

ACTIVITY TRENTINO SUMMER 2024 PROGRAMME

FROM 17 JUNE TO 15 SEPTEMBER

MONDAY:

ANDALO - Trekking to the Paganella Caves and the Eagle Throne

Category: EASY TREKKING

Time: morning from 9:00

Departure and arrival: Telecabina 2001, Andalo

Itinerary length: variable based on the choice of itinerary

Difference in altitude: Excursion for everyone, modulated according to the abilities of the participants

Age: Adults and children from 6 years accustomed to walking

Lunch: in the refuge or packed

Activity cost: €5 per person

Extra costs: cable car ticket to Cima Paganella (round trip), possible lunch cost in the refuge

From the Paganella peak we will walk towards the Trono dell'Aquila, an extremely panoramic point and arrival point of the famous "Ferrata delle Aquile". We will cross a large cave and then arrive at the Canalone Battisti.

Through the botanical path, characterized by a multitude of native flowers and plants, we will reach a beautiful refuge, where we will stop for a lunch break, and then return to Andalo in the early afternoon.

ANDALO - Bike Kids: MTB skills in pista Pump Track

Category: CHILDREN'S ACTIVITIES

Time: afternoon from 2.15pm (from July) or 4.00pm (max 8 children per shift)

Meeting point: Pump Track - Andalo Life

Age: children from 6 to 12 years

Activity cost: €10 per child

Extra costs: Possible bike rental cost if you don't have one (€5) to be communicated at the time of registration

Educational activity for children carried out in a school camp on the pump track to learn all the basic riding techniques of a mountain bike. Through the teachings of a certified MTB instructor, children will learn correct position, balance, brake management, overcoming obstacles and safe driving rules.

Climbs and descents, parabolic curves and small jumps: fun is guaranteed!



TUESDAY:

MOLVENO - Trekking: tour of the Brenta Dolomites' refuges

Category: MEDIUM DIFFICULTY TREKKING

Time: morning from 9:00am

Departure and arrival: Molveno cable car

Itinerary length: approximately 12 km on mountain paths

Difference in altitude: 400m

Age: Adults and children aged 8 and over used to walking

Lunch: in the refuge or packed

Activity cost: €5 per person

Extra costs: Molveno Pradel cable car ticket (one way), possible cost of lunch in the refuge

Starting from the Pradel plateau, we will enter the wild nature that dominates Molveno in the Brenta Dolomites' heart. Admiring the magnificent panorama of Molveno Lake along the way, we will arrive at the Croz dell'Altissimo refuge, then continuing to the Selvata refuge, immersing ourselves in the Adamello Brenta Natural Park. We will then return to Molveno on foot in the afternoon.

ANDALO - Climbing Kids: little climbers

Category: CHILDREN'S ACTIVITIES

Time: afternoon from 3.00 pm

Meeting point: Climbing gym - Andalo Life

Age: children from 5 years

Activity cost: €5 per child (includes equipment and entrance to the area)

Followed by mountain guides, your children will be able to become familiar with ropes, harnesses, safety knots, carabiners and dissipators, to discover and experience what it feels like to climb mountains.

ANDALO - E-Bike Family Tour in Priori

Category: EASY E-BIKE TOUR

Time: afternoon from 3.00 pm

Departure and arrival: Andalo - Bear Bike Center in via Tenaglia, 16

Itinerary length: tour of approximately 10 km on asphalt and dirt roads and mountain paths

Age: Adults and children from 8 years

Activity cost: €10 per person

Extra costs: possible discounted e-bike rental (Adults €25 - Children €20)

Suitable e-bike tour for families with children 8+. We will go to discover Andalo surroundings, crossing Maso Toscana with its suggestive landscape. We will immerse ourselves in the woods from where we will be able to enjoy unprecedented views of the town. Let's discover the area with its vegetation, waterways and fauna. We take this opportunity to learn some tricks on off-road bike progression, thanks to the advice of our expert guides.



WEDNESDAY:

SAN LORENZO DORSINO - Natur Lab at the "Il Ritorno" farm

(only in July and August)

Category: ACTIVITIES FOR ADULTS AND CHILDREN

Time: morning from 10.00 am

Meeting point: Azienda Agricola "Il Ritorno" - San Lorenzo Dorsino

Age: Adults and children from 3 years

Lunch: Possibility of lunch at the farm

Activity cost: Adults €5 (guided tour and km0 juice) - Children €15 (educational workshop)

Extra costs: Any drinks or products that can be purchased from the farm

INCLUSIVE ACTIVITY: also open to people with disabilities

THE SOUL OF PLANTS

For adults: The elixir of life of medicinal plants, with Anita Ciccolini.

Walk among the medicinal plants to discover their virtues, the myths that represent them, their most archaic and archetypal part that since ancient times has accompanied men in the use of herbal products for their own care. At the end I juice at km0. Cost of the activity €5

For children: Wood's Elves: educational workshop.

