

ACTIVITY PROGRAMME TRENINO PARTICIPATING HOTELS ACTIVITY

SUMMER 2023

active from 12 June to 10 September

FAMILY HIKES: Suitable for families with children. Educational hikes to get to know the territory with minimum altitude difference.

EASY OR MEDIUM DIFFICULT TREKKING: Suitable for hikers and families with children who are used to walking. Maximum altitude difference of 400 metres.

BIKE OR E-BIKE TREKKING: Suitable for those with minimal experience of riding MTBs on dirt roads. Age of participants required from 14 years.

EXPERT TREKKING IN THE DOLOMITES: Altitude difference over 800 m. Suitable for experienced hikers used to walking in the mountains.

EXTRA PAID ACTIVITIES: Outdoor experiences in the surroundings of our area. Rafting - Canyoning - Sailing on Lake Garda - Golf in Val Rendena - Trekking in Campiglio or Val di Sole.

MONDAY

ANDALO - Trekking to the Paganella Caves and Eagle's Throne.

Timetable: morning from 9:00 a.m.

Departure and arrival: Telecabina 2001, Andalo

Costs: gondola ticket - Paganella peak.

Height difference: Excursion for all, modulated according to participants' abilities.

Children from 6 years of age used to walking. - Lunch at the refuge or packed lunch.

We will give participants the choice between an easy hike or a more demanding one. The assigned guides will follow two different routes and then meet at the same refuge for lunch. In both cases, by different routes, we will walk towards the Eagle's Throne, an extremely scenic point and the finish of the famous 'Ferrata delle Aquile'. Through the botanical path, characterised by a multitude of flowers and plants, we will reach a beautiful refuge, where we will stop for lunch, and then return in the early afternoon. early afternoon.

ANDALO - Pump Track - Bike Kids Experience

Timetable: first round h. 14:15* second round h. 16:00

Meeting point: Pump Track Andalo. Andalo Park area near the riding school.

Costs: 10€ to be paid by the participant + 5€ for bike hire.

For children aged 6 to 12 years. Max 8 children per round.

The Pump Track is an artificial track for learning the technique of riding a bike in different situations. Climbs and descents, parabolic curves and small jumps. Followed by competent instructors fun will be guaranteed.

*The 2:15 p.m. shift will be activated from July onwards

TUESDAY

MOLVENO - Easy trekking to Rifugio Croz dell'Altissimo.

Timetable: morning from 9:00

Departure and arrival: Molveno cable car

Costs: round trip ticket Molveno Pradel gondola.

Height difference: 150mt. Excursion of approx. 6 km on mountain paths.

Children from 6 years of age used to walking. - Lunch at the refuge or packed lunch.

Suitable for active families.

In the heart of the Brenta Dolomites, beneath its most majestic walls, where the history of heroic mountaineering was born. We reach the Pradel and Croz dell'Altissimo refuges (mt 1500). We return from the same path in late morning.

MOLVENO - Trekking Expert: Around the Refuges of the Brenta Dolomites

Timetable: morning from 8:30 am

Departure and arrival: Molveno cable car

Costs: one way ticket Molveno Pradel gondola.

Height difference: 400mt. Excursion of approx. 12 km on mountain paths, also exposed.

Children from 8 years of age used to walking. - Lunch at the refuge or packed lunch.

Suitable for people moderately fit and used to walking in the mountains, even on exposed trails.

In the heart of the Brenta Dolomites, beneath its most majestic walls, where the history of heroic mountaineering was born. We reach the Montanara and Croz dell'Altissimo refuges (mt 1500) and the Selvata refuge (mt 1630), then descend to the Malga di Andalo and arrive at Molveno. Lunch and break at the refuge, we return in the early afternoon.

ANDALO: E-Bike Tour: Discovering Selvapiana

Timetable: morning, from 10:00 a.m.

Start and arrival: Bear Bike Center, via Tenaglia, 16 - Andalo.

Costs: 10€ to be paid by the participant + 25€ eventual e-bike rental

Adults and children aged 14 and over. Ride of approx. 20 km.

E-bike tour suitable for families. Let's discover the surroundings of Andalo, immersed in the woods from where we can enjoy unprecedented views of the village. We discover the Selvapiana area, with its vegetation, waterways and fauna. We take the opportunity to learn some tricks on off-road biking, thanks to the advice of expert guides.

