



Summer emotions

Your holiday on Lake Garda and in the Dolomites





Dolomites, a monumental wealth

Experience the World Heritage

The Dolomites, a Unesco World Heritage Site, were born from the sea, which more than 200 million years ago covered the region. Geological and geomorphological natural compositions of extraordinary

importance, they mesmerise visitors because of their grandiose vertically dropping slopes and scenic beauty, but also for their iridescent colours and changing contrasts. Seeing them at sunset is a charming and remarkable spectacle. It's the time when the rocky walls, due to their peculiar composition of calcium carbonate and magnesium, stain pink,



sparkling the phenomenon known as the “Enrosadira” (Alpenglow).

The stage of superb climbing feats, the peaks of Trentino are ideal for sports or relaxing holidays, between walks, climbs and excursions with mountain bikes. To the West are the Brenta Dolomites and the Adamello glacier, the largest in the Alps, and to the East the Dolomiti di Fassa,



Latemar, the Pale di San Martino and the Marmolada, which with its 3,342 metres is the Queen of the Dolomites, the highest peak in the group.

visittrentino.info/tourist-areas





Nature reflected in 300 blue eyes

Waters for sports, relaxation and regeneration

Clear waters that reflect a wide variety of environments, rich colours to get lost in walking on the shore, diving into them in the search for refreshment or to challenge the wind. The 300 Lakes of Trentino that for the

most part lie 1500 metres a.s.l., with a clear glacial origin, are a large and complex fresco, gems with green and blue hues at the foot of the peaks, forbidden to motorised boats. The one that stands out the most is Lake Garda, where sailing and windsurfing are at home, as well as major international sailing events, thanks to the Ora and Pelèr winds. Not far away is Lake Ledro, whose waters



have preserved a dwelling site dating from the bronze age, while on the Paganella plateau, the Brenta Dolomites are mirrored in the green waters of Lake Molveno. If the Lakes of Caldonazzo and Levico are the very symbol of summer in Valsugana, in the heart of Valle dei Laghi, the body of water of Toblino with its castle and its reed beds, a chest of biodiversity, remains the most photographed and depicted of all the lakes of Trentino. Tumultuous water, like that of the Noce River, to ride aboard canoes,



rafts and hydro-speeds, waters where you can fish in the traditional way or “no kill” in the best spots selected by the project “Trentino Fishing”, respecting the balance of a prized array of fish species, including marble trout and Arctic char. Waters that are also rich in curative properties, that flow from the depths of rock and in which you can immerse yourself in one of the eight spas of Trentino, adding the benefits of the mountain climate to refresh and tone the body.







The mountain: a pantry of well-being

Walk and ride your bicycle to get into shape

Trentino, full of trails, itineraries and cycling paths suitable for all needs, is the ideal place to engage in healthy activities surrounded by nature. Riding a bicycle with friends or with the whole family on

the cycling paths of Trentino becomes a unique experience that combines wellbeing with the discovery of a territory that never ceases to surprise. The trail network extends for 440 km, along every valley, and is served by 19 bicycle grills, by a timely system of signs integrated by the transport service “Bicibus”, but there are also large circuits dedicated to mountain



biking, such as the “Dolomiti Brenta Bike”, 160 kilometres in the Adamello-Brenta Nature Park, the “Mountain Bike” that reaches as far as Lake Garda, the “Dolomiti Lagorai Bike” through the Lagorai chain and the “Cento Chilometri dei Forti” on the Cimbri Highlands.

DoGa is a new cycling itinerary that starts from Malè in Val di Sole and after 110 km reaches Riva del Garda along secondary



roads and little-traveled forest roads. From 0 to 3000 m you can walk on a trail system of over 5000 km towards peaks, dairy huts and 146 mountain huts, with trekking excursions in several stages that are quite spectacular, such as the “Dolomiti Brenta Trek”, in the two versions “experts” and “country”, the “Dolomiti Panorama Trek” with three separate routes, the “Palaronda Trek” in the Pale di San



Martino Trek, the Trek-King in the Fassa Dolomites, and the Latemar Trek, where you can walk face to face with nature, woods, rocks, glaciers and thrills that are new each time. From the Cevedale Group to the Marmolada, 520 km of the “Sentiero della Pace” (“Trail of Peace”) unfold along the front line and through the Great War theatres in Trentino, crossing military roads, passageways and trenches, and touching

fortifications, tunnels, sites high up in the mountains and museums. A grand route of memory to reflect and meditate. Experiences to be enjoyed also thanks to the project “Let’s Dolomites” promoted by the Alpine guides of Trentino.

visittrentino.info/mountains



The taste of excellence

Delicious food and wine for you to enjoy

Are you looking for unique flavours and fragrances? Then you have come to the right place, because Trentino is the ideal destination for a food and wine holiday. Leading on a discovery of the local food are

the Roads of Wine and Flavours. Among the major excellences in the bottle are Trentodoc, Marzemino, Teroldego, Nosiola, Vin Santo, Müller Thurgau and Grappa Trentina. Or the prized extra virgin olive oil Dop (Protected Designation of Origin) of Garda Trentino and the famous Dop Apples of Val di Non. When it comes to dairy production, the key products are



Trentingrana, Sprezza delle Giudicarie, Vezzena, Puzzone di Moena and Casolèt, while in terms of freshwater fish, we have the IGP rainbow trout and the Arctic char. The cold meats include Lucanica trentina, Ciuiiga del Banale, Carne Salada and Mortandela della Val di Non, while among the vegetables are the organic products of Val di Gresta and the asparagus of

Zambana. Excellencies that are easily recognisable thanks to the Quality Brand Trentino. The symbol of a philosophy that is respectful of human health and the environment, it attests to the origin, full traceability and correspondence to high quality standards of the products.

visittrentino.info/food



Relax in nature

Green poetry

When someone says Trentino, you think of the mountains and pristine nature. And it couldn't be otherwise, considering that there are nearly half a billion trees and that 30% of its surface is "protected". Next to a widespread network of protected

areas are three green lungs, represented by the parks of Adamello Brenta, Paneveggio-Pale di S. Martino and the part of the Stelvio park located in Trentino.

The first, placed in Western Trentino, is one of the vastest protected areas of all the Alps, with thousands of deer, roes, chamois, royal eagles and more than 40 brown bears.



To the East we encounter the Nature Park of Paneveggio-Pale di S. Martino, which includes a large forest of red spruce trees, known as Foresta dei Violini, whose precious wood is used to produce soundboards and a variety of musical instruments, including the famous “Stradivari”. More than thirty peaks over 3000 metres a.s.l. instead characterise

the portion within Trentino of the Stelvio National Park. In the summer months, several activities are organised to introduce visitors to the plant and wildlife protected in the three parks.

visittrentino.info/green-holidays



One holiday, thousands of opportunities

Trentino, culture all the way

Trentino offers the opportunity to experience a summer full of culture. Festivals, exhibitions, concerts and shows are just some of the events designed for the hot months. Museums and castles are at the top of the list. Summer is the right time

to visit and admire temporary exhibitions, alongside the ones permanently on display. From the new MuSe, the Science Museum designed by Renzo Piano, to the Mart; from Castello del Buonconsiglio to Le Gallerie; from Castel Thun to Museo degli Usi e Costumi della Gente Trentina (Museum of uses and customs of the people of Trentino); from Museo Diocesano Tridentino to Castel



Beseno; from Museo Storico Italiano della Guerra (Italian War History Museum) to Castel Stenico, there is plenty to choose from. But that's not all. Lovers of nature and music cannot miss the concerts of the festival I Suoni delle Dolomiti (Sounds of the Dolomites), scheduled to take place on the Unesco-protected peaks. Or you can enjoy the infinite possibilities tied to mountain filmography, protagonists of the Trento Film Festival. Theatre and art, just to name a few, come together on the occasion

of the festivals Futuro Presente and Oriente Occidente, while world famous scholars gather in Trento to give life to the Festival dell'Economia (Festival of Economy). Eighty forts, 19 dedicated museums and trenches also recount the path from war to peace known by this region thanks to a rich calendar of events planned on the occasion of the 100th anniversary since the outbreak of the First World War until 2018.

visittrentino.info/culture

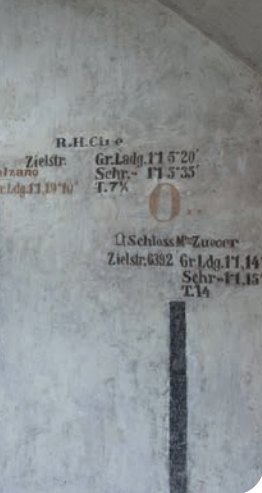


Between museums, castles and medieval villages

Trento and Rovereto, a treasure chest of art, history and culture

Trentino is a treasure trove of art, history and culture. The roots of the capital go back to Roman times: the ancient Tridentum still preserves traces of the city in the

archaeological site under the old town. Dominating the city is the Castello del Buonconsiglio, a medieval fortress transformed by the Prince-Bishops into an elegant residence and today a prestigious museum. Other attractions are the Cathedral, with its splendid square, and the Muse, the Science Museum designed by Renzo Piano.



Rovereto, once under Venetian rule, has also always been a place of lively cultural exchanges. The city is home to the Mart, one of the most important contemporary art museums in Europe, and Campana della Pace (Peace Bell), whose chimes every night send a message of harmony among the peoples. The two cities, for some years now, have decided to give rise to the district "TrentoRovereto. Città di Culture", that can be accessed through the Museum Pass, which allows guests to move freely

by public transport - train and bus - and access the museums, castles and festivals of Trento and Rovereto. Or you can also use the Guest Card Trentino, which also allows use of the provincial public transport and grants access to over 90 museums, castles and parks.

visittrentino.info/guestcard



An outdoor gym

Great events “live” in Trentino

Trentino, a paradise for sport and a focal point for major international events. State-of-the-art facilities, a fantastic environment and a vast network of volunteers in every valley make it an all-

year-round sports destination. The perfect outdoor location for a range of physical activities, from soccer to cycling, basketball to athletics, and volleyball to climbing, in summer the region is also the setting for a wide range of key events in the world's sports calendar. The Giro d'Italia is a must, with thousands of fans lining the route brimming with enthusiasm, especially for



the decisive Dolomites stages. A foretaste of the Giro is provided by the Tour of the Alps: formerly known as the Melinda Tour of Trentino it was rebranded in 2016 and takes place every year in April on the roads of Trentino, Alto Adige and the Tyrol. For sheer grit and excitement, every year sees Trentino MTB take off, a series of seven exciting events on exhilarating

singletracks and with off-road stages. From the mountains to the lakes, numerous Italian and foreign football teams hold their summer training camps in Trentino. Other top-class events include the Italian volleyball and basketball teams training sessions in Cavalese and Pinzolo, and the Rock Master Festival in Arco.

visittrentino.info/sports-events



A technology-proof territory

All the opportunities
available on visittrentino.info

The Trentino Tourist Portal is the ideal channel to get up to date information about events, itineraries, maps, weather, webcams, hotels and restaurants.

The new Mio Trentino App, in the two

versions for Android and iOS systems, was created to allow you to experience the territory as a true Trentino native, and serves like a personal assistant in your pocket to recommend the most interesting experiences, much like a friend who knows you well would do. Depending on where you are and your passions, the app's Travel Planner provides inspiration



in real time and, by leveraging the services of the Trentino Guest Card and other relevant apps, makes it possible for you to purchase your selected activities. In addition, in the Services area, you can get information on where to eat nearby, on public transport and parking, and on weather alerts and snow reports. Community is the place where true “Trentino Lovers” meet and, finally, the My Concierge section keeps in touch

with users at all times, both during your vacation and afterwards. You can download the apps for free at the [visittrentino.it /apps-mobile](http://visittrentino.it/apps-mobile) page. Even some territories and tourist offices provide this type of services. From Facebook to Instagram, from Twitter to Youtube, Trentino has fully responded to the drive in the recent years to be part of the world of social networks.

visittrentino.info/apps-mobile

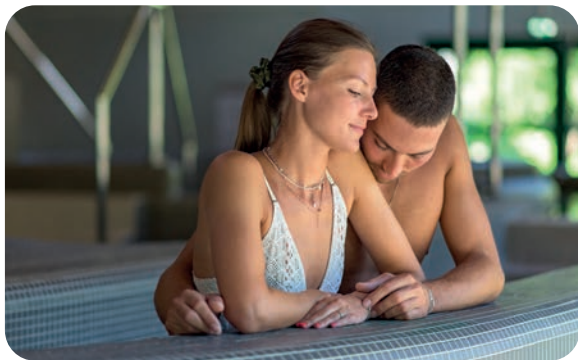


A hospitality tailored around your style

Top-quality hospitality is
in the DNA of this land.



