

ACTIVITY TRENTO SUMMER

12th June – 11th September

Guided trekking with mountain leaders and alpine guides

MONDAY

ANDALO, FAMILY WALK: FAUNA, FLORA AND GEOLOGY OF THE DOLOMITES

10am – 1pm

Meeting point: climbing wall, Andalo Life Park

Price: 5€

Suitable for family, kids older than 5 years old

Explore with an easy walk the woods around Andalo, while learning peculiar notions about plants and animals that live in the area.

ANDALO, PAGANELLA EASY TREKKING

9am – 3.30pm

Meeting point: Andalo, Paganella 2001 cablecar station

Price: 5€ + cable car ticket

Length: 10km, 400m of ascent (for those who wants there is the possibility to choose an easier course)

Suitable for people used to walking, kids older than 8 years old

From Doss Pelà we walk up to Paganella Peak (2124m) through a panoramic trail, or we get to the top via cablecar, from there we reach the “Eagles Throne”, a breathtaking viewpoint. Then we follow the botanic trail, which will lead us to a refuge, where we are going to have lunch.

MOLVENO, THE WATER ROUTE

9.30am – 12am

Meeting point: Molveno, Chalet Activity

Price: 5€ + 25€ e-bike rental

Length: 20km

Suitable for adults and kids older than 14 years old.

Enjoy the beautiful scenery of Molveno Lake and Nembia Lake while riding an e-bike guided by an mtb instructor.

TUESDAY

ANDALO – MOLVENO, FROM THE TOWN TO THE LAKE

10am – 1.30pm

Meeting point: Andalo, Paganella 2001 cablecar station

Price: 5€ + cablecar ticket

Length: 4km, 500m of descent

Suitable for people used to walking, kids older than 8 years old

The trekking starts in Andalo, but ends in Molveno, so we suggest using public transports to get back to Andalo.

From Andalo we take the cablecar to Prati di Gaggia, from where we start our panoramic trekking that will lead us to Molveno Lake.

SAN LORENZO IN BANALE, PRADA VIEWPOINT

9am – 12.30am

Meeting point: “Piazza della Chiesa”, San Lorenzo in Banale

Price: 5€

Length: 300m of ascent

Suitable for people used to walking, kids older than 8 years old

Get into the Brenta Dolomites with this unusual trekking that will show us some different viewpoint on Molveno Lake and Paganella. We will go through a beautiful meadow where many animals and flowers live.

MOLVENO, EXPERT TREKKING – THE SOUTHERN WILD SIDE OF THE BRENTA DOLOMITES

7am – 5pm

Meeting point: Molveno, Chalet Activity

Price: 10€ + 30€ for the jeep transfer

Length: 16km 1000m of ascent

Suitable for adults and kids older than 14 used to trekking.

After the transfer from Molveno to Cacciatore refuge (1800m) we start our trekking, that will get us into the wilderness of the Ambiez Valley. Our destination is Pedrotti refuge (2500m), where you can enjoy a typical meal or eat your packed lunch while admiring one of the best scenery of the whole Dolomites.

WEDNESDAY

MOLVENO – ANDALO, FAMILY WALK FROM PRADEL TO ANDALO

10am – 1.30pm

Meeting point: Molveno, cablecar station
Price: 5€ + cablecar ticket
Suitable for family: kids older than 5 years old

The trekking starts in Molveno, but ends in Andalo, so we suggest using public transport to get to Molveno.

From Pradel we walk to Malga Tovre, where we are going to meet all the animals that live at the mountain pasture and we are going to have the opportunity to taste all the amazing typical products such as milk, cheese and yogurt. From there we walk down through the forest and reach Andalo.

ANDALO, EASY TREKKING TO MALGA FAI

9am – 3pm
Meeting point: Paganella 2001 cablecar station
Price: 5€ + cablecar ticket
Length: 10km, 100m of ascent
Suitable for people used to walking, kids older than 8 years old.

From Albi de Mez (1800m) we walk to Dosso Larici refuge, where we can enjoy a coffee break and then we get to Malga di Fai on a nice trail with a stunning view on Adige Valley.

ANDALO, FAMILY TREKKING - STAR HUNTER INTO THE WOODS AT NIGHT

9.30pm – 11pm
Meeting point: climbing wall, Andalo Life Park
Price: 5€
Length: 3km
Suitable for everyone, kids older than 5 years old

Easy trekking into the darkness, a nice opportunity to use all our senses, especially the hearing, to capture the sounds of nocturnal animals.

THURSDAY

SAN LORENZO IN BANALE, “IL RITORNO” FARM

10am – 11am
Meeting point: “il Ritorno” farm, San Lorenzo in Banale
Price: 5€
Suitable for everyone, small children on the stroller

Visit to the biodinamic local farm “Il Ritorno” and laboratory with aromatic plants. San Lorenzo Dorsino village is member of the club “The best Italian rural villages”. For those who want there is the possibility to have a brunch at the farm.