VAL DI SOLE: Family Wild Experience - Rafting in Val di Sole. (EXTRA)

Timetable: various times available

Meeting point: Caldes or Dimaro (Val di Sole depending on availability)

Cost: 39€ per person

Suitable for the whole family with children aged 6 and over **BOOKING AT THE ACTIVITY OFFICE IN VIA PAGANELLA 3a IN ANDALO**

WEDNESDAY

SAN LORENZO DORSINO - The soul of plants, the elixir of life of medicinal plants

Every Wednesday from 28 June to 30 August

Timetable: mornings from 10 a.m.

Appointment: Azienda Agricola Il Ritorno San Lorenzo Dorsino.

Cost: 5€ adults 13€ children

Activities for adults and educational workshop for children

For children Educational workshop to create with nature and learn to look at it with curious eyes. For adults Walk among medicinal plants to discover their virtues, myths and most archaic and archetypal side. At the end, km0 juice

MOLVENO - Trekking Expert: Cima Croz dell'Altissimo

Timetable: all day from 8:30 a.m.

Departure and arrival: Molveno cable car

Costs: lifts from Molveno to the Montanara refuge.

Height difference: 1000 mt. You arrive at an altitude of 2400 mt.

Adults and children aged 14 years and over used to walking in the mountains. Packed lunch.

ANDALO: E-Bike Expert Andalo: Between the Brenta Dolomites and the Valle dei Laghi 40 km or 60 km

Timetable: morning, from 9:00 a.m.

Start and finish: Bear Bike Center in via Tenaglia,16 in Andalo.

Costs: 10 € to be paid by the participant + 40 € for eventual bike and bike rental

Adults and children aged 14 years and over. Approx. 40 km ride.

We set off from our rental to head to Paganella, where our tour will begin. Depending on customer requests, we assess the use of the cable car for the first section or we pedal the entire tour. Length varies from 45km to 60km.

CAVEDAGO - Canyoning Experience: Rio Briz or Rio Ambiez (EXTRA)

Timetable: morning, from 9:00 am

Start and finish: Cavedago, church of San Lorenzo

Cost: 80€ per person minimum number of 3 participants required

Adults and children aged 12 and over

BOOKING AT THE ACTIVITY OFFICE IN VIA PAGANELLA 3a IN ANDALO

THURSDAY

ANDALO - Trekking on the Canfedin ridge - among marmots and edelweiss.

Timetable: from 9:00 a.m.

Departure and arrival: Trentino Andalo Activity Office via Paganella 3a.

Costs: return lift ticket.

Height difference: 300 mt. - Loop tour - Excursion about 12 km.

Children from 6 years of age used to walking. - Lunch at the refuge or packed lunch.

From Prati di Gaggia we will set off on a loop hike in a typically alpine environment, and then return in the early afternoon.

MOLVENO: E-Bike Tour of the Molveno and Nembia Lakes.

Timetable: morning, from 10:00

Start and arrival: Chalet Activity Trentino, Molveno

Costs: 10€ to be paid by the participant + 25€ eventual e-bike rental

Adults and children aged 14 years and over. Easy ride of approx. 20km.

We will set off from the Activity Trentino centre for an easy ride along the forest roads that skirt the lakes of Molveno and Nembia. We will make stops at the most scenic and beautiful spots to take photographs and in the places we will find for refreshments.

VAL RENDENA: Golf Club Rendena. Let's discover the game of Golf with a Federal Master.

Modalities: see below in the extra paid programme.

PRIVATE TREKKING IN THE MOUNTAINS: Guided treks in the mountains in the Dolomites of Brenta Dolomites or in Adamello.

Mode: see below in the extra paid programme.

FRIDAY

MOLVENO - Trekking Expert: The Wild South, crossing the Brenta Dolomites

Timetable: all day from 7.00 a.m.

Departure and arrival: Chalet Activity Trentino, Molveno

Costs: transfer by Taxi Jeep.

Height difference: 1000 mt. Challenging hike of around 16 km in length. You arrive at an altitude of 2500 mt.

Adults and children aged 14 years and over who are used to walking in the mountains.
Lunch at the refuge.