From families to young people, from sportsmen to lovers of alpine wellness. In Trentino, the variety is not just a distinctive trait of the territory, but also a way of welcoming guests, a hospitality that now combines the tradition and values of a family-run business with a managerial approach that can guarantee high quality standards, but always at the right price. Guests have countless possibilities to choose an accommodation facility with services that mirror their personal idea of a



vacation and that respond to their passions and needs. From the Lakes to the Highlands, from the art cities to the Alpine valleys, each territory invites you to discover the values of this tradition in welcoming and pampering visitors.

A destination that offers 481,000 beds, of which more than 93,000 are in 1551 hotels, 87% of which are at 3, 4 or 5 stars.

The remainder is divided between second homes, bed and breakfasts, holiday houses-guest houses, holiday homes, holiday

farmhouses, campsites, mountain huts and hostels. Several facilities are grouped into different product clubs, from Trentino Charme to Club Giocovacanزا, from Vita Nova-Trentino Wellness to Cuore Rurale, from mountain huts to holiday farmhouses and campsites. They include carefully selected and particularly specialised accommodation facilities to offer visitors a quality stay tailored to the different targets and styles, so as to offer guests new opportunities to enjoy the territory.

The hospitality clubs

Bed & breakfast

trentinobedandbreakfast.it

Vitanova Trentino Wellness

vitanovawellnesshotel.it

Mototurismo (motor-bike tourism)

trentinoinmoto.it

Agriturismo (farmhouse inns)

agriturismotrentino.com

Giocovacanza (family hotels)

giocovacanza.it

Vacanze in baita (mountain hut holidays)

vacanzeinbaita.com

Trentino Charme

trentinocharme.it

Cuore rurale (country life)

cuorerurale.it

Appartamenti turistici (tourist apartments)

trentinoappartamenti.info

Adamello Brenta park quality

qualitaparco.it

Campeggi (campsites)

trentino-camping.it

Rifugi del trentino (Trentino refuges)

