

TRENTINO

snow, italian style



**SKIING FROM DAWN TILL DUSK. LEARNING TO COOK.
PASTA AND SPARKLING WINE IN A MOUNTAIN HUT. SPECTACULAR WHITE
PANORAMAS. AN APERITIF AT THE SUMMIT. FRIENDLY HOTELS.
AND JUST TWO HOURS FROM MILAN AND VENICE.**



A NEW MOUNTAIN STYLE

It has been recently revealed by international tourism figures that the popularity of mountain destinations is clearly on the rise. For many visitors it's the lure of some peace and quiet in a natural, clean and eco-friendly environment. For others it's the variety of activities like skiing and other winter sports, from snowshoe trekking to free-ride skiing and fat biking. This array of activities is boosted by modern facilities and well-managed routes and snow parks. Trentino boasts 800 km of slopes across 500 ski runs, over 550 km of tracks for Nordic skiing, 50 Ski Schools and some 2,500 Ski Instructors. There are however further mountain pleasures that must not be overlooked: ski trips at daybreak or under the moonlight, mountain huts and their fine food, remote restaurants only accessible by snowmobile and other meeting points where visitors can enjoy an aperitif in this rugged mountain amphitheatre. This added value is greatly appreciated by all, from families to professional sportspeople. Indeed, at the top of anyone's wish list for a perfect week on the snow are: skiing, fine food and wine, health and wellness in avant-garde Spas that benefit from the products of these mountains and their woodlands. Add to this the hotels with their warm atmospheres, making guests truly feel at home. These too offer extra services such as treks and evening excursions with Mountain Guides and hotel owners/ski instructors who accompany their guests on ski trips. Unlimited sport, well-being and fun make up the new holiday lifestyle of the Trentino Dolomites. This may be the reason why mountains are attracting more and more visitors every year.

SNOW APPS



Ski Trentino

available in English and German. Updates on snow conditions and access to the slopes, webcam, weather forecast.



Visit Trentino Tourist Guide

in English and German. Information on Trentino, restaurants, hotels and places to visit.



Trentino Outdoor

available in English and German. Maps and GPS routes for trekking, ski-mountaineering, snowshoeing and a list of ski slopes. Includes detailed descriptions and where to go to rent or buy the necessary equipment.

Take a break on the snow at an altitude of 1,982m at the Rifugio Falcade, located at Passo San Pellegrino in the Val di Fassa. Accessible by snowmobile or snowcat.

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Outdoor: Snow Experience

SKIING EMOTION

Skiing from dawn till dusk down panoramic, adrenaline-filled or more family-friendly slopes.

Avoid long queues at ski-lifts thanks to state-of-the-art facilities. Explore the landscape with Mountain Guides, take a break in a gourmet Rifugio or relax in a mountain Spa. These are just some of the ways you can enjoy the majestic peaks of the Dolomites.

A skier at Col Rodella-Passo Sella in the Val di Fassa. Accessible from Campitello with a modern cable car. Col Rodella is connected to the Belvedere ski area that gravitates around Canazei and rewards skiers with a magnificent view of the Sassolungo and Sella groups, Sass Pordoi, the Tofane group and the Marmolada.







About 500 marked runs totalling over eight hundred kilometres of ski slopes: the numbers relating to skiing in Trentino are important. Add to these the simple magnificence of the surroundings, crowned by the Dolomites, a UNESCO World Heritage Site. These form the basis for a complete immersion in a natural setting that is guaranteed to make every ski trip a unique and extremely enjoyable experience. Thanks also to sport-oriented technologies and state-of-the-art facilities not to mention the countless events and initiatives capable of transforming your winter holidays into pure emotion, such as Trentino Ski Sunrise: skiing at dawn. With the ski-lifts running before sunrise, one ascends to a mountain hut or rifugio for a hearty breakfast while the first rays of sunlight glisten upon the snow outside. Then it's down the immaculate empty slopes, still bearing the signs of the passing of snow cats.

NATIONAL SKI TEAMS AND GREAT CHAMPIONS TRAIN ON THE SKI SLOPES OF TRENTINO SUCH AS THE NORWEGIAN AKSEL LUND SVINDAL WHO APPRECIATES THE QUALITY OF THE SNOW AND SLOPES BUT ALSO THE MAJESTY OF THE SURROUNDING MOUNTAINS, THE FRIENDLINESS OF THE PEOPLE AND THE TRADITIONAL HOSPITALITY. HE'LL BE BACK FOR A HOLIDAY WITH HIS FRIENDS.