Transfer from Molveno to Rifugio Cacciatore (mt.1800), in Val d'Ambiez and for the return from Rifugio Croz dell'Altissimo (mt. 1500) to Molveno with the Taxi Jeep service. A wild excursion to enter the heart of the Brenta Dolomites, from Val d'Ambiez to Molveno through wonderful and solitary landscapes. An excursion not to be missed for true trekking lovers. Suitable for people who are trained and used to walking in the mountains even on exposed paths.

ANDALO: Via Ferrata Experience. The adrenaline-pumping Ferrata delle Aquile

Time: 8.30 a.m. at the Activity Trentino office

Meeting point: Activity Trentino office via Paganella 3a.

Costs: 70€ per person + lift.

Via ferrata dedicated to the most courageous and determined. A fair amount of mountain experience and the ability to move safely in an exposed environment without suffering from vertigo are required. Limited availability. Introductory briefing with the mountain guide or in our office is necessary before registering for the activity. Max. 4 people per guide.

ANDALO: Little climbers - Kids climb Experience

Timetable: afternoon 15:30 - 17:00

Meeting place: climbing gym in Andalo, at the Andalo Park

Cost: 5€ to be paid by the participant for entrance fee and climbing gym equipment.

Activity for children aged 5 and over.

Accompanied by mountain guides, we become familiar with ropes, harnesses, safety knots, carabiners and heli-sinks, to discover and experience what it's like to climb mountains.

MOLVENO: E-Bike Experience: Malga di Andalo and tour of the lakes of Molveno and Nembia. 30 km. For experienced cyclists.

Time: morning, from 9:30 a.m.

Start and finish: Chalet Activity on the lakeside of Molveno, after the bridge over the Rio Massò.

Costs: 10€ to be paid by the participant + eventual discounted e-bike rental.

Adults and children aged 14 and over. Pedalling approx. 30 km.

After skirting Lake Molveno as far as the Fortini di Napoleone (Napoleon's forts), the route climbs along a forest road to reach the spectacular Malga di Andalo, between the Brenta Dolomites and Lake Molveno, a little-visited place that offers breathtaking views. Continue along the path and forest road around the lakes of Molveno, among the most beautiful in Italy, and Nembia, a WWF oasis. Unforgettable views and glimpses.

SAN LORENZO DORSINO: Prada - the Sledding Road between tales of mountain life and breathtaking views

Timetable: 9:30 - 14:00 approx.

Meeting place: Piazza della Chiesa di San Lorenzo and transfer by car to the Alpenrose Refuge

Costs: € 15 per participant including lunch at the refuge, excluding drinks

Children from 8 years of age used to walking

Height difference: 400 m length 6 km

We walk at a slow pace along the ancient sleigh route, used by the people of San Lorenzo Dorsino to transport the best mountain grass to the valley to be used in winter to feed cows, goats and sheep.

We reach Prada, the flowering terrace at the foot of the Brenta Dolomites with a magnificent view of Lake Molveno. On the way back we stop for lunch at the Alpenrose Refuge, where Claudio, Maria Elena and Pola are waiting for us to enjoy the genuine flavours of the local cuisine.

PRIVATE TREKKING IN THE MOUNTAIN: Guided mountain treks in the Brenta Dolomites or Adamello. Transport included with guide's vehicle.

Modalities: see below in the extra paid programme.

SATURDAY

MOLVENO: Trekking Expert - Rif. Montanara - Dagnola Pass - Malga Spora

Timetable: full day from 8:00 a.m.

Departure and arrival: Molveno cable car and arrival in Andalo.

Costs: lifts

Height difference: 800 mt. Excursion about 12 km long. Reaching an altitude of 2300 mt.

Adults and children from 14 years of age used to walking in the mountains.

We ascend to an altitude of 1500 metres by ski lift to the Montanara refuge. From there, we walk towards the slopes of Piz Galin, the majestic mountain overlooking Andalo, to cross the Dagnola pass. We descend down a steep gully in a typically alpine environment to reach the picturesque Malga Spora. After lunch, we return towards Andalo, along a wild path that will give us wonderful views.

ANDALO - Enduro Expert Paganella - MTB Masterclass

Timetable: morning, from 9:00 a.m.

Start and finish: Bear Bike Center in via Paganella 3a in Andalo.