Animated fairy tale and laboratory to create with nature and learn to look at it with curious eyes. Cost of the activity €15

Possibility to have lunch at the farm.

The fees will be paid directly on the farm.

MOLVENO - The wild south: crossing the Brenta

Category: CHALLENGING TREKKING

Time: all day from 7.30 am

Departure and arrival: Trentino Activity Office - Molveno Lake

Itinerary length: approximately 16 km on mountain paths, even exposed ones

Altitude difference: 1000 m.

Age: Adults and children from 14 years

Lunch: in a refuge or packed lunch

Activity cost: €10 per person

Extra costs: Cost of the "Jeep Taxi" transfer €30 from Molveno to the Rifugio Cacciatore and from the Rifugio Croz dell'Altissimo to Molveno, possible cost of lunch in the refuge

The excursion is activated with a minimum of 3 members



Challenging excursion of approximately 16 km with 1000 m. of altitude difference on mountain paths in the southern and wildest part of the Brenta Dolomites. Suitable for trained people used to walking in the mountains even on exposed paths (children from 14). Transfer with Taxi Jeep service from Molveno to Rifugio Cacciatore (1800 m) in Val d'Ambiez. Departure of the excursion, arrival at Rifugio Pedrotti (2500 m) and stop for lunch. We then continue to Rifugio Croz dell'Altissimo (1500 m) and return with Taxi Jeep transfer to Molveno. Along the way we will cross wonderful and solitary landscapes of wild nature, we will admire the high peaks of the Brenta group and magnificent panoramas.

ANDALO - E-bike expert tour: Between Brenta Dolomites and Lakes Valley

Category: CHALLENGING E-BIKE TOUR

Time: morning from 9am

Departure and arrival: Andalo - Bear Bike Center in via Tenaglia, 16

Itinerary length: Ride of variable length from approximately 45km to 60km

Age: Adults and children from 14 years

Activity cost: 10 € per person

Extra costs: possible discounted e-bike rental (€40)

We start from our rental to head to Paganella where our tour will begin. Based on customer requests we evaluate the use of the cable car for the first stretch of the road or we cycle the entire tour. Length variable from 45km to 60km.

The tour is divided between Paganella, Mount Gazza, Margone, Ranzo, Nembia and Molveno. A complete tour of the area among a multitude of landscapes to discover all the corners of the Paganella plateau and incredible views of the Valle dei Laghi.

THURSDAY:

ANDALO - Ridge and Cima Canfedin, among marmots and edelweiss

Category: MEDIUM DIFFICULTY TREKKING

Time: morning from 9.00am

Departure and arrival: Activity Trentino Office, Via Paganella 3a - Andalo

Itinerary length: approximately 16 km on mountain paths

Difference in altitude: 300/400 m.

Age: Adults and children from 6 years old used to walking

Lunch: in a refuge or packed lunch

Activity cost: €5 per person

Extra costs: cable car ticket (round trip), possible cost of lunch in the refuge

Ring trekking with 300/400 meters of difference in altitude and 12 km of distance, also suitable for families with children aged 6 and over who are used to walking. We will start from the Activity office in Andalo, we will head to the Laghet-Gaggia cable car square and with the cable car we will reach the Prati di Gaggia.



From Prati di Gaggia we will take a 4-seater chairlift with a dome, which will take us to the Paganella 2 ski slope from where we will set off on the Val delle Mughe path, up to the San Giacomo pass. We will reach the Rifugio Bait del Germano crossing wonderful mountain meadows, habitat of the marmot in a bloom of edelweiss, negritelle and other multitudes of alpine flowers, with a superb 360° view over the whole Trentino: in front the Brenta Dolomites and the Garda Lake to the south. We will return from the San Giovanni pass, crossing pristine woods.

MOLVENO - E-bike tour of the Molveno and Nembia lakes

Category: EASY E-BIKE TOUR

Time: morning from 9.00

Departure and arrival: Activity Trentino Office/Rental Bear Bike Center - Lake Molveno

Itinerary length: tour of approximately 20 km on asphalt and dirt roads and mountain paths

Difference in altitude: minimum

Age: Adults and children aged 14 and over

Activity cost: €10 per person

Extra costs: possible discounted e-bike rental (€25)

INCLUSIVE ACTIVITY: also open to people with disabilities

Circular tour with departure and arrival in Molveno. We will cycle along the Rio Massò's banks to continue towards the old sawmill. We will cycle on the western shore of Molveno Lake and make a coffee stop in the panoramic Rifugio "Fortini di Napoleone". We will continue in the direction of Nembia Lake, a WWF Oasis, a pearl of rare beauty, less known than its "big brother" Molveno Lake, but perhaps even more characteristic. We will return following the eastern shore of Molveno Lake. A ride with our instructors in a breathtaking environment, during the route we will give accurate information relating to the area and the lakes we will visit.

