left, turning left again at the first fork. From here continue to Arnago along the easy rough sunlit track towards Terzolas. Then downhill to Magras and through its hamlet to return to your starting point.

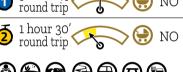
Alternatively, once you get to Samoclevo, you can continue eastwards for about 4 km along an easy level trail to the north of San Giacomo, Tozzaga, Bordiana, and Bozzana villages. For those wanting a more difficult challenge, three paths branch off the main trail to the left, each of them taking about 50 minutes out and back: the first at Samoclevo, up to the Rocca, or fortress, of the same name, the second above San Giacomo leading to the "Sassias" rock climbing wall and the "sassi coppellati", a series of rocks with strange hemispherical depressions in them, and the third, above Bordiana, leading you to the so-called "Trincee" or trenches in Bordiana and Bozzana with the ruins of outposts that date back to the Great War where the lookout embrasures and communication trenches dug out of the earth can still be seen. From here you can walk down to Bordiana and from there take the bus or the

Points of interest: Palazzo Torraccia, centuries-old walnut trees, Rocca di Samoclevo, San Giacomo rock gym, the ancient lime kiln or "calcara" and the trenches in Bordiana and Bozzana



2 MALÉ - CARCIATO MALÉ – TERZOLAS

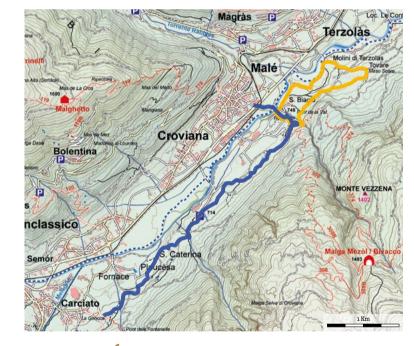




The path starts from the centre of Malé and it goes through the "il Funghetto" pinewood, crossing the footbridge over the River Noce and leading you to loc. Regazzini. Then, it goes up and along Valley Trail 9, which leads through the wood, alternating rough track and path, to the Plazze di Croviana picnic area. A tarmacked road takes you into a natural setting of rare beauty, the protected alder tree wood called Ontaneta di Croviana. On the way, you will come across an old mill that is now the MMape Bee Museum and, nearby, a picnic area with a lovely little lake. Then continue along the little rough track after Plazze, through the pine wood with the Plaucesa picnic area and finally out into Gnoca Park next to the characteristic village of Carciato (the return is done along the pedestrian and cycle path.). Back in Malé there is an interesting themed route called the "Sentiero dei Pianeti" (Trail of the Planets) dedicated to the astronaut Samantha Cristoforetti who was born here, which takes you on a virtual journey into space and time through the solar system. Maps are available at the information office in Malé.

From Regazzini you can also continue to the left along Valley Trail 10 towards Toare, a round trip that also takes in Molini di Terzolas.

Points of interest: the footbridge over the River Noce, the adventure park, the Venetian Sawmill in Malé, MMape Bee Museum, the Alder wood with workshops and educational activities (booking required), the



LOCATION: MALÉ - VAL DI RABBI

LA LEC DI MALÉ -PRACORNO



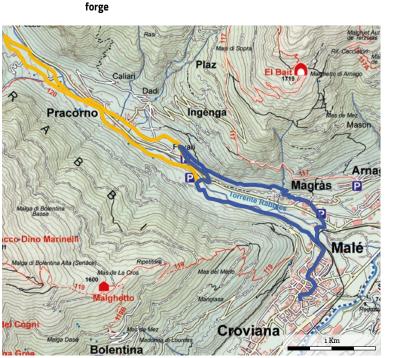




the first hairpin bend, where you pick up the unmade track on the right and follow this for about 100 metres. Continue to the left, slightly uphill, and follow the wide level road that winds through Val di Rabbi, and to Birreria with the bridge over the River Rabbies. Once over the bridge, continue to the right for 50 metres, cross the provincial road and pick up the path on the left that, in just a few minutes, will bring you to Molino Ruatti watermill. From the mill you can return along the trail towards Magras, passing through Pondasio and back to Malé. Alternatively, from Molino Ruatti, you can follow a level loop that continues to Pozze

through the tiny villages in Pracorno and back on the pedestrian and cycle path alongside the River Rabbies, which then joins the rough track that from Birreria goes to Malé (3 hours 30 minutes from Malé to Pozze and back).

Points of interest: Museum of Solandro Civilisation, Molino Ruatti watermill, Marinelli

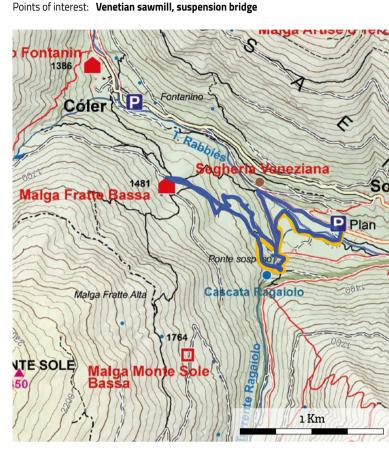


LOCATION: VAL DI RABBI

USPENSION BRIDGE -AALGA FRATTE



From the "Plan" car park in Rabbi Fonti (1,252 m asl), continue towards the "Al Plan" motorhome service area and pick up the "Sentiero dell'Acqua" (Water Trail). When you reach the wooden bridge, head towards the Ragaiolo waterfalls through the green meadows to the start of the forest road (the route is pushchair-friendly to this point and you can then continue along the forest road to Malga Fratte mountain dairy, which is about a 30-minute walk). Follow the winding but very pleasant trail that goes up to the overlooking scenic point offering views of the spectacular Ragaiolo waterfalls and to the start of the suspension bridge that crosses over it. On the other side of the bridge, you continue along the trail to a walkway and from there up on the left to Malga Fratte (mountain dairy). The descent is down a rather steep trail that leads first to a Venetian sawmill and then back to your starting point. Alternatively, once over the suspension bridge, you can go down the rough track and go back to the start.