Costs: 20€ to be paid by the participant + 40€ eventual enduro-bike rental.

Adults and children aged 14 years and over. Groups with a limited number of participants.

Downhill technique improvement course for adults and children. Depending on the level and interests of the participants, various technical aspects will be explored in depth, such as exercises to improve basic position, cornering, tips for refining jumping technique, increasing speed on flow trails, always choosing the best line and dealing with even the most treacherous terrain (stones, roots, wet etc.). This is a specific downhill course held entirely in the Bike Park. Participation requires a fair starting level (good riding skills on the MTB on various types of terrain and excellent braking management)

Find out all the details of the programme and book on our website:



EXTRA PROGRAMME

!!! For availability and further information please contact our Activity Trentino offices in Andalo or Molveno

RIVA DEL GARDA: Sailing & canoeing experience - excursions by e-Bike.

When: Wednesdays. Other days on request.

Time: morning or afternoon, at the participants' choice and to be booked in advance.

Meeting point: Riva del Garda viale Rovereto, 44 - Hotel du Lac - Sailing du Lac

Costs: from € 40, depending on the experience. Transfer on your own.

Children from 6 years of age.

Followed by our partner professional skippers and instructors, you will have the opportunity to take a private sailing or catamaran cruise on Lake Garda. Or visit the waterfall of the Ponale gorge by canoe, take a windsurfing course or ride along the famous panoramic and overhanging road on Lake Ponale, the film set of a 007 movie in MTB.

VAL RENDENA: Golf Club Rendena. Let's discover the game of Golf with a Federal Master.

When: Thursdays. Other days on request.

Timetable: Wednesday afternoons from 14:30 onwards. Other days on request.

Meeting point: Golf Club Rendena - loc. Ischia di Bocenago.

Costs: from € 60, depending on the experience desired and the number of participants.

Transfer on your own. Equipment and entrance to the course included.

Transfer in Val Rendena on your own.

Followed by a Federal Master you will be introduced to the practice of this beautiful sport or, if you already play it, you will have the opportunity to refine your technique on an 18-hole course, one of the best in Trentino.

PRIVATE TREKKING IN THE MOUNTAIN: Guided treks in the mountains around Madonna di Campiglio or in the Adamello Brenta Park.

When: Thursday and Friday.

Time: Departure h. 8:00 - full day

Meeting point: Activity Office Andalo or Molveno according to needs

Costs: 70€ to be paid by the participant, transfert included minimum 4 participants max 7.

Extra costs for any ski lifts, lunches in mountain huts. The trip also starts with fewer people covering the 280€ fee

Itinerary height difference and difficulty: in accordance with the needs of applicants.

Wonderful hikes-trekking in the mountains and forests of the Adamello-Brenta Park, with superb views and breathtaking panoramas of the valleys below. The treks are planned directly with the guide, who will propose the best solution based on the participants' preparation and needs. Our proposals:

- The Vallesinella waterfalls at Madonna di Campiglio. Easy.
- The Saent waterfalls in Val di Rabbi. Easy
- The tour of the refuges at Madonna di Campiglio. Medium difficulty.
- The tour of the five lakes in Madonna di Campiglio. Medium difficulty.
- Trail of the glare, the ephemeral lakes and tour of Lake Tovel. Medium difficulty.
- Cima Vioz in the Stelvio National Park. Mt. 3645. Difficult.

DISCOVER ALL THE TREKS ON OUR WEBSITE:



THE MOST BEAUTIFUL VIE FERRATE IN THE DOLOMITES AND VALLE DEI LAGHI

A complete programme of vie ferrate for those in search of adrenalin and verticality that develop between the Adige Valley and the Valle dei Laghi, passing through the Paganella and the Dolomites of Brenta.

Some proposals:

- Via Ferrata delle Aquile (Paganella)
- Via Ferrata Castiglioni (Brenta Dolomites)
- Via Ferrata Rio Sallagoni (Valle dei Laghi)
- Via Ferrata di Cima Capi (Lake Garda)
- Via Ferrata Rio Secco (Adige Valley)

Via Ferrata delle Bocchette (central, high or integral -> Central + High)
Challenging route over several days **(on request)**

DISCOVER THE ENTIRE VIA FERRATA PROGRAMME ON OUR WEBSITE:

