LOCATION TERZOLAS - CALDES



2 h round trip 2 h round trip MEDIUM-EASY EASY NO NO NO

Setting out from Palazzo Torraccia in Terzolas village, follow Valley Trail 7 signs towards Samoclevo 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 and turn left again at the first crossroad. 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.

2 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 little train back to Terzolas.

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



LOCATION MALÉ



1 3 h 45' round trip **2** 1 h 30' round trip MEDIUM-EAS NO NO NO

The path starts from the centre of Malé and it goes through the "il



2 h 30' round trip 2 l h 30' round trip MEDIUM-EASY MEDIUM-EASY NO NO

A NO

From the "Plan" car park in Rabbi Fonti (1252 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 pushchairfriendly 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 them. 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.

Points of interest: Venetian sawmill, suspension bridge, drinking fountain with water rich in iron





1 3 h round trip 2 4 h round trip MEDIUM NO NO NO

From the car park in front of the San Bernardo information office 1098 m asl) follow the signs for the Kneipp Course; (paid admission), which marks the start of the cultural route called "Sentiero Rio Valorz", a loop of about 2 km where you will come across works by a local artist in woven wood that depict the valley's woodland animals. Valorz car park, you can tak 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, masi Valorz, Valorz waterfalls, panoramic views of San Bernardo and the upper part of Val di Rabbi



LOCATION DIMARO - FOLGARIDA

1 h round trip A YES

> An itinerary in Monclassico and 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 can park your car. In July and August, guided tours of the sundials are organised.

Points of interest: Sundials, Biolago lake, dark room





1 h 45' round trip 2 1 h 20' round trip MEDIUM-EASY EASY

A YES A YES This route starts from the old Venetian Sawmill at the far end of

Dimaro, on the road 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. Here you can visit the ruins of a small industrial district and an ancient waterpowered tilt hammer that has been restored, and finally you will come near to the hydroelectric power station in the municipality of Dimaro Folgarida. From here, you can take the same route back to Dimaro through the magnificent Val Meledrio.

2 Alternatively, near the tilt hammer you can cross the footbridge over the River Meledrio and pick up trail 5 (Franz Joseph's crown). This is an easy loop that follows the Lec. the old irrigation channel built to bring water from River Meledrio to the hamlets to water their farmed lands. The route then reaches the Gnoca locality, where there is a little park. From here, you go down to the church in Carciato and then it's an easy walk back to Dimaro on the pavement.

Points of interest: Venetian Sawmill, Ecomuseum Val Meledrio la Via degli Imperatori, old forge and lime kiln, hydroelectric plant

LOCATION DIMARO FOLGARIDA - COMMEZZADURA - MEZZANA I OCATIO



1 3 h 30' round trip 2 3 h round trip 3 2 h round trip MEDIUM-EASY MEDIUM-EASY MEDIUM-EASY A PARTIALLY A PARTIALLY la NO

From the Belvedere square in Folgarida (1,300 m asl), take the cable car up to well-known Malghet Aut (1,860 m asl). Here you pick up an easy rough track that in about an hour will bring you to Rifugio Solander-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 (2180 m asl). From here, a further 40 minutes' walk along SAT Trai 201 takes you finally to beautiful Lake Malghette (1889 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.

2 The starting point for this walk is Malga Panciana (mountain dairy), at the top of the Copai-Malga Panciana cable car (1882 m asl), where you pick up the medium-difficulty 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 (2045 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 dairv) in 2 hours.

3 Drive to the Malga di Dimaro (1,670 m asl) and beyond it pick up SAT trail 265 that, after about an hour's walk, will bring you first to Malga Vigo and then to Lake Malghette. Retrace your steps for the return journey

Points of interest: scenic views of the Brenta Dolomites, 'Sentiero dei Pastori" (Shepherds' Trail), Lake Malahette



LOCATION DIMARO FOLGARIDA - COMMEZZADURA - MEZZANA



LOCATION PELLIZZANO



Ognano

MONTE SALVAT

MONTE SCAVEZZI

LOCATION PELLIZZANO

_AKE CAPRIOLI -

MONTE SALVAT - VALPIANA

1 45' round trip 2 3 h round trip 3 2 h 45' round trip NO NO NO

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.

MEZZANA

NO

You can also make this route longer. From the waterfall walk back to the uphill trail on the right leading to loc. Plaze 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.