Skiing in the Brenta Dolomites is truly emotional, the most beautiful mountains of the alpine region with the largest ski area in Trentino with over 150km of marked ski runs.

SLOPES OF EMOTION

In Trentino emotions accompany the visitor throughout the day thanks to a variety of slopes that manage to combine valid technical aspects with the unparalleled beauty of the Dolomites: every valley is unique. The *Buffaure-Ciampac* district in Val di Fassa is linked to the *Belvedere-Col Rodella* of the Canazei ski area and offers an impressive view of the Sassolungo group, the austere bastions of the Sella Group and the glistening glaciers of the Marmolada. Furthermore, there's a recent arrival – “*La Vulcano*” – a black slope which reaches a gradient of 58% as it weaves down towards Pozza di Fassa. The town is also the destination of a “calmer” piste of 6.5km: “*La Buffaure*” which prolongs the panorama across the Rosengarten Group and the *Torri del Vajolet*. For fans of slow skiing, who wish to take their time, enjoy the panorama and maybe take a “gourmet break”, the perfect stop is the *Rifugio Salei*, a mountain hut at 2,225m a.s.l. with a spectacular view of the Sassolungo group, in the

Col Rodella ski area. It offers a sunny terrace which doubles as a crossroads for the legendary *Sellaronda* MTB tour, a one-day 40km event around the massif of the Sella Group. The hut itself offers Alpine specialities such as mountain trout and fantastic omelettes with local blueberries. The emotions double on the “*Paradiso*” slope at the Passo Rolle, above the town of San Martino di Castrozza, with a steep and challenging black piste as well as a more tranquil red piste which allows the skier to stop and admire the view of the *Cimon della Pala*. Not far away in the Tognola ski area, the *Malga Ces*, a typical mountain restaurant which has been a reference point for hungry skiers and mountain enthusiasts since the 1940's, offers a range of fine Trentino wines and grilled meats.

Dreams seem to become reality when skiing in the stunning Brenta Dolomites, thanks to the combined ski area of Campiglio, Dolomiti di Brenta, Val di Sole and Val Rendena, the largest in Trentino with over 150km of slopes. The “*Pancugolo*” slope, with a striking view over the *Groste* peak and the towers of *Cima Brenta* and *Cima Tosa*, is a recent uphill extension of the “*Canalone Miramonti*” which hosts the legendary *3Tre* skiing contest and is also used for World Cup slalom events. With the *Monte Spinale* cable car one ascends to Chalet Fiat at 2,104m a.s.l. which, during the 19th century, was the high-altitude studio of the Austrian painter Gottfried Hoffer and today, under the name of the famous Italian car-maker, is the most Italian-style establishment of its kind in Trentino. It's definitely worth a stop for a taste of its unsurpassed “*panna cotta*” prepared with local milk or for a refined evening meal in a private room with a DJ and then an unforgettable trip home on board a Fiat 500 mounted on caterpillar tracks.

WITH OVER 800 KM OF SLOPES, THE TWO GREAT SKI NETWORKS OF DOLOMITISUPERSKI AND SKIRAMA BOAST STATE-OF-THE-ART FACILITIES: THE CABLE CAR FROM ALBA TO CANAZEI BELVEDERE AND THE ONE FROM THE PRESENA GALCIER TO PASSO TONALE ARE THE JEWELS IN THE CROWN OF A SYSTEM OF OVER 238 FACILITIES THAT FOCUS ON SAFETY, SUSTAINABILITY, COMFORT AND TRANSPORT CAPACITY.

PURE ADRENALINE

The combined ski area of **Campiglio Dolomiti di Brenta Val di Sole Val Rendena** is home to the **Tulot Audi Quattro** slope on the Doss del Sabion. It represents one of the most technical and thrilling slopes in the entire region with a beautiful panorama across the Brenta Dolomites and the Adamello and Presanella groups. Abrupt turns and challenging bends all contribute to put the skiers' skills to the test, yet they are rewarded with the prolonged pleasure of the descent itself. This is also thanks to the fact that the Tulot Audi Quattro is part of the "DoloMitica", the only long slope with two alternative pistes of diverse difficulty. However, the most dizzying slope in Trentino and suitable only for extreme skiers, is found in Marilleva, in the upper Val Panciana: the "Little Grizzly". From the top of Monte Vigo (2,179m) the skier descends a narrow slope with gradients of up to 70%. This slope was opened only recently and forms part of the Folgarida-Marilleva ski area. However, before taking on such a challenge, a stop at Malga Vigo is recommended. This cosy restaurant in a renovated cowshed has a unique glass roof which highlights the magnificent view of the surroundings mountains. Its specialities? *Strangolapreti*, bread dumplings with local Casolèt cheese and the tagliatelle with a ragout of game meats.