trentinorifugi.com

Dolomiti walking hotel

dolomitiwalkinghotel.it

Golf in trentino

visittrentino.it/trentino-golf

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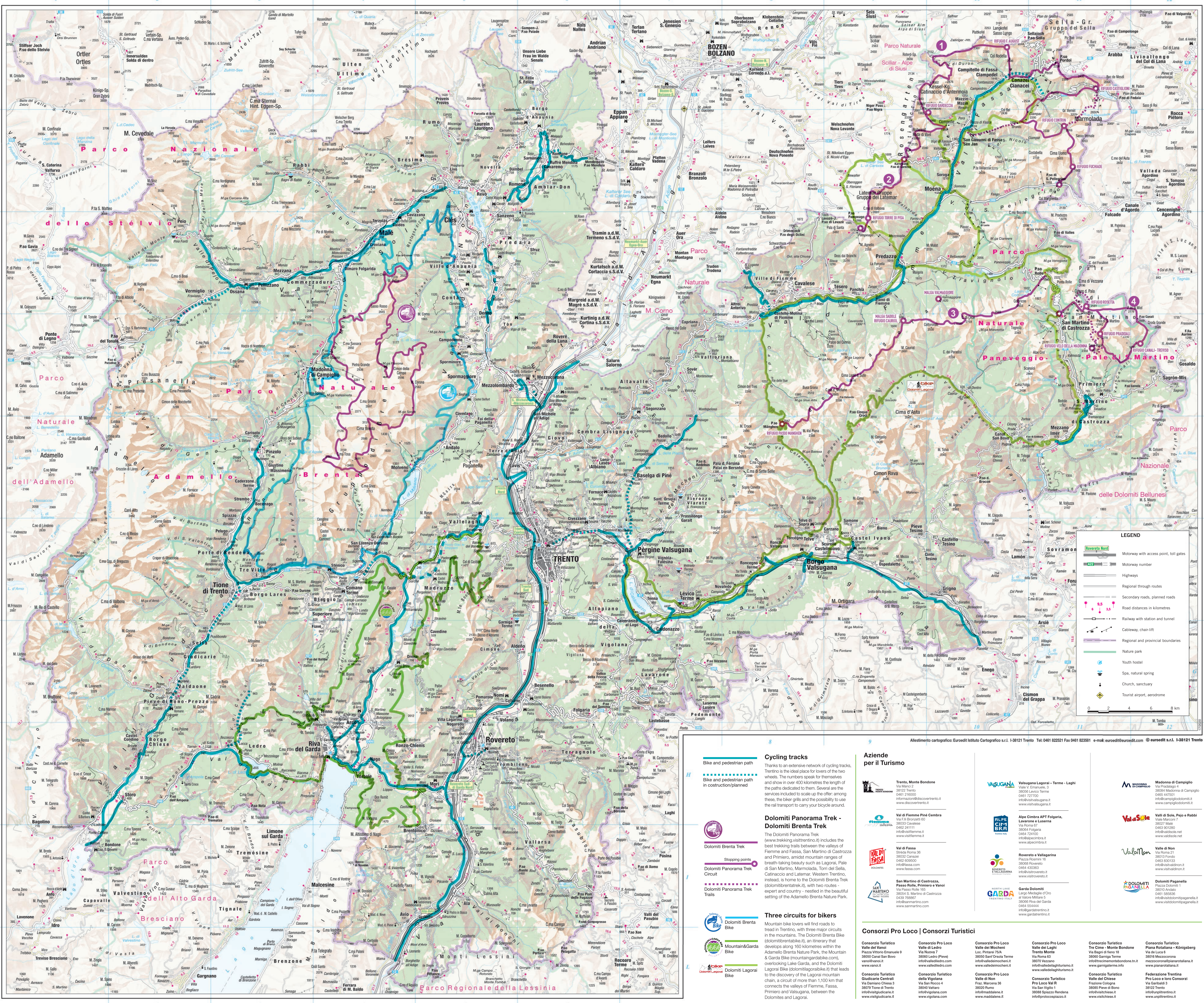
how to get here

Trentino is easily reached from the North and from the South, by train on the Verona-Brennero-Munich line and by car on the A22 Brennero highway. The closest airports are the Dolomiti San Giacomo of Bolzano (57 km), the Valerio Catullo of Verona (90 km), the Gabriele d'Annunzio of Brescia (135 km), the Marco Polo of Venice (163 km), the Bergamo-Orio al Serio (180 km) and those of Milan, Linate and Malpensa (approx. 250 km). For internal travel, there is the Trento-Malé railroad for reaching Valle di Non and Val di Sole, and the Trento-Venezia railroad that crosses through Valsugana, as well as the Trentino Trasporti bus lines.

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LEGEND

- Motorway with access point, toll gates
- Motorway number
- Highways
- Regional through routes
- Secondary roads, planned roads
- Road distances in kilometers
- Railway with station and tunnel
- Cableway, chair-lift
- Regional and provincial boundaries
- Nature park
- Youth hostel
- Spa, natural spring
- Church, sanctuary
- Tourist airport, aerodrome

0 2 4 6 8 km

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Bike and pedestrian path

Bike and pedestrian path in construction/planned

Dolomiti Brenta Trek

Dolomiti Panorama Trek Circuit

Dolomiti Lagorai Bike

Dolomiti Brenta Bike

Dolomiti Lagorai Bike

Cycling tracks

Thanks to an extensive network of cycling tracks, Trentino is the ideal place for lovers of the two wheels. The numbers speak for themselves and show in over 400 kilometers the length of the paths dedicated to them. Several are the services included to scale up the offer: among these, the bike grids and the possibility to use the rail transport to carry your bicycle around.

Dolomiti Panorama Trek - Dolomiti Brenta Trek

The Dolomiti Panorama Trek (www.trackingvisittrentino.it) includes the best trekking trails between the valleys of Fiemme and Fassa, San Martino di Castrozza and Primiero, amidst mountain ranges of breath-taking beauty such as Lagorai, Pale di San Martino, Marmolada, Torri del Sella, Caninaccio and Latemar. Western Trentino, instead, is home to the Dolomiti Brenta Trek (dolomibrentatrek.it), with two routes – expert and country – nestled in the beautiful setting of the Adamello Brenta Nature Park.

Three circuits for bikers

Mountain bike lovers will find roads to tread in Trentino, with three major circuits in the mountains. The Dolomiti Brenta Bike (dolomibrentabike.it), an itinerary that develops along 160 kilometers within the Adamello Brenta Nature Park, the Mountain & Garda Bike (mountainandgardabike.com), overlooking Lake Garda, and the Dolomiti Lagorai Bike (dolomitalagorai.it) that leads to the discovery of the Lagorai mountain chain, a circuit of more than 1,100 km that connects the valleys of Fiemme, Fassa, Primiero and Valsugana, between the Dolomites and Lagorai.

Aziende per il Turismo

- Trento, Monte Bondone**
Via Manzù 2
38122 Trento
0461 218000
informazioni@montebondone.it
www.montebondone.it
- Val di Fiemme Pinè Cembra**
Via Friuli Bonaroli 60
38033 Cembra
0462 241111
info@valdiemmete.it
www.valdiemmete.it
- Val di Fassa**
S. Maria Maddalena 36
38032 Canazei
0462 609000
info@valdiemmete.it
www.fassaitalia.com
- San Martino di Castrozza, Passo Rolle, Primiero e Vanoi**
Via San Rocco 195
38054 S. Martino di Castrozza
0461 870867
info@sanmartino.com
www.sanmartino.com
- Valsugana Lagorai - Terme - Laghi**
Viale V. Emanuele, 3
38056 Lervio Terme
0461 127700
info@valsugana.it
www.valdiemmete.it
- Alpe Cembra APT Folgarida, Lavarone e Luserna**
Via V. Veneto, 10
38054 Folgarida
0462 724100
info@alpecembra.it
www.alpecembra.it
- Rovereto e Vallagarina**
Piazza Roma 16
38058 Rovereto
0462 630300
info@rovereto.it
www.rovereto.it
- Garda Dolomiti**
Largo Macchiago d'Oro
38056 Piva del Garda
0462 564444
info@gardadolomiti.it
www.gardadolomiti.it

Consorzi Pro Loco | Consorzi Turistici

- Consorzio Turistico Valle del Vanoi**
Piazza Vittorio Emanuele 9
38050 Canale San Bovo
www.vanoi.it
- Consorzio Pro Loco Valle di Ledro**
Via Nuova 7
38050 Ledro (Piemonte)
info@valledelero.it
www.valledelero.it
- Consorzio Turistico Giudicarie Centrali**
Via Damasco Chiesa 3
38079 Tione di Trento
info@giudicarie.it
www.giudicarie.it
- Consorzio Pro Loco Valle di Leno**
Piazza Roma 36
38050 Leno
www.valledelero.it
- Consorzio Turistico Valle della Maddalena**
Via San Rocco 4
38040 Valtaro
info@valdella Maddalena.com
www.valdella Maddalena.com
- Consorzio Pro Loco Valle di Non**
Piazza Roma 36
38020 Rumo
www.valdella Maddalena.com
- Consorzio Turistico Tre Cime - Monte Bondone**
Via Baggi di Fieno 18
38060 Garmisch Terme
info@tre cimemonte bondone.it
www.garmischterme.it
- Consorzio Turistico Piano Rotaliana - Kinglberg**
Via De Luca 8
38055 Rotaliana
info@pianorotaliana.it
www.pianorotaliana.it
- Consorzio Turistico Valle del Chiese**
Frazione Cortina
38055 Pieve di Bono
info@valledelchiese.it
www.valledelchiese.it
- Federazione Trentino Pro Loco e loro Consorzi**
Via Garibaldi 3
38122 Trento
www.unirentino.it

1 Pejo and Rabbi Mountain Farmhouses and Huts



In the heart of the Trentino section of the Stelvio National Park, the Pejo and Rabbi valleys, also renowned for the healing properties of their numerous spa water springs, conserve a widespread spontaneous architectural heritage consisting of mountain farmhouses and huts that extends from the bottom of the valley up to the edges of the forest line.

3 Pile-dwellings of Fivè and Ledro



The pile-dwellings of Fivè and Ledro, unique in their kind in our continent, tell the story of the people who from the 7th to the 1st Millennium B.C. lived on the banks of former Lake Carera and of Lake Ledro, through an extraordinary experience of the past. Fivè alongside Ledro is one of the two of the most important-dwelling sites in Europe, included in Unesco's list of World Heritage sites.

5 Lake Molveno



Set in the Adamello-Brenta Nature Park landscape, Lake Molveno is the largest natural Alpine lake in Italy at an altitude higher than 800 meters above sea level. It is surrounded by beech-woods and fir-woods. Its most astounding feature is the clearness of its water, the surface of which reflects the Brenta Dolomite mountains and the slopes of the Paganella.

7 Muse



Opened to the public in July 2013, The MUSE Science Museum is a structure designed by Renzo Piano with innovative architectural features. This is where parents can take their children to explore the global environment in a creative and unique manner. The museum uses the mountain metaphor to explain life on Earth, focusing on biodiversity, sustainability and environmental education.

9 Fort Belvedere



Fort Belvedere in Lavarone, one of the largest fortresses of the period, was built by the Austro-Hungarians between 1908 and 1912 and is one of the 19 WWI museums in Trentino. It is intact and can be visited in all its parts. It displays findings and multimedia installations that tell the story of the fort, of its garrison and of the military events that took place in the area.

2 Nardis Falls



Nardis falls, located in Val di Genova in the Adamello Brenta Nature Park, descend from the Presanella with a leap of over 130 metres, starting from an altitude of 921 m a.s.l. and at an inclination of 55-65°. The vaporization of the water as it crashes onto the rocks below and the special angle of the light at sunset always make these falls a very charming sight.

4 Piazza Catena



As one of Riva del Garda's most charming attractions, Piazza Catena offers a view that encompasses both the lake and the centre of the city. It derives its name from the large chain ("catena" is Italian for chain) that in bygone times was stretched across the water to defend the entrance to the port. Up until 1925 this square hosted the imperial tollhouse: the sign of a border that for centuries marked the northern portion of Lake Garda.

6 Santuario di San Romedio



Built on the summit of a rocky spur more than 70 meters tall, the San Romedio Sanctuary is one of the most characteristic shrines of Europe. It is formed by five small chapels built one on top of the other, joined by a stairway of 131 steps. The path leading to the sanctuary is one of Trentino's most charming pilgrimage routes.

8 Terraced Cultivations



The terraced vineyards of Valle di Cembra, crib of the Müller Thurgau wine, are a site of excellence of this historical rural landscape at provincial, national and European level. The Renaissance painter and engraver Albrecht Dürer highly appreciated the landscape qualities of this valley, set between the giddy scenery of the Adige river, the Dolomitic enchantment of the Fiemme and Fassa valleys and the wild outline of the Lagorai mountain range, by painting it in several of his water colours.

10 Artesella



Since the 90s, Val di Sella, lateral to Valsugana, is a veritable workshop for the artistic expressions linked to Land Art and harbour the results of the dialogue between individual creativity and natural environment. Thanks to the Cultural Association "Arte Sella", there are over 300 of these artists sharing this project and creating their work on site and leaving it standing in its natural surroundings.



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11 Torri del Vajolet



The Torri del Vajolet are peaks that stand above the wide Gardl valley in the heart of the Fassa Dolomites. They are one of the most popular landscapes of the Alps and of Dolomitic geography, icons of verticality and of mountain scenery beauty. They belong to the Catinaccio range that is listed as a UNESCO Human Heritage Site together with the Brenta Dolomites, Latemar, Pale di San Martino and Marmolada.

12 Paneveggio Forest



Known as the "resonant forest", the large state-owned Paneveggio forest is one of the most majestic green landscapes of the Paneveggio - Pale di San Martino Nature Park. It includes special "resonant" spruces that since the Middle Ages have been providing tonewood for the creation of the world's best sound boxes.

13 Lake Calaita



In the northernmost portion of the pasture valley of Lözen, lateral to Val Vanoi, the clear waters of this small lake, located at the foot of the Lagorai Group in its western part, reflects the majestic southern rock wall of Cimòn de la Pala, symbol of the Pale di San Martino, that stands on the horizon.