3 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



D

Marillèva 1400

PELLIZZANO - LAKE **CAPRIOLI - MALGA ALTA**

1 3 h 30' round trip **2** 30' round trip **3** 2 h 30' round trip MEDIUM-EASY > YES NO NO la NO

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 (1321 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. 2 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
- Tel. 327 8512910 half-hour walk around the lake, on a pushchair-friendly path. info@experiencevaldisole.com 3 Starting from the paid car park, pick up SAT trail 203 and an hour's www.experiencevaldisole.com walk will bring you to Malga Alta (1,546 m asl). From here in about 30 minutes vou will reach first the Regina del Bosco cabin and then, in about 45 minutes, Lake Stablo, today practically a peat bog. Malga **GUIDE ALPINE VAL DI SOLE** Alta (mountain dairy) and when you come to the clearing follow Tel. 0463 903160 - 347 7457328 signs southwards to Lake Caprioli (Lake Fazzon). info@guidealpinevaldisole.it

On Wednesdays in July, from 9.15 a.m. to 5.15 p.m., there is a oneway uphill direction between Pellizzano and Loc. di Fazzon. It is possible to descend by car at these times via the road connecting with Valpiana. The Greenbus service operates on these days.

MOUNTAIN LEADER Points of interest: Lake Caprioli, Malga Bassa (mountain dairy) with INTERNATIONAL Visitor Centre, small Wildlife Area Attilio Brusaferri Tel. 335 445376



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nahetto" 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. Once back in Plazze, continue through the pine wood, passing the Plaucesa picnic area, until you come to Gnoca park next to the characteristic little hamlet of Carciato. Then you can either retrace your steps or follow the pedestrian and cycle path back to your starting point. 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.

2 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: footbridge over the River Noce, adventure park, Venetian Sawmill in Malé, MMape Bee Museum, Alder wood. Trail of the Planets in Malé.



MALÉ - VAL DI RABBI I OCATIO



1 2 h 20' round trip 2 2 h round trip MEDIUM-EASV MEDIUM-EASY NO ANO

From Malé, just after the Museum of the Val di Sole Civilization. close to the characteristic stone arch on the road leading out of town towards Trento, go up and left along the S.P. 141 provincial road towards Bolentina and Montes, until you get to 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.

2 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 Rabbiés, 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 the Val di Sole Civilization, Molino Ruatti watermill. Marinelli forge





6 CASCATE DI SAÈNT

3 h round trip MEDIUM

NO

2131

The route starts in the car park in Cóler (1,380 m asl), about 3 km after the village of Piazzola. it is possible to reach Malga Stablasolo (mountain dairy, 1539 m asl). Following a forest road, once over the pridge 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 1750 m asl). Where the path meets SAT Trail 106, the way goes down to Malga Stablet (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 Còler car park.

Points of interest: Saènt waterfalls, Stablét Visitor Centre

1386





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

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



2 h 30' round trip 2 3 h 30' round trip MEDIUM-EASY MEDIUM A YES ANO

> Just before you reach Malga Bassa di Fazzon (mountain dairy 1279 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, which comes out into the green meadows of the Valpiana hollow (1221 m asl). From here you can reach the mountain dairy of the same name in about 15 minutes (1311 m asl). Return along the same route.

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.

⚠ On Wednesdays in July, from 9.15 a.m. to 5.15 p.m., there is a one-way uphill direction between Pellizzano and Loc. di Fazzon. It is possible to descend by car at these times via the road connecting with Valpiana. The Greenbus service operates on these days.

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





1 25' round trip 2 45' round trip 3 45' round trip MEDIUM-EASY EASY MEDIUM-EASY A YES ANO A YES

Three trails lead to Bosco Derniga, the hands-on nursery garden: The Sentiero dei Portini (pack basket path) leads off the road to Valpiana. A level route also suitable for MTB bikes and pushchairs. Return along the same route.

2 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 e nei fiori" (A walk through time and flowers) starts in Piazza San Vigilio and leads to Bosco Derniga thorugh a dirt road. A level route also suitable for bikes and pushchairs. Past the last houses of the village, you can take the path for loc. Belvedere, from which you can enjoy a beautiful view of Fucine and Val di Peio.

Fucine

Points of interest: Bosco Derniga with workshops and educational activities organised in July and August (reservation required), biotope,

Ognano

Tel. 0463 901280 - info@vis

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WALK EASY WALKS AND HIKES



OSSANA I OCATIO



1) h 30' round trip 🔼 1 h 30' round trip 🚺 3 h 30' MEDIUM-EASY MEDIUM A PARTIALLY A NO la NO

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.

2 Valpiana (1221 m asl) can also be reached by car from Ossana. Continue along the forest road through the wide valley, alongside the River Foce. Once you get to Malga Valpiana (mountain dairy, 1311 m asl), 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.

3 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 easy rough track.

On Wednesdays in July, from 10 a.m. to 5.15 p.m., there is a oneway downhill from Valpiana to Ossana. It is possible to drive up with an own car at these times via the road to Lago dei Caprioli. The Greenbus service operates on these days.

On Wednesdays in August, from 10:00 a.m. to 6:15 p.m., the road will be closed to vehicular traffic. It will only be possible to go up to Valpiana with

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

20 COGOLO **CHURCH OF S. LUCIA**



2 h 30' round trip



Casanove, Baita 3 Larici and back to Peio Fonti in a loop.