The "Olimpionica" piste of the Andalo-Fai della Paganella district can be quite challenging: from the top of Paganella this slope meanders downhill for nearly 5km to the valley below. The central black slope is the heart of the descent. A favourite training spot of the Norwegian alpine-skiing team, visitors might even "risk" meeting Aksel Lund Svinndal in action!

For a break in these parts there's the *Rifugio La Roda* at the top of Paganella. The scents of the pinewood fire and freshly baked bread,

On the right, Chalet Fiat at an elevation of 2,104 metres. Enjoy your meal and then get a lift back on a track-mounted Fiat 500. In the photo below, the Kinderheim delle Marmotte in the Alpe Tognola: a baby park and kindergarten with characters from fairy tales. In the bottom image, Ski Instructors in the Val di Fassa.



Fifty ski schools

In Trentino there are over 2,500 professional ski instructors and about fifty schools, specialised in all disciplines such as cross-country, snowboard, Telemark skiing, freeride, freestyle and ski mountaineering. These schools are all certified by A.M.S.I., the Italian Association of Ski Instructors (www.trentinosci.it/en/schools). English, German and Russian are among the languages spoken. The schools also organise regularly snowshoe excursions both by day and by night, ski mountaineering tours and skiing itineraries along the "Sellaronda" and through World War 1 sites. Freeride and freestyle skiing lessons are also available, not to mention the thrilling descents down "black" slopes. For improving one's techniques and posture, with the support of qualified ski instructors, there are the so-called "Self Time" slopes. Great attention is also given to younger learners and small children, indeed nearly all ski schools offer a kindergarten service on the snow and organise traditional torch ski runs and courses for children (and adults), disabled people and the visually impaired.





For the champion Svindal here the snow is the best...

"If Mother Nature lends us a hand by snowing," jokes Silverio Pezzei, in charge of slopes and safety at the Belvedere-Col Rodella ski-lift facilities in the Val di Fassa, "with the cold ground we can cover every slope with artificial snow in anywhere between 70 and 100 hours." He goes on: "From November on, depending on temperature and humidity, we start with the snow cannons. In Trentino no chemical additives are used to cool the snow, just the cold itself: this allows us to have drier and finer ice crystals which help us generate a better quality and more compact snow which also help reduce the formation of snow banks." In order to maintain these snow conditions, SnowSat, an innovative technology installed on board the snow cats, regularly monitors snow depth and other variables and uploads the data to a computer. Technical quality and the constant monitoring of safety factors along the slopes have persuaded the Norwegian Alpine Skiing Team to use the Paganella ski area for training. "Having excellent facilities for training is key to attaining excellent results" states **Aksel Lund Svindal**, winner of two World Cup titles, nine World Cup speciality events, an Olympic title and five World titles, "Here in Paganella I feel at home, both for the excellent conditions of the snow and the slopes and for a variety of other reasons." What reasons? "The beautiful mountains, the warmth of the people, a sense of hospitality and of course the food: this is the Italian touch that makes Trentino unique. I adore the local dishes and I'm thinking of organising a holiday soon with some friends from Oslo to show them how, here in Trentino, skiing and fun go hand in hand."



After-hours

A day spent skiing in Trentino can be very long but can continue into the night on floodlit slopes. For evening and after-hours skiing here is a list of the best tracks for ski-mountaineering and Nordic skiing: **Col Verde** in **San Martino di Castrozza** (7.30pm-11.15pm); **Pista Olimpia III** in **Cavalese** in Val di Fiemme (7.30pm-10.30pm); **Pista Nera** in **Folgarida** (9pm-11pm, the last stretch of the black slope is open); **3Tre** in **Madonna di Campiglio** (booking required at info@funiviecampiglio.it). Cross-country skiing circuit **Anello di fondo di Ciancoal** in Pozza di Fassa (fassa.com/IT/Centro-sci-fondo-Pozza-di-Fassa-Ciancoal, Tuesdays, Thursdays and Sundays from 5pm to 10pm). Cross-country skiing at the **Centro Fondo Lago di Tesero** (visitfiemme.it/it/active-relax/neve/sci-di-fondo/centro-del-fondo-lago-di-tesero, Tuesdays and Thursdays until 9pm). Skiing circuit **Anello del Lago di Andalo** (andalolifepark.it, Tuesdays and Fridays until 9pm).