FRIDAY:

ANDALO - Via Ferrata experience: the adrenaline-filled Ferrata delle Aquile

Category: CHALLENGING VIA FERRATA

Time: morning from 8.30am

Departure and arrival: Activity Trentino Office, Via Paganella 3a - Andalo

Itinerary length: equipped via ferrata on a 1.5 km circular route

Age: Adults and children from 14 years

Activity cost: €70 per person (includes via ferrata kit: helmet, harness and dissipation set)

Extra costs: cable car ticket to Cima Paganella (round trip), possible cost of lunch in the refuge



Via ferrata dedicated to the bravest and most determined. It develops on a circular route of 1.5 km with a total duration of approximately 2 hours. Good physical fitness and absolute absence of dizziness and fear of emptiness are required. Minimum via ferrata experience required. We will meet at the Activity office in Andalo where, thanks to the cable car and a short approach on foot, we will reach the start of the via ferrata. From there this adrenaline-filled experience will begin, suspended in the void, between exposed traverses, Tibetan bridges and spiral stairs with unparalleled views of the Adige Valley and beyond. The expert Alpine Guide will be able to give us advice on the adrenaline-filled world of via ferratas.

MEZZOCORONA - Sky Walk and Suspension Bridge: excursion to Mezzocorona Mount

Category: EASY TREKKING

Time: morning from 8.30am

Departure and arrival: Activity Trentino Office, Via Paganella 3a - Andalo

Difference in altitude: minimum

Age: for all

Activity cost: €5 per person

Extra costs: Cable car ticket (round trip). FREE if you have the "TRENTINO GUEST CARD".

Easy excursion also suitable for families.

From the meeting point we will travel by our own cars to the town of Mezzocorona, then we will take the cable car to reach Mezzocorona Mount. This excursion is perfect for lovers of breathtaking views and adrenaline seekers. The walk on the suggestive Sky Walk, a suspended glass walkway located at 650 meters, and the crossing of the 120 meter long Suspension Bridge, will allow you to admire from above all the beauty of the Piana Rotaliana, known for its vineyards and its castles, and the mountains that surround it.

SAN LORENZO DORSINO - Aperi-climbing: inclusive climbing school

Category: CLIMBING

Time: afternoon from 3.30pm

Departure and arrival: "Promeghin" Sports Center car parking - San Lorenzo Dorsino

Age: Adults and children from 10 years

Activity cost: €10 per person (includes equipment)

Extra costs: aperitif and drinks

INCLUSIVE ACTIVITY: also open to people with disabilities

We will reach the famous "Falesia Dimenticata" (Forgotten Cliff), one of the best natural cliffs with a characteristic rock, via a beautiful walk in the surroundings of San Lorenzo Dorsino. At the crag, the expert alpine guides will introduce us to the world of climbing by teaching us the climbing's basics and giving us valuable advice. After practice, relax! Let's enjoy a well-deserved aperitif together in a place surrounded by nature.



SATURDAY:

MOLVENO - Trekking expert: Croz dell'Altissimo Peak

Category: CHALLENGING TREKKING

Time: all day from 8.30 am

Departure and arrival: Molveno cable car

Itinerary length: approximately 10 km on mountain paths

Difference in altitude: 1000 m.

Age: Adults and children from 14 years old

Lunch: packed

Activity cost: €10 per person

Extra costs: Molveno-Montanara cable car ticket (round trip) and packed lunch

The excursion involves approximately 1000 meters of altitude difference on steep mountain paths. We will take the cable car from Molveno to the Montanara refuge. From here we will take the path that will take us into the Brenta Dolomites' heart from which we will be able to enjoy a splendid view of Molveno Lake and the mountain range above. After Having climbed a last stretch of easy rocks, we will find ourselves at the summit cross (2400 m) from where we can admire the landscape while eating a good sandwich. Ideal for those who want to undertake the climb to a peak in the Brenta Dolomites without the use of ropes and carabiners.

ANDALO - E-bike experience: Andalo - Fai della Paganella - Monte Fausior

Category: MEDIUM DIFFICULTY E-BIKE TOUR

Time: morning from 9.00 am

Departure and arrival: Andalo - Bear Bike Center in via Tenaglia, 16

Itinerary length: Tour of approximately 25 km

Altitude difference: 900 m.

Age: Adults and children from 14 years

Activity cost: €10 per person

Extra costs: possible discounted e-bike rental (€40)

We will go to discover the surroundings of Andalo, crossing Maso Toscana with its suggestive landscape. We will immerse ourselves in the woods until we reach the Fai della Paganella area. Then we will climb along paths and dirt roads until we reach the Croce di Fai, on Monte Fausior. From this point we could enjoy a wonderful panoramic view over the town of Fai della Paganella up to the city of Trento. We will also discover the area with its vegetation, waterways and fauna. We take this opportunity to learn some tricks on off-road bike progression, thanks to the advice of our expert guides.