AFAUNISTICA

LOCATION VAL DI PEIO

MEDIUM-EASY

Pèio Fonti

LOCATION VAL DI PEIO

MEDIUM-EASY

NO

A YES

A PARTIALLY





Rèio

Cavia

3 h round trip 2 2 h 30' round trip MEDIUM-EASY A PARTIALLY NO NO

LOCATION VAL DI PEIO

25

EIO PAESE -

.AKE COVEL

From 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. From Peio Paese (1584 m asl), a steep tarmacked road near the church leads up to the characteristic hillock of San Rocco. From This characteristic zone hosts not only stags and, roe deers in semihere, pick up the easy-to-spot forest road, with typical farmhouses visible below the road. After crossing the winter ski slope, take the captivity, but also the Stelvio National Park visitor centre. You can visit the centre and then take a trail that runs around the Wildlife narrow mule track near an old farmhouse on the right. This easy route that avoids the meadows soon brings you to a climbing wall Area fence, in front of a farm and, then slightly uphill and down to and after that the small Còvel waterfall. After crossing a tiny wooden the start of Peio Paese, where you cross the SP 87 provincial road. bridge, you will come to the biotope and to Malga Covel (mountain take an uphill road into the centre of the town. Here you can visit dairy) at 1856 m asl (1 hour 45 minutes). For the return journey, go the Museo Pejo 1914-1918 - La Guerra sulla Porta war museum, next door to the parish church. This building also houses the last past the mountain dairy and then the picnic area, around the fields shared ownership cheese factory in Trentino. Leaving the factory through the clearing in the larch copse and then continue along the yard behind you, continue along Via Punta San Matteo towards SAT 125 trail, an easy-to-spot rough track, leaving the marshlands to your left, together with a few lovely farmhouses. After a small hillock you will come back to the ski slope. After this you will reach the forest Points of interest: Wildlife Area, "Museo Pejo 1914-1918 - La Guerra sulla road vou walked up on the outward journey. This route is pushchair-Porta" war museum, "Caseificio Turnario" cheese friendly from San Rocco to Malga Covel (mountain dairy), and then

return along the same route. 2 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.

Points of interest: former Austro-Hungarian cemetery of San Rocco, waterfall, Lake Covel, Pejo Kinderland in loc. Tarlenta



2 h 15' round trip MEDIUM-EASY

From the top station of the Tarlenta cable car, go down the forest





1 h round trip 2 3 h **MEDIUM-EASY** EASY > YES A YES

Park your car in Cortina where, just after the church of San Pietro (1213 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 (1070 m asl): from here you can enjoy generous views of the upper Val di Sole to the Tonale Pass. Retrace your steps for the return iourney.

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, masi Poia

Fucine Dasaré Cortina

LOCATION VERMIGLIO

BAITA VELON - MALGA PECÉ e Viscle" Wa



2 h 15' round trip MEDIUM-EASY

After Hotel Baita Velon (1348 m asl), where you can park your car, take the little road signposted "Passeggiata delle Viscle" (1432 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 (1503 m asl). You can return on a forest road, keeping to the left the bank of the river for a while, then crossing a bridge on the right and completing the loop.

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



LOCATION PASSO TONALE



1 h 15' round trip MEDIUM-EASY NO

From Tonale Pass (1883 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 hosts 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 (2738 m asl), which has been completely renovated. From here, take the Presena cable car up to Presena Pass at 3000 m asl, from where you can enjoy generous views of the surrounding peaks. Return along the same route.

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





EASY

NO

Passo

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" (1750 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" (1650 m asl), a sandy area formed by the erosive action of the river that flows from Alveo del Presena down through the hamlets

LOCATION PASSO TONALE

TONALE PEAT BOG



1 h 30' round trip EASY A PARTIALLY

An easy-access trail that starts via the "Paradiso" motorhome service area at Tonale Pass (1883 m asl). Once you get to the end of the "sentiero dei rododendri" (rhododendron trail) (pushchair-friendly 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 unique vegetation. Points of interest: peat bog info point, protected area



MEDIUM

NO Leave your car in the car park at the Valbiolo chairlift (1884 m asl) and take the tarmacked road on the right to the Ospizio San Bartolomeo or Hotel La Mirandola (1971 m asl). To the left of the hotel, take SAT Trail 111 that goes up steadily to Malga Valbiolo (mountain dairy, 2244 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 there is the Villaggio delle Marmotte (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.

Points of interest: possible sightings of groundhogs, little artificial lake, "Villaggio delle Marmotte" (Groundhog Village) playground, views of the Adamello Presanella mountain range







MEDIUM-EASY MEDIUM NO NO

From the car park at the historic Ospizio San Bartolomeo (1971 m asl) take the dirt road towards Vermiglio. At the bend 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 1840 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 the Strino Barracks. There are picnic tables here. You can retrace your steps for the return journey.