Snow parks, challenges and acrobatics

Jumps, adrenaline and freedom: this is the world of Freeride, the latest skiing trend that takes the skier away from the marked slopes. One of the best places for snowboarders is the Monte Bondone Snow Park (facebook.com/montebondone.snowpark), above Trento, with a 120m superpipe, 3 venues for slope style of varying difficulty and a Kid's Park for the Under-14s. The Adamello Freestyle Arena (freestyle.adamelloski.com) at Passo Tonale is split into two zones and boasts over 25 structures for jumping and jibbing. In the Dolomiti Park of Canazei (fassa.com/IT/DolomitiSnowpark), Belvedere ski area, the boardercross area has two lines, one easy and one medium-pro. Not to be missed is the Big Air Bag, an enormous air mattress that takes the brunt out of even the most spectacular of jumps. The Ursus Snow Park in Madonna di Campiglio (ursus-snowpark.com), at the top of Grotsté, offers more than 25 different structures and a boardercross area. Amongst the best equipped snow parks for free-riders, the Sanpe Snow Park at Passo San Pellegrino (passosanpellegrino.it/sanpe-park) has a Big Air Bag, an American-inspired slope-style area, and various lines suitable for beginners and experts. The Burton Progression Park (tognola.it/en/snowpark/san-martino-snowpark), one of five official Burton parks in Europe, is part of the Tognola Ski Area in San Martino di Castrozza. Entry is free and it boasts 40 structures suitable for all levels. Not far from here we find the Rolle Railz Park (facebook.com/rollerailzpark) at Passo Rolle which hosts various events and contests during the winter season and has 5 jumps, 12 different rails and 4 funboxes.



IN TRENTO THERE IS AN EXCEPTIONAL VARIETY OF TRACKS AND TRAILS THAT MANAGE TO COMBINE FINE TECHNICAL CONTENT WITH THE UNSURPASSED BEAUTY OF THE LANDSCAPE. EVERY VALLEY OFFERS ITS OWN UNIQUE VIEW OF THE DOLOMITES, A UNESCO WORLD HERITAGE SITE.



the view which stretches from the Brenta Dolomites to Lake Garda and a plate of tagliatelle prepared with the aroma of dwarf mountain pine, are simply irresistible. It's impossible not to stop by, even if it's only to try one of the best sparkling wines of Trentino along with a serving of fresh oysters, or maybe a "bombardino", a drink similar to eggnog.

HOLIDAYS WITH CHILDREN

Trentino is the perfect place for first-time skiers thanks to family and child-friendly facilities. Madonna di Campiglio is perfectly

suited for families with younger children that will find in **Campo Carlo Magno** a family park with 5 conveyer lifts whereas the more skilled junior skiers can have a go on one of the many blue (easy) or red (medium difficulty) sun-drenched slopes accessible from the **Monte Spinale** and **Passo Grostè** lift facilities.

Furthermore, the more than 100km of ski slopes found of Folgaria in the Alpe Cimbra area offer a fantastic chance for the whole family to descend the slopes together without encountering particular difficulties. The Costa ski area, connected to the town by shuttle "trenino", offers numerous slopes

On the facing page, a snowboarder at Passo Rolle. In the image above, a Ski Instructor at the Paganella Fun Club for kids, a paradise of inflatables, sleigh runs and ski conveyors.



for beginners complete with conveyer lifts. Not to be missed is the **Coston-Fiorentini** slope, nicknamed the “Manny” slope (after the town’s mascot): it descends easily and one can spot the outlines of forest animals where it’s possible to stop and maybe have a go at recognising them.