LOCATION: VAL DI RABBI

NEIPP COURSE -ALORZ WATERFALLS

om the car park in front of the San Bernardo information office (1,098 m asl) follow signs for the Kneipp Course; (paid admission), which marks the start of the cultural

oute called "Sentiero Rio Valorz", a loop of about 2 km that offers a chance to spot the woodland animals that live in the valley, recreated by a local artist. Halfway, near Valorz car park, you can take a detour to the bottom of the spectacular Valorz waterfall. There, there is a picnic area with tables and a grill/barbecue. If you

drive to the car park, the round trip takes about an hour.

Points of interest: Kneipp course, Valorz masi or farmhouses, Valorz waterfalls, panoramic views of San Bernardo and the upper part of Val di Rabbi



LOCATION: VAL DI RABBI

• SAENT WATERFALLS

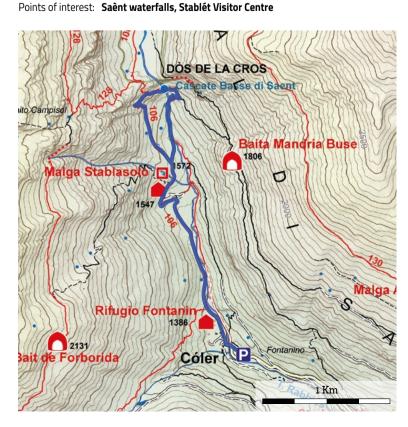


From the car park in "Coler" locality (1380 m asl), about 3 km after Piazzola, it is possible to reach Malga Stablasolo (mountain dairy, 1,539 m asl). Following a forest road, once over the bridge on the River Rabbies, you will come to the first waterfall. Continue along the path to the famous bridge before the second spectacular waterfall (panoramic viewpoint at 1,750 m asl). Where the path meets SAT Trail

106, the way goes down to Malga Stablét (the Stelvio National Park visitor centre

dedicated to the groundhog) and back to Malga Stablasolo (mountain dairy) along

the forest road followed by a rough track to the car park in Cóler.



LOCATION: DIMARO FOLGARIDA MONCLASSICO AND PRESSON

An itinerary in Monclassico e Presson villages, organised by the "Le Meridiane Cultural Association with the intent of promoting local culture. A very fine real open-air art gallery, accessible free of charge all year round, with over 50 sundials dotted throughout the two villages made by famous local, national and international artists in collaboration with expert gnomonists and including, in particular, the horizontal sundial and the dark room. You can start your walk directly from the Biolago lake where you park your car.

In July and August, guided visits of the sundials are organised

Points of interest: Sundials, Biolago lake

Monclassico Dimaro Semon Rovina osta Rotian

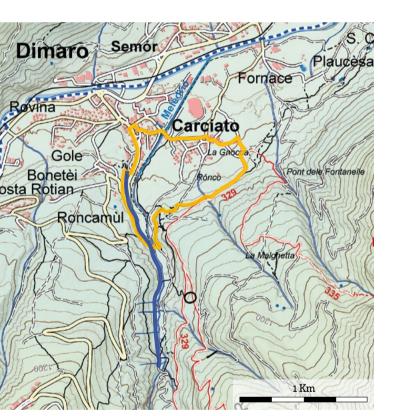
LOCATION: DIMARO FOLGARIDA

VAL MELEDRIO VENETIAN SAWMILL -

This walk starts at the old Venetian Sawmill on the outskirts of Dimaro, on the oad to Madonna di Campiglio. After a short stretch of trail, the path goes through the underpass under the state road and takes the rough track alongside the River Meledrio. First you will come to an old renovated forge, then an old lime kiln and finally the hydroelectric power plant in the municipality of Dimaro Folgarida. From here, you can take the same route back to Dimaro through magnificent Val Meledrio (these options are all pushchair-friendly). Alternatively, from the hammer, you cross the footbridge over the River Meledrio,

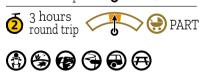
and take the level trail by the "lec" (word in dialect for the now disused irrigation channels for the fields) that leads to Gnoca and its little park. From here, you go down to the church in Carciato and then it's an easy walk back to Dimaro on the

Points of interest: Venetian Sawmill, Ecomuseum with tilt hammer, old forge and lime kiln, hydroelectric plant, River Meledrio



LOCATION: DIMARO FOLGARIDA

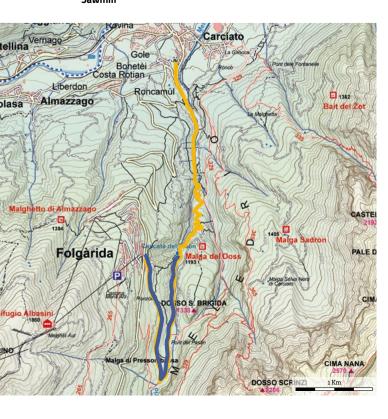
ISON WATERFALLS



Close to Hotel Belvedere in Folgarida (1,350 m asl), pick up the "Ronzola" trail on the left down to the so-called "Pont del Pastin" (1,213 m asl). Then continue to the left, through mysterious dense Val Meledrio, until you come to the fork, again on the left, that leads down to Pison waterfalls (this last stretch is unsuitable for pushchairs and so vou will have to continue to Pont del Pison from where you can get a glimpse of the waterfalls of the same name). Return along the same route.

Alternatively, you can continue to Dimaro by crossing the Pison bridge, from which you can get a glimpse of the waterfalls. From here, another hour's walk takes you towards Dimaro, past the Val Meledrio Ecomuseum where you can visit an old lime kiln, an old forge and the Venetian Sawmill before reaching the village. We then recommend taking the local bus back to Folgarida.

Points of interest: Ronzola masi or farmhouses, Pison waterfalls, Ecomuseum, old forge and lime kiln, hydroelectric plant, River Meledrio, Venetian



LOCATION: DIMARO FOLGARIDA - COMMEZZADURA - MEZZANA

10 LAKE MALGHETTE 3 hours 30 PARTIALLY

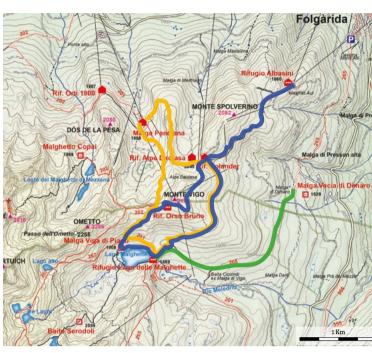


From the bottom station of the Folgarida cable car (1,300 m asl) take the cable car up to well-known Malghet Aut (1,860 m asl). This is the starting point for a onehour walk along a rough track that leads to the Rifugio Solander (mountain refuge) at Alpe Daolasa (2,045 m asl). A further 40 minutes or so will bring you to the adjacent Rifugio Orso Bruno (mountain refuge) at Monte Vigo (2,180 m asl). From here, a further 40 minutes' walk along SAT Trail 201 takes you finally to beautiful Lake Malghette (1,889 m asl). For the return journey you can take the "Sentiero dei Pastori" (Shepherds' Trail) to Alpe Daolasa and then the same route you followed on the way out to Malghet Aut (mountain dairy).

The starting point for this walk is Malga Panciana (mountain dairy), at the top of the Copai-Malga Panciana cable car (1,882 m asl), where you pick up the mediumdifficulty uphill trail and come to a particularly beautiful scenic viewpoint. From here, continue for about an hour along a slightly uphill stretch to the Rifugio Solander (mountain refuge) at Alpe Daolasa (2,045 m asl) which can also be reached using the ski lifts. The route continues to Lake Malghette, reached by first following the ski slope down and then an easy trail off to the right. From here you return to Malga Panciana (mountain dairy), first up SAT Trail 201 and then down along the rough track to Malga Panciana (mountain dairy) in 2 hours.

If you drive to Malga Dimaro (mountain dairy, 1,670 m asl) and then walk on SAT Trail 265, you will easily come to Malga Vigo (mountain dairy) and from here Lake Malghette. Return along the same route.

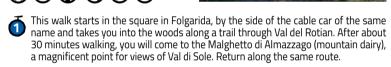
Points of interest: scenic views of the Brenta Dolomites, "Sentiero dei Pastori"



LOCATION: DIMARO FOLGARIDA - COMMEZZADURA - MEZZANA

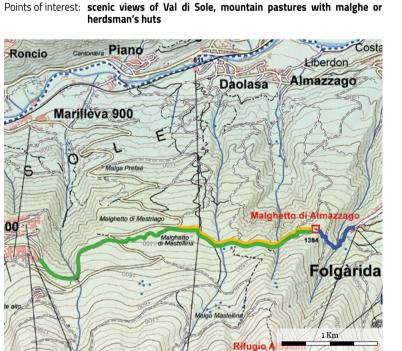


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You can also get to this malghetto by parking near Malghetto di Mestriago (mountain dairy) on the road to Marilleva 1400 (just a few minutes from the Daolasa intermediate station) ..

(a) ...or by starting from the second hairpin bend on the way down to Marilleva 1400.



LOCATION: **COMMEZZADURA**

PIANO - DEGGIANO

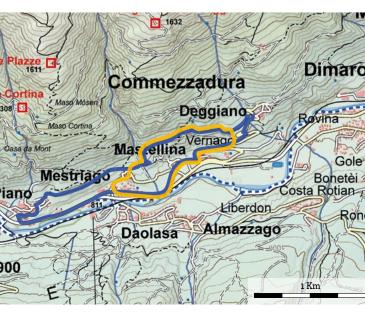
2 hours 15' NO



5 Starting from the car park in Piano, walk along Via del Capitel and then take Via dei Coai on the right until the fork that marks the start of the trail to Deggiano. This continues up to the upper part of Mestriago and then goes through the meadows and over the bridge crossing the stream. Pick up the trail that leads to Novaia, a particularly scenic point, and continue along the rough track until you come to the trail that, to the left, takes you up to Deggiano. Below the church, there is the start of a trail that goes through sunlit meadows to the village of Mastellina. From here you return to Piano, following the pedestrian pavement on the state road.

Starting from Mestriago, walking towards Novaia and back to Mastellina, you can Starting from Mestriago, waiking towards invokate and detect to mestalling, the have fun with the brand new treasure hunt on foot called "The Magical World of have fun with the brand new treasure hunt on foot called "The Magical World of have fun with an additional to the property of t Aulasa". Get your map at the Information Office in Mestriago and set out on your

Points of interest: scenic viewpoint in Novaia, church of Sant'Agata, adventure park, "Save Princess Aulasa" treasure hunt



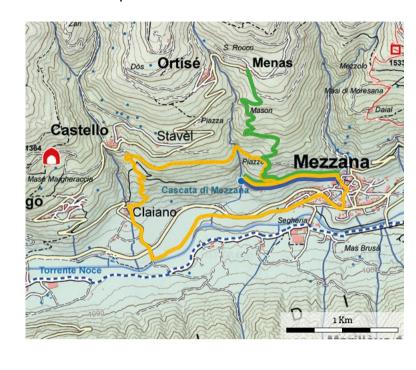
LOCATION: MEZZANA CASTELLO - MASON

The starting point is in Piazza Trento in Mezzana, with its parish churches dedicated to the Saints Peter and Paul and the Shrine of Our Lady of Caravaggio, and from here you walk along Via Maturi for about 150 m, crossing over the Rio Spona. Then you take the road on the right that leads to Piazza della Novalina, and from here on the left the "Plazöle" road and after 500 m you continue on the right until you finally come to the waterfall. Return along the same route.

You can also make this route longer. From the waterfall walk back to the uphill trail on the right leading to Piazze and here you have two options: you can either continue towards Castello until you come to Masi de Guil below the village. Then down an old trail that brings you first to Sassignana and then to Claiano. From here to the S.S. 42 state road, and the nearby underpass and then the forest road close to Pont de le Caore bridge and back along the little rough track to Mezzana. Or, you can head towards Menas, following the Mason road with its characteristic

dry-stone walls, proof of man's efforts to survive, and a rock with cup-shaped depressions chipped out using a hammer stone to represent the holiness of the stone and the mountain. 250 metres in altitude further up are the scenic green open meadows of Menas. Return along the same route.

Points of interest: Waterfall on Rio Valletta, Masi de Guil, the rock with cup-shaped depressions in Mason



LOCATION: MEZZANA

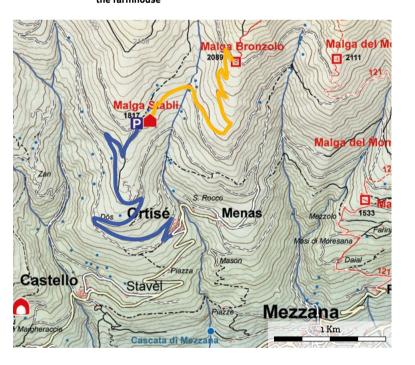
ORTISÉ - MALGA STABLI -MALGA BRONZOLO



This route is a natural terrace with generous views of Val di Sole, the Brenta Dolomites and Presanella and it starts in Ortisè, a characteristic little mountain town at 1,477 m asl. Leaving your car in the car park near the little church, take the road for Malga Stabli (mountain dairy, 1,814 m asl), which is suitable even for pushchairs or can even be driven up with no permission required. Return along the same route.

From Malga Stabli (mountain dairy), which serves food, continue towards Malga Bronzolo (mountain dairy): after Val del Molinac, the route takes you through a pine and larch wood and shortly after, a winding stretch through wonderful scenery to the large pastures around Malga Bronzolo (mountain dairy, 2,084 m asl) where you will see cows, goats and other animals grazing. From here trace your steps back to

Points of interest: pastures at Malga Bronzolo (mountain dairy), scenic viewpoints at



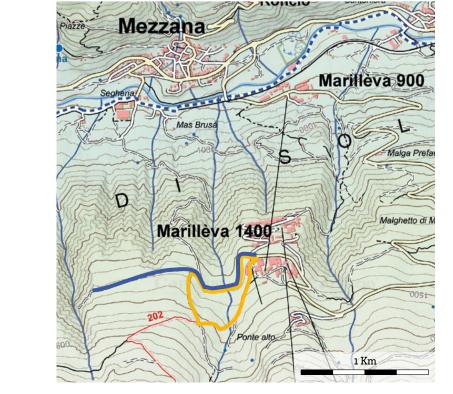
LOCATION: MEZZANA

ALBARE' MADONNA DELLE CIME



the route to the left of the hairpin bend. Go over the Ponte Basso (1,441 m asl) that crosses the Rio Lores and into a luxuriant pine wood that brings you to the shrine of the Madonnina delle Cime. Along the way there are several fixed benches and tables. Return along the same route. An option for the return journey is to go over Ponte Alto from where the trail crosses the path towards the Malghet Lakes. Then downhill to Residence Artuik and the

Points of interest: aerial park, shrine of the Madonnina delle Cime



LOCATION: PELLIZZANO

PELLIZZANO - CAPRIOLI LAKE -**1ALGA ALTA**

From the playground in the middle of Pellizzano village this route goes up to Lake Caprioli. The trail starts at the second hairpin bend on the tarmacked road that goes from Pellizzano to Fazzon and famous Lake Caprioli (1,321 m asl). After the wooden bridge over the Rio Fazzon, continue up through the woods following signs for the "Sentiero degli Gnomi" (Gnome Trail) and "Sentiero della Palù" and after about an hour, this will bring you to Fazzon and then the lake. Return along the same route.

The lake can also be reached by car from Pellizzano (you can leave your car at Malga Bassa car park.). From here you can take a nice half-hour walk around the lake, on a pushchair-friendly path.

From the paid car park, an hour's walk along SAT Trail 203 takes you to Malga Alta at 1,546 m asl. Follow signs for Baita Regina del Bosco just above the summer pasture and in about 30 minutes you will reach Lake Stablo, today almost entirely peat bog. The return journey takes you down through the woods below Malga Alta (mountain dairy) and when you come to the clearing follow signs southwards to Lake Caprioli

Points of interest: Lake Caprioli, Malga Bassa (mountain dairy) with Visitor Centre,



LOCATION: PELLIZZANO

CAPRIOLI LAKE -MONTE SALVAT - VALPIANA

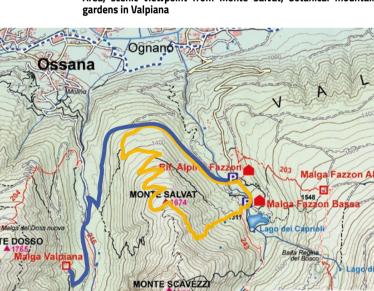
the same route.

Just before you reach Malga Bassa di Fazzon (mountain dairy 1,279 m asl), take the forest road on the right that, through the dense pine wood on the ridge of Monte Salvat that separates Valle di Fazzon from Valpiana, comes out into the green meadows of the Valpiana hollow (1,221 m asl). From here you can reach the

To reach Monte Salvat on the other hand, after Malga Bassa (mountain dairy), continue towards the lake until you come to the uphill trail on the right. This will take you up a further 400 metres in altitude to the top of the mountain, which offers wonderful views. You can then walk down the rough track that meets up with the one connecting Fazzon and Valpiana and back to your starting point in a loop. Before setting out, please contact the Information Offices in the valley to check feasibility.

mountain dairy of the same name in about 15 minutes (1,311 m asl). Return along

Points of interest: Malga Bassa (mountain dairy) with Visitor Centre, small Wildlife Area, scenic viewpoint from Monte Salvat, botanical mountain



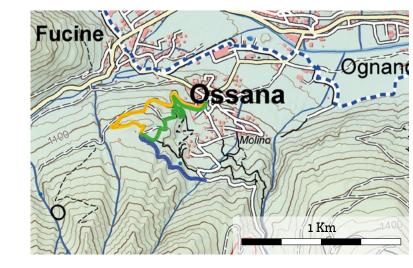


Three trails lead to Bosco Derniga, the hands-on nursery garden:

The "Sentiero dei Carbonai" (Charcoal Burners' Trail) leads off the road to Valpiana. A level route also suitable for MTB bikes and pushchairs. Return along the same route. The "Giardino dei Sensi" (Sensory Garden) starts in Piazza San Vigilio. This trail winds first through a meadow and then into a dense pine copse, ending up in a peat bog. Not suitable for bikes or pushchairs. Return along the same route.

The "Passeggiata nel Tempo" (Walk through the Time" e and flowers starts in Piazza San Vigilio. Visitors are guided by the 12 blooming flowerbeds along the forest path. A level route also suitable for bikes and pushchairs. Return along the same route. In July and August, many workshops and educational activities are organised at Bosco Derniga (the booking is required).

Points of interest: Bosco Derniga, biotope, flowerbeds



Backpack on and off we go!

Before you set out on an excursion in the mountains, remember to:

• get ready for your trip by checking the weather forecast, the route you will follow and the times for cable cars and ski or chairlifts, if you will be using them. If you have any doubts, contact our information

follow the directions you will find along the route, do not leave the path, which is usually marked with Stelvio Park or Adamello Brenta

signs, red and white SAT signs and brushstrokes of red and white paint on stones or trees; wear suitable clothing and footwear;

always put the following into your backpack: waterproof jacket, cap or hat and gloves for high-altitude excursions, sun cream, sunglasses, water and dried fruit or chocolate to munch on when you need to; the times given are indicative and may vary from person to person.
They all however refer to the round trip, out and back;

• don't hurry, look around you to absorb all the wellbeing that nature



Small gestures that make the difference!

It is possible to enjoy the mountains in a sustainable way, preserving the fragile equilibrium of their ecosystems and interacting in a positive way to safeguard the landscape and beautiful natural sights. How? • AVOID PLASTIC: Where possible, avoid using plastic bottles and take a

water bottle with you to fill at the many drinking fountains on the way

make food to take with you in recyclable containers and/or paper bags; • PREFER ALTERNATIVE MEANS OF TRANSPORT: If possible, reach your excursion starting point using public transport. If you have a Guest Card, you can use Trentino Trasporti free of charge. Check times in the

 BUY LOCAL PRODUCTS: For your picnics, buy local products: healthy, tasty and as genuine as mountain people;

"Find your Way" brochure or at www.ttesercizio.it;

• RESPECT THE ENVIRONMENT AROUND YOU: Respect the woods and their inhabitants; flowers and plants are often protected species, do not pick them; take your rubbish home with you and throw it in the right bin; shouting and noise disturbs the environment and annoys those nearby. Do you smoke? Take your cigarette ends and throw them into the residual waste bin (under normal conditions, a cigarette filter takes from 5 to 12 years to break down);

• TRUST THE EXPERTS: If you want to know more about the area you have decided to visit, ask our expert guides. They can give you that "extra something" that will make your holiday unique. Please contact local information offices for the programme





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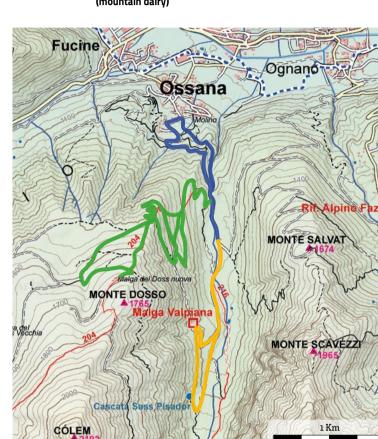


EASY WALKS AND HIKES



- This trail, called "Sentiero de la lec", starts close to the first hairpin bend on the road up from Valpiana. Following it through an enchanting luxuriant pine copse you reach the valley of the same name. Return along the same route or complete the loop by continuing along the forest road.
- Valpiana (1,221 m asl) can also be reached by car from Ossana. Continue along the Valpiana (1,221 m asi) can also be reactive by can from obstact. Conceyou get to Malga forest road through the wide valley, alongside the River Foce. Once you get to Malga Valpiana (mountain dairy, 1,311 m asi), continue along the trail for the "Sas Pisador" Waterfall and the nearby rock climbing wall. At the fork with the path for Bivacco "Jack Canali", keep to the left and make your way back to Valpiana, completing in this way an interesting circular route.
- In Valpiana there is also Malga del Dosso (mountain dairy), which can be reached by following Trail 204, starting on the right immediately after the shrine to Saint Anthony. From here you can enjoy splendid views on Val di Pejo. Return along an

Points of interest: River Foce di Valpiana, Shrine to Saint Anthony, "Sas Pisador" Waterfall, rock climbing wall, scenic viewpoint at Malga del Dosso



LOCATION: VAL DI PEIO

🚧 🕽 COGOLO - CHURCH OF S. LUCIA

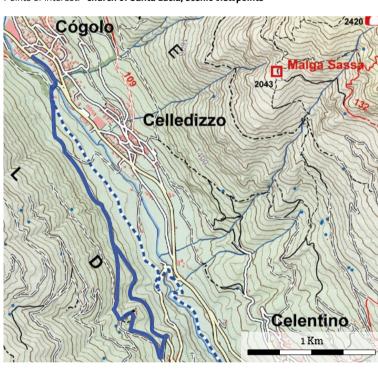
2 hours 30' NO



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Starting from the big car park near the bus stop in Cogolo (2,260 m asl), continue along the pavement on the SP 87 provincial road towards Celledizzo for about 50 metres, then take the pedestrian and cycle path on the right to Plaze. At this point, turn right along the trail that goes up through the wood to the romantic little church of Santa Lucia (1,300 m asl), isolated on a hill outside Comasine, an ancient hamlet once home to miners. From the church, an easy-to-spo trail goes down to the shrine and then continues on the left through the meadows and again on the left there is a country road that brings you back to Plaze.

Points of interest: church of Santa Lucia, scenic viewpoints



LOCATION: VAL DI PEIO

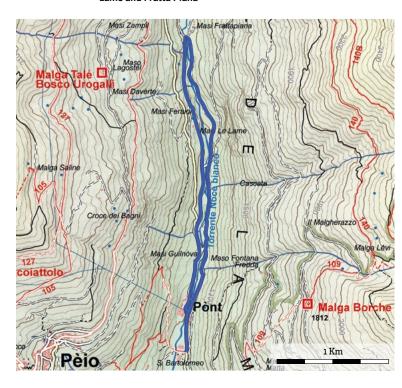






Starting from the car park near the little old church in Pegaia, which can be reached from Starting from the car park hear the little old choice in Fegure, share (mountain dairy) and continue Cogolo (1.5 km from the centre), take the road to Malga Mare (mountain dairy) and continue to the historic Pont hydroelectric plant (1,170 m asl). Then continue along the trail on the right that will bring you to the Fratta Plana masi or farmhouses. For the return journey, take the path down on the other side of the river, over the bridge not far from the farmhouses. Once you reach the bridge in Polveriera, stay on the left of the river and you will go past the Guilnova farmhouses and end up back in Pont. There are many typical farmhouses along this route, as well as panels with curious, curious explanations.

Points of interest: church of Pegaia, hydroelectric plant, farmhouses in Guilnova,



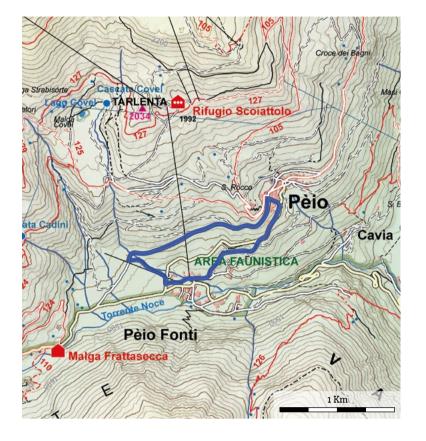
LOCATION: **VAL DI PEIO**

VILDLIFE AREA



rom Peio Fonti, walking along Via dei Cavai, you will come to a trail on the left that in 15 minutes takes you to the Wildlife Area. This characteristic zone hosts not only stags and, roe deers in semi-captivity, but also the Stelvio National Park visitor centre. You can visit the centre and then take a trail that runs around the Wildlife Area fence, in front of a farm and, then slightly uphill and down to the start of Peio Paese, where you cross the SP 87 provincial road, take an uphill road into the centre of the town. Here you can visit the Museo Pejo 1914-1918 - La Guerra sulla Porta war museum, next door to the parish church. This building also houses the last shared ownership cheese factory in Trentino. Leaving the factory yard behind you, continue along Via Punta San Matteo towards Casanove, Baita 3 Larici and back to Peio Fonti

Points of interest: Wildlife Area, "Museo Pejo 1914-1918 - La Guerra sulla Porta" war museum, "Caseificio Turnario" cheese factory



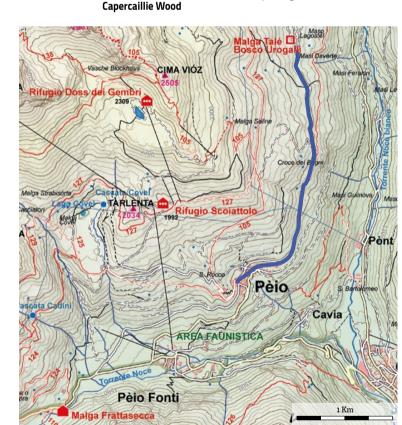
LOCATION: **VAL DI PEIO**

BOSCO DEGLI UROGALLI



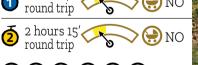
Starting from the car park in Peio Paese (1,584 m asl), walk up beside the shrine along the little road that leads to the town's playground; from here take the panoramic rough track that leads to the so-called Croce dei Bagni (1,680 m asl). At this point, after a short uphill stretch to the left, follow signs for Malga Tale (mountain dairy, 1,723 m asl), which you will reach in about 45 minutes. The mountain dairy has been turned into an educational and information centre by the Stelvio National Park, dedicated to grouse and called "Il Bosco degli Urogalli" (Capercaillie Wood). The route has recently seen the addition of various wooden installations and panels that explain different aspects of the lives of woodland birds and help visitors enjoy learning about their characteristics and habits thanks to birdwatching. Return along the same route.

Points of interest: "Museo Pejo 1914-1918 - La Guerra sulla Porta" war museum, "Caseificio Turnario" cheese factory, Malga Talé visitor centre -



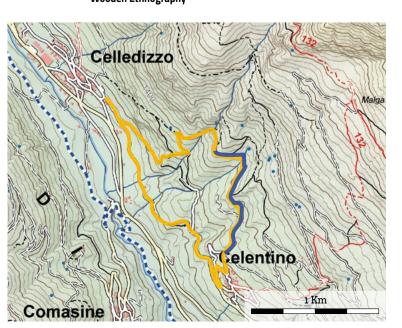
LOCATION: **VAL DI PEIO**

PIZ DEL PAI WATERFALL



- Above Celentino (1,342 m asl) take the road to Malga Campo (mountain dairy). The road is tarmacked for about 400 m and, just before it turns into a rough track, leave your car in the small car park. This is the starting point for a fairly steep little road, which after a short distance becomes easier and alternates apparently flat stretches with gentle rises. At the end of the rough track, you take a simple path through the wood that after 5-10 minutes brings you to the waterfall (1,535 m asl). This route is very pleasant, surrounded by meadows and woods and enjoys the best sunshine in the late morning and early afternoon. This trail is well signposted but has no drinking fountains so you must bring a bottle of water with you.
- Alternatively, there is a loop that starts in Celledizzo along the rough track to Celentino and after 300 m it forks to the left, following signs for Malga Sassa and Cascata Piz del Pai. From the waterfall, follow the trail to Celentino, then take the "Le Penagiole" little rough track on the right to Celledizzo.

Points of interest: Piz del Pai Waterfall, views of the Cevedale and Presanella mountain groups, former San Cesare mine, Drignana farmhouses, Museum of



LOCATION: **VAL DI PEIO**

LAKE COVEI



then return along the same route. You can also reach the lake from here, taking the cable car up to Tarlenta. Below the ski lift take Trail 127 and follow signs for "Cros dei Caciadori" and then take the steep left-hand fork downhill. After the little lake and the Rio Vioz waterfall, continue along the trail past a rock climbing wall. After about 20 metres of rough track uphill, take the Via dei Monti on the left, which after about 15 minutes meets up with Trail 127 and takes you back to Tarlenta, completing the loop.

route is pushchair-friendly from San Rocco to Malga Covel (mountain dairy), and

Points of interest: former Austro-Hungarian cemetery of San Rocco, waterfall, Lake



LOCATION: **VAL DI PEIO**

IFUGIO SCOIATTOLO - MALGA SALINE RIFUGIO DOSS DEI GEMBR

2 hours 15' PARTIALLY PARTIALLY

the Doss dei Cembri cable car.

From the top station of the Tarlenta cable car, go down the forest track on the left to the start of the Doss dei Cembri chairlift, keeping it on your left as you enter the wood. Follow signs for Malga Saline (mountain dairy), you pick up a very pleasant, slightly uphill trail and after about 30 minutes, the forest road that leads to the mountain dairy. Next to it, there is the start of SAT Trail 105 Rifugio Vioz "Mantova" (mountain refuge), a very steep but not particularly long route that takes you to Saroden, near Sass de le Strie. From here you can continue along the more difficult SAT Trail 105 towards the "Filon dei Omeni" until it meets Trail 139 and an uphill stretch that leads to the Rifugio Doss dei Gembri (mountain refuge) or follow the easier route, along the winding forest path with just a couple of uphill parts to the mountain refuge. To complete the loop, go to the splendid little artificial lake at Piani del Vioz with its unique views, just a short distance from the refuge. From the lake, continue along an easy trail that is initially fairly level and then goes downhill and

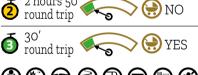
back to Rifugio Scoiattolo (mountain refuge) in Tarlenta. You can also return using

Points of interest: Rifugio Scoiattolo (mountain refuge), Malga Saline (mountain dairy), Rifugio Doss dei Gembri (mountain refuge)



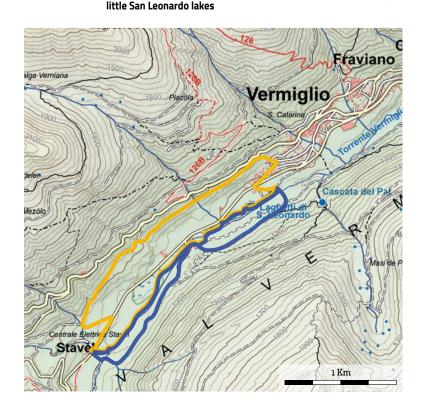
LOCATION: **VERMIGLIO**

SAN LEONARDO LAKES



- Starting from the little San Leonardo Lakes, where you can park your car, follow signs for Trail 15. An enjoyably cool walk that follows the River Vermigliana from Volpaia, passing close to the farmhouses in Stavel (pushchair-friendly to here and then turn back and retrace your steps or follow the tarmacked "Via dela Prada" road to the starting point). Here the loop turns left, after the bridge over the River Vermigliana, back towards Vermiglio along the rough track that rises steeply for a short stretch and then continues downhill until it levels out.
- For the complete loop, follow the provincial road for about 300 metres and then cross over. After a short but steep uphill stretch, the trail continues in a pine wood and goes past Le Ghiane farmhouses. From here you go through a broad-leaved wood, over a suspension bridge and come to Vermiglio in Via di Dossi, then back again to the little San Leonardo lakes.
- For those wanting a quiet pleasant half-hour walk, we recommend a trip around the lakes, three lovely artificial stretches of water, the happy home to playful ducks. There are various picnic areas here, a playground for little ones, a bar that sells sandwiches, a five-a-side football pitch and various pieces of trail park equipment for keen Bike Trail enthusiasts. Thanks to illumination, it is perfect for a romantic

Points of interest: typical alpine farmhouses, Coredol Biotope, suspension bridge,



LOCATION: VERMIGLIO

your steps for the return journey.

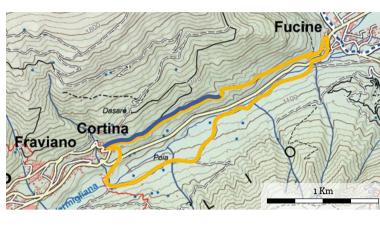
CORTINA - OSSANA 'ia delle Pendege 1 hour round trip YES 3 hours round trip NO

Park your car in Cortina where, just after the church of San Pietro (1,213 m), a hairpin bend marks the start of the "Via dele Pendege", which winds up the sunny slope through the meadows to the shrine of San Giorgio (1,070 m asl): from here you can

enjoy generous views of the upper Val di Sole through to the Tonale Pass. Retrace

If, on the other hand, you want to continue along the forest path, it takes about 30 minutes to reach Fucine-Ossana. You can return by retracing your steps or on the other side of the river, crossing the state road and following the course of the River Vermigliana along a forest road that, through the wood and gently rolling meadows, brings you back to Vermiglio (8.5 km in total).

Points of interest: Cortina Watermill, church of San Pietro, scenic viewpoint, Poia



LOCATION: **VERMIGLIO**



After Hotel Baita Velon (1,348 m asl), where you can park your car, take the little road signposted "Passeggiata delle Viscle" (Viscle Walk, 1,432 m asl) and follow the river to a picnic area by a cool stream. Turn right and, after crossing the bridge, turn left along the little road to reach the "pradi del Pecé" (with a pushchair continue along the rough track to Velon) and then up through the meadow to the mountain dairy of the same name (1,503 m asl). You can return on a forest road, keeping to the left bank of the river for a while, then crossing on a bridge on the right and completing the loop.

Points of interest: entrances to World War One tunnels, Malga Pecè (mountain dairy)



k(•) PRESENA GLACIER 1 hour 30' NO

LOCATION: PASSO TONALE

From Tonale Pass (1,883 m asl) take the Paradiso cable car up to Paradiso Pass where you can visit "Galleria Paradiso", a long cavern dug out of the granite that was used as a shelter by soldiers. Today it houses a multi-media display entitled "Sounds and voices from the Great War", an exhibition of war relics and brief reports on the living conditions and vicissitudes of soldiers at the glacier front. The audio installation that merges sounds and noises, fragmented and deadened, just as the soldiers hiding in the cavern would have heard them, is a very moving experience. Once you have visited the Galleria, take the road that goes from the top station of the cable car up to the Monumento alla Fratellanza memorial, erected to commemorate all the fallen in World War One. Then continue around Lake Monticello to the Capanna Presena mountain refuge (2,738 m asl), which has been

Points of interest: Galleria Paradiso, Monumento alla Fratellanza war memorial,

completely renovated. From here, take the Presena cable car up to Presena Pass at 3,000 m asl,

from where you can enjoy generous views of the surrounding peaks. Return along the same route.



LOCATION: PASSO TONALE

RASEGHE- TONALE BEACH



About 8 km above Vermiglio, leave the car in the car park at the picnic area on the left of the SS 42 state road, after the "Casa Cantoniera", the red building formerly used by road maintenance staff. The Tonale Pass is about 2 km away. Take the only trail here, which after a few meters is signposted "Raseghe" (1,750 m asl), a large grassy hollow with facilities for picnics and barbeques. Continuing along the rough track and taking the first trail on the right you will reach the so-called "Tonale Beach" (1,650 m asl), a sandy area formed by the erosive action of the river that flows from Alveo del Presena down through the hamlets and villages, forming small pretty bays of crystal clear water. Crossing several little bridges will bring you to the "Bait dei Cacciatori". Return along the same route.



1 hour 30' PARTIALLY

An easy-access trail that starts via the "Paradiso" motorhome service area at Tonale Pass (1,883 m asl). Once you get to the end of the "rhododendron trail" (pushchairfriendly to here and then retrace your steps), follow the rough track down to the purifier after the bridge over the River Vermigliana. At the purifier, cut through the meadows towards Tonale to the peat bog info point and again over little bridges to the last of the three towers. This zone has a wealth of micro environments that range from almost drylands to true miniature lakes, plus fast running and still water, with a complexity and wealth of decidedly unique vegetation.

'ONALE PEAT BOG BIOTOPE

Points of interest: peat bog info point, protected area

LOCATION: PASSO TONALE

itness Trail



LOCATION: PASSO TONALE





Leave your car in the car park at the Valbiolo chairlift (1,884 m asl) and take the tarmacked road on the right to the Ospizio San Bartolomeo or Hotel La Mirandola (1,971 m asl). To the left of the hotel, take SAT Trail 111 that goes up steadily to Malga Valbiolo (mountain dairy, 2,244 m asl), past the wonderful little new artificial lake. This scenic route winds through meadows filled with mountain plants and groundhog burrows. Close to the top station of the Valbiolo chairlift is the Groundhog Village, an educational play course with wooden toys and equipment of various kinds for kids to have fun with. This village can also be reached using the Valbiolo chairlift, open from the end of June to early September. You can return along the rough track that starts at Malga Valbiolo (mountain dairy).

Points of interest: points where you might spot groundhogs, little artificial lake, "Villaggio delle Marmotte" (Groundhog Village) playground, views of the Adamello Presanella mountain range



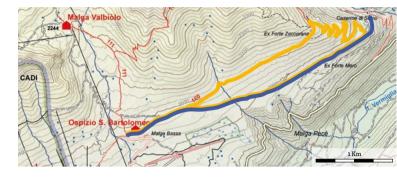
FORTE ZACCARANA

LOCALITÀ: PASSO TONALE

From the car park at the historic Ospizio San Bartolomeo (1971 m asl), continue on the rough track along the scenic Tonale high plateau, with its wealth of high altitude flora, until you reach Forte Mero (fort) at 1,840 m asl, the former Austro-Hungarian fortification built between 1911 and 1913. There is a picnic area here with tables and benches. From Forte Mero (fort), you can continue to the fork where, a little further on, there are the ruins of an Austro-Hungarian military village, at the time made up of a barracks, storehouses and a field hospital. This is Strino Barracks, recently recuperated and restored. There are picnic tables here. You can retrace your steps for the return journey.

To complete a loop, just before the Strino Barracks, take the rough track that goes up To complete a loop, just before the bullio barracks, take the room takes a wonderful large scenic point, to Forte Zaccarana (fort) at 2,096 m asl, which offers a wonderful large scenic point, and from here towards the Tonale Pass following the lovely SAT Trail 160 and then picking up the rough track again back to your starting point.

Points of interest: Forte Mero (fort), Strino Barracks, Forte Zaccarana (fort), scenic





and Val di Sole Guest Card) tarmacked road and/or rough track picnic area drinking fountain COLOUR DIFFICULTY OF UPHILL DIFFERENCE IN ALTITUDI <100 m 100-300 m

VERY DIFFICULT > 1100 m Impaginazione e realizzazione grafica: STUG Arte Grafica Fotografia - stug.it Stampa: Graffite Studio Malé Foto: Guide Alpine, Accompagnatori Media Montagna, J. Barba, T. Prugnola, Pillow Lab, L. Brentari, G. Podetti, T. Caffara, A. Vigarani, Visual Stories, M. Boglioni, T. Mochen, C. Pizzini, V. Veneri

DIFFICULT

300-600 m

600-1100 m

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