2 To complete a loop, just before the Strino Barracks, take the rough track that goes up to Forte Zaccarana (fort) at 2096 m asl, where you can enjoy 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 viewpoint









A NO

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), and 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 Mantova al Jlarly long route that takes you t

Starting from the car park in Peio Paese (1584 m asl), walk up beside the shrine along the little road that leads to the town's playaround: from here take the panoramic rough track that leads to the so-called Croce dei Bagni (1680 m asl). At this point you follow signs for Malga Talé (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

habits thanks to birdwatching. Return along the same route. You can return along an alternative route. Retrace your steps for about 200 metres, then turn left at the first crossroads following signs for the "Masi di Zampil". The forest road will take you slightly downhill to the small picturesque group of farmhouses at Zampil At the last farmhouse, follow the signs for Torbi along a narrow path through the fields which then takes you into a wood. You will pass a loz), a very steep bu









1 h 30' round trip

IONTICELLO DI MEZZO







Starting from the big car park near the bus stop in Cogolo (1160 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 loc. Le Plaze. At this point, turn right along the trail that goes up through the wood to the romantic little church of Santa Lucia (1300 m asl), isolated on a hill outside Comasine, an ancient hamlet once home to miners. From the church, an easy-tospot 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 loc. Plaze.

Points of interest: church of Santa Lucia, scenic viewpoints



LOCATION VAL DI PEIO



2 h 30' round trip EASY A YES

This tour through the masi (mountain lodges) starts from the car park near the little old church in Pegaia, which can be reached from Cogolo (1.5 km from the centre), then take the road to Malga Mare (mountain dairy) and continue to the historic Pont hydroelectric plant (1170 m asl). Continue along the trail on the right that will bring you to the Fratta Plana masi. For the return journey, take the path down on the other side of the river, over the bridge not far from the farmhouses. Once vou reach the bridge in Polveriera, stay on the left of the river and you will go past the Guilnova masi and end up back in Pont. There are many typical masi along this route, as well as panels with interesting explanations.

Points of interest: church of Pegaia, hydroelectric plant, masi in Guilnova, Lame and Fratta Plana



former manger for deer as you follow the trail until you come to an easy-to-spot downhill path that then joins the forest road from Torbi. Here you turn right towards Peio until you get back to the Croce dei Bagni from where you continue along the same forest road you walked on your outward journey.

birds and help visitors enjoy learning about their characteristics and

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

Pèio

PIZ DEL PAI WATERFALL

MEDIUM-EASY

Above Celentino (1342 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 (1535 m asl). This route is very pleasant, surrounded

by meadows and woods and enjoys the best sunshine in the late

Wooden Ethnography

LOCATION VAL DI PEIO

1 h 15' round trip 2 h 15' round trip

NO

MEDIUM-EASY

on the right to Celledizzo.

Celledizzo

la NO

it meets Trail 139 and an uphill stretch that leads to the Doss dei Gembri restaurant or follow the easier route, along the winding forest path with just a couple of uphill parts to the restaurant. 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 Doss dei Gembri. From the lake, continue along an easy trail that is initially fairly level and then goes downhill and back to Lo Scoiattolo restaurant in loc. Tarlenta. You can also return using the Doss dei



Saroden, near Sass de le Strie. From here you can continue along

the more difficult SAT Trail 105 towards the "Filon dei Omeni" unti







1 2 h 15' round trip 2 2 h 50' round trip 3 30' round trip MEDIUM-EASY MEDIUM-EASY EASY A PARTIALLY NO NO A YES

- 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 ittle San Leonardo lakes.
- morning and early afternoon. This trail is well signposted but has **3** For those wanting a quiet pleasant half-hour walk, we recommend no drinking fountains so you must bring a bottle of water with you. a trip around the lakes, three lovely artificial stretches of water, the Alternatively, there is a loop that starts in Celledizzo along the rough happy home to playful ducks. There are various picnic areas here, track to Celentino and after 300 m it forks to the left, following signs a playground for little ones, a bar that sells sandwiches, a five-aside football pitch and various pieces of trail park equipment for for Malga Sassa and Cascata Piz del Pai. From the waterfall, follow the trail to Celentino, then take the "Le Penagiole" little rough track keen Bike Trail enthusiasts. Thanks to illumination, it is perfect for a romantic night-time walk.

Points of interest: typical alpine lodges, Coredol Biotope, suspension Points of interest: Piz del Pai Waterfall, views of the Cevedale and Presanella mountain groups, former San Cesare mine, masi of Drignana, Museum of oridge, little San Leonardo lakes





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. Points of interest: Tonale Beach, scenic viewpoints on Busazza and the Presena Glacier





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