MOLVENO – EASY TREKKING AT CROZ DELL’ALTISSIMO REFUGE

9am – 3.30pm

Meeting point: Molveno, cablecar station

Price: 5€ + cablecar ticket

Length: 10km wjth 400m of ascent

Suitable for people used to walking on mountain terrains, kids older than 8 years old.

Get in the heart of the Brenta Dolomites walking through one of the most scenic trail you have ever seen.

ANDALO – EBIKE EXPERIENCE

10am – 1pm

Meeting point: Andalo, Dolomiti di Brenta Bear Bike Center, via Tenaglia 16

Price: 5€ + 25€ e-bike rental

Suitable for adults, kids older than 14 years old

With the guidance of expert mtb instructors learn how to ride a bike on different terrains while riding for 20km around Andalo

FRIDAY

MOLVENO – FAMILY WALK: NAPOLEON HORN AND FORTINI REFUGE

10am – 1pm

Meeting point: Molveno, chalet Activity Trentino

Price: 5€

Suitable for everyone, kids older than 5 years old

We walk near the Massò River to the small but beautiful waterfalls at the foot of the Dolomites, then we reach Napoleone horn and the Fortini refuge walking through a beechwood from where we are going to enjoy the view on Molveno lake.

SAN LORENZO IN BANALE, YOGA AND CLIMB AT THE FORGOTTEN WALL

9.30am – 1pm

Meeting point: San Lorenzo in Banale, Promeghin

Price: 10€

Suitable for everyone, kids older than 8 years old.

Try a new sport in one of the best spot for climbing of the whole region. The yoga instructor will teach you breathing exercise while relaxing on a beautiful area surrounded by nature.

ANDALO, CLIMBING FOR KIDS

3.30pm – 5pm

Meeting point: Andalo, climbing wall Andalo Life Park

Price: 5€

Suitable for kids only, older than 5 years old

Learn how to use rope, harness and all the climbing gear necessary in the mountains and move your first steps on the wall.

ANDALO, PANORAMIC TREKKING IN CANFEDIN

9am – 3.30pm

Meeting point: Andalo, Prati di Gaggia cablecar (Laghet)

Price: 5€ + cablecar ticket

Length: 12km, 400m of ascent

Suitable for people used to walking, kids older than 8 years old.

From Prati di Gaggia, we walk through alpine meadows, the ideal habitat for marmots and edelweiss and get to Bait del Germano, where we could eat a typical meal while enjoying the view on Garda Lake.

SATURDAY

MOLVENO, NORDIC WALKING EXPERIENCE

9.30am – 11am or 11.15am – 12.45am

Meeting point: Molveno, Chalet Activity

Price: 5€

Suitable for everyone, kids older than 8 years old

Learn the right technique of Nordic walking, a sport that trains the whole body and improves your posture and your coordination.

ANDALO, EXPERT TREKKING – BRENTA CROSSING TO TOVEL LAKE

7am – 5pm

Meeting point: Andalo climbing wall, Andalo Life Park

Price: 10€ + 30€ jeep transfer to Malga Dagnola and from Tovel back to Andalo

Length: 115km, 800m of ascent

Suitable for people used to trekking, kids older than 14 years old

Our trekking starts in Malga Dagnola, where we follow a panoramic trail that will lead us to Malga Spora where we can have a coffee/cake break before walking up to Gaiarda pass. The view from Gaiarda is simply amazing and it only gets better when we reach Tovel Lake.

VAL DI SOLE, FAMILY WILD EXPERIENCE. RAFTING

Schedule free to decide from the participants (other days available), call the Activity Trentino office (0461 585353) for booking

Meeting point: Rafting center WILD Caldes or Dimaro

Price: 35€

Spend a day doing something adventurous: try the rafting experience in Val di Sole with the WILD team. After the rafting there is the possibility to go for a mtb ride or try paintball

EXTRA ACTIVITIES

20% discount for Activity Hotel hosts, booking and info 00461585353 Activity Trentino office

CLIMBING:

- via ferrata Rio Sallagoni
- via ferrata delle Aquile
- via ferrata Burrone Giovanelli
- via ferrata delle Bocchette (Brenta Dolomites)
- climbing course
- canyoning

TREKKING:

- geotrekking Val d'Ambiez (fossils cemetery)
- 5 lake tour, Madonna di Campiglio
- Vallesinella waterfalls, Madonna di Campiglio
- Saent waterfalls, Val di Rabbi

MTB:

- mtb enduro experience, Paganella bike park
- e-mtb, Canfedin, Ranzo and Molveno Lake tour
- e-mtb, Tovel Lake tour

LONG-LASTING BAD WEATHER ACTIVITIES:

- winery tour in Mezzocorona
- Stenico Castle visit
- Caproni aviation museum visit
- MUSE natural museum visit
- Francesco Moser winery and bicycle museum visit