NORDIC SKIING AND SNOW SHOE TREKKING

Trentino has long been the setting for Nordic skiing, with 550km of tracks that weave their way through woods, lakes and majestic peaks. It hosts the legendary events of “Marcialonga” (70km, classic technique), the “Lavazoppet” (22km, classic technique) and the “Millegrobbe” (two days of 10 and 30km, classic technique). Nordic skiing in Trentino, be it for sport or hobby, attracts numerous skiers thanks to the facilities and unique surroundings. Latemar in the Val di Fiemme has 50km of Nordic skiing tracks which meander through the upland woods and are taken care of on a daily basis by the “Passo Lavazé” Cross-Country Skiing Centre (www.lavaze.com). Furthermore, Lake Tesero forms a natural base for access to the more technical and challenging Nordic skiing tracks which follow the “Marcialonga” course. After a day on the snow, skiers can take a break at the “Agritur Piasina”, a structure in larch and pinewood which reflects the dairy business run by the owners (www.agriturpiasina.it). Vast expanses of woodland marked here and there by sudden open spaces of untouched snow, the contrast between light and dark is striking. Nordic skiing in Lavarone offers skiers the pleasure of crossing a snow-covered upland that extends as far as Passo Vezzena. Back at the “Millegrobbe” Nordic Skiing Centre (www.malgamillegrobbe.it), skiers can catch their breath and relax at the “1000 Gocce” Wellness Centre with its bio sauna and Turkish bath.

Trentino offers excellent Nordic skiing facilities even just a stone’s throw from the city of Trento itself with the possibility of skiing

The best baby parks

Children in Trentino are spoiled for choice when it comes to snow parks. The Paganella Fun Park (paganellafunpark.net) near to the centre of Fai is a paradise of inflatable structures, mini snowmobiles, sleighing slopes with a “magic carpet” conveyor to help the little ones uphill. Further up, the new Paganella Fun Park “La Rocca” boasts an exciting snow tubing slope. At Prati di Gaggia (andaloforfamily.com), there’s the Biblio-Igloo, with books and comics. In the Val di Pejo, the **Biancaneve Snow Park** (visitvaldipejo.it/index.cfm/in-inverno/bimbi-e-neve/snowpark-biancaneve) is a world of adventure: igloos, merry-go-rounds, snow tubing and even a ski and snowboard training area. At **Kinderheim delle Marmotte** (sanmartino.com/IT/kinderland_alpe_tognola) in the Alpe Tognola above San Martino di Castrozza one finds a snow playground, characters from fairy tales and a baby-sitting service. The **Indian Village**, on the snows of Ciampac in the Val di Fassa, is a high altitude park accessible directly from the town of Canazei by cable-car. A “magic carpet” conveyor make things easier for beginners (fassa.com/IT/Attivita-e-sport-in-Val-di-Fassa--Bambini-inverno). **Fiabilandia** (moena.it/it/parco-fiabilandia-inverno) in the town of Moena, on the other hand, organises afternoon “happy hours” with snacks and a Baby Dance.



In the larger image to the left, snowshoe trekking is attracting more and more enthusiasts every year. In the photo above, the **Fienile Monte** restaurant, located on the ski slopes of the Col Rodella-Passo Sella.



Sky high dinner in a mountain hut

Dine by candlelight at an altitude 2,260m (7,415ft) along the slopes of the Sellaronda, surrounded by the majestic peaks of the Sassolungo Group and the Sass Pordoi. It’s a dream come true for those who have the chance to eat at the **Fienile Monte** Restaurant above the town of **Canazei**: a renovated cowshed, it has eight tables, a cellar and walls of compressed straw. One toasts with TrentoDOC or maybe a Hugo cocktail: rosé sparkling wine with a dash of elderberry syrup. From the kitchen arrives a number of creative dishes using only local ingredients, such as the “cappuccino di polenta di Storo”. You can reach the restaurant from the Passo Sella with a snowmobile or snowcat (fienilemonte.it).

TAKING OFF INTO THE AIR FROM THE PAGANELLA, OR FROM DOS SABION OR BELVEDERE ABOVE CANAZEI, IS AN EMOTION UNIQUE TO PARAGLIDING. THRILLING TOO IS THE ICE-CLIMBING ON THE FROZEN WATERFALL OF VALORZ IN THE VAL DI RABBI WITH ITS TEN SEPARATE DROPS.

Paragliding: flying above the Paganella. Also practiced in the Val di Fassa. Adrenaline-filled sports and winter challenges are getting more popular, from ski-mountaineering to freeride skiing.

along the wide valley at the foot of the “**Tre Cime del Monte Bondone**”, known informally as “Trento’s mountain”, at the “Viote” Cross-Country Skiing Centre (scuolascifondoviote.wix.com).

Environmentally friendly, healthy and fun, snowshoeing is attracting ever more mountain enthusiasts. The slow pace and the silence allow the visitor to savour the scents and textures of the passing landscape. Cima Costazza in the Val Venegia offers a beautiful three and a half hour trek within the Paneveggio-San Martino Natural Park. The uphill stretches are moderate and the view of the Pale di San Martino are superb. The arrival point is “Baita Segantini” where one can take a well-earned break before heading back (the Baita Segantini is only open in summer so a packed lunch and other supplies are recommended).

On the other hand, the upper Val di Non brings snowshoers to the summit of Monte Roen following a unique yet demanding trail along the ridge of Passo Mendola and takes about 3-4 hours. The trek winds through varied landscapes and overcomes various challenges offering impressive views of the Brenta Dolomites, the *Maddalene* group and the Ortler Alps to the west and the Lagorai group, the Rosengarten mountains and even Lake Caldaro and the city of Bolzano to the east and north. For those interested in a tru-



Unmissable: big sporting events

MEN'S WORLD CUP SKIING

December 22nd 2016 – Madonna di Campiglio 3trecompiglio.it

The famous 3Tre of Madonna di Campiglio is back on December 22nd, one of the oldest and most prestigious World Cup Slalom events of the White Circuit, along the legendary Miramonti slope. Two evening events nestled within a rich

entertainment programme which promises to turn this date into a memorable party. Thanks to the success of the past, the F.I.S. has confirmed this appointment for the next three years.

THE “CIASPOLADA”

January 6th 2017 – Val di Non ciaspolada.it

Trekking and running in snowshoes. The

“Ciaspolada,” one of the most popular winter events in Italy, is the main appointment at an international level for snowshoe aficionados. It takes place, by tradition, during the Epiphany on January 6th 2017 in the upper Val di Non and attracts over 6,000 participants. Other than being an important event for professionals, it is beloved by families,



children and sports enthusiasts of all levels and backgrounds.

FIS TOUR DE SKI CROSS COUNTRY WORLD CUP

**January 7-8th 2017 – Lake
Tesero and Alpe Cermis
fiemmeworldcup.com**

On the 7th and 8th of January next year, the spectacular cross country skiing event “Tour de Ski” arrives in the Val di Fiemme which hosts, as per tradition, the final

stage of the event. The competition will be based at the Stadio del Fondo at Lake Tesero and the impressive “final climb”, which closes the event, along the Pista Olimpia of the Cermis Alps whose slope has always excited the crowds since the first edition back in 2007. The formula for the event remains unchanged: the “mass start” on Saturday (10 km women, 15 km men) and the “pursuit” on Sunday with the closing

9km between the Stadio del Fondo end the Cermis Alps.

MARCIALONGA January 29th 2017 – Val di Fiemme and Val di Fassa marcialonga.it

For 44 years, thousands of “bisontini” (or “bisons”, as participants are affectionately known), from the simple enthusiast to the sports star, come from across Italy and Northern Europe to participate in the most

important long-distance race in Italy. From the town of Moena they reach Cavalese, passing through Canazei, Predazzo, Lake Tesero and the uphill climb to the Cascata area which tends to leave the weaker runners behind.

FIS WORLD CUP NORDIC COMBINED January 13-15th 2017 - Predazzo and Lake Tesero fiemmeworldcup.com

The fervour and skill of the ski-jump and

the physical stamina on narrow skis: this, in summary, is the Nordic Combined. This skiing discipline, like every year, will fulfil in Trentino and the Val di Fiemme one of its most thrilling moments. The event will be held between the Jumping Stadium of Predazzo and the Stadio del Fondo of Lake Tesero, already scene of a stage of the ski World Cup. There will also be a series of musical events.

EVERYTHING IS POSSIBLE ON THE SNOW. TAKE YOUR FAT BIKE OUT FOR A PEDAL, GO HORSE-RIDING, TAKE THE CHILDREN FOR A PONY RIDE. RACE ABOUT ON A DOG-SLEIGH AT THE WINDSHOT CENTRE AT PASSO COE OR AT ATHABASKA DOGSLEDDING IN MADONNA DI CAMPIGLIO.

Fat biking, paragliding and other emotions

The rewarding descent down a slope of soft snow after the effort of the climb uphill. This is the charm of **ski mountaineering** that in Trentino finds itineraries of unparalleled beauty. The ascent to **Cima Brenta** through the Val Massari is a spectacular route although very technical. It represents one of the classic routes of the Dolomites and is suitable for fit and expert skiers (duration: 8 hours). **Cima Mulaz**, a peak at the heart of the **Pale di San Martino Dolomites**, can be reached on skis after negotiating a steep slope near the top and overcoming a narrow crest. The descent that follows however is magnificent, but the length of the itinerary and the technical aspects involved make it suitable for experts only (6 hours). Cima d'Asta in the Lagorai range offers an exceptional 360° panorama. To conquer the summit skiers must traverse the basin of the **Cima d'Asta** lake and proceed below imposing granite walls and across passes and ridges, thankfully aided at certain points by steel cables, in what is a truly delightful ski mountaineering route (duration: 4 hours).

Freeride skiing in Trentino truly highlights the "power of powder". The countless descents can be extraordinary, either from the station above the **Sass Pordoi** cable car facility or along the Canale delle Torrette or the Canale di Joel, to the "classic" descent of the Val Lasties. In the **Adamello-Brenta Natural Park** there are the legendary off-piste tracks around **Passo Tonale**: where abseiling is necessary, to the satisfaction on many, to reach for example the deep canal of Passo del Dito (literally "Finger Pass"), or the famous **Cantiere** route which follows the upper Val Presena. In the **Paneveggio-Pale di San Martino Natural Park**, the crossing of the **Fradusta** literally takes your breath away: the route takes you right under the impressive walls of Cima Canali and Cime Vezzana peaks and into the **Val Canali**.

Paragliding may seem a bit extreme but is accessible to most thanks to the tandem flights offered by **Fassafly** (fassafly.com) and **Sport Check Point** (fassocpoint.com) in



Val di Fassa and by **Ifly** over the Paganella (iflytandem.it).

The emotion of crossing wide expanses of fresh snow, pedalling to the beat of the surrounding landscape. In Trentino, anyone can try out **fat biking** (even with assisted pedalling) at **Paganella Bike** (dolomitipaganellabike.com) in **Fai della Paganella** or **Edubike**, a sustainable mobility project in Val Di Fassa (edubike.it). Fat biking is also available in the **Folgaria ski area** (folgariaski.com), even after dark, and in **Dimaro** at the **Val Di Sole Bike Rent & Tour** (valdisolebike.com).

For a trip on horseback through the snow, the **Riding Centre** of Andalo on the Paganella organises accompanied tours (tel: +39 0461 585900). In Pellizzano at the **Alpine Riding Centre Val di Sole** there are also ponies for children (maneggio.net). The **Club Ippico Fontanelle** in Predazzo offers riding trips in Val di Fiemme (clubippicofontanelle.it).



ly wild natural environment, it is possible to ascend with snowshoes as far as the Val di Fumo in the Adamello-Brenta Natural Park. It represents the upper stretch of the Val Daone in the central Giudicarie area and one gets there by passing through a primordial landscape of sharp peaks and icefalls, a favourite spot for ice-climbers, until reaching Lake Malga Bissina. The trek is long (about 6 hours) and challenging, but once at 1,800m a.s.l. the reward is priceless with a superb view of the valley and the Caré Alto Massif.



Trentino offers ski-mountaineering enthusiasts a wide choice of stunning itineraries. The most spectacular routes and destinations are Cima Brenta, Cima Mulaz in the heart of the Pale di San martino Dolomites and Cima d'Asta.

ADDRESSES / WHERE TO FIND US

Rifugio Salei and Fienile Monte Restaurant

Gourmet cuisine on the slopes of Col Rodella. Passo Sella, Canazei
tel: +39 335 7536315
rifugiosalei.it
fienilemonte.it

Malga Ces

Historic chalet with rooms overlooking the pistes. Loc. Malga Ces, San Martino di Castrozza
tel: +39 0439 68223
malgaces.it

Chalet Fiat

Under the portent of the great automobile brand, charm and style at high altitude. Loc Monte Spinale, Madonna di Campiglio
tel: +39 333 1938030 / 0465 441507
chaletfiat.net

Malga Vigo

Old renovated farmstead surrounded by the best slopes in Trentino. Piana delle Malghette, Pinzolo
tel: +39 333 7687978
malgavigo.it

Rifugio La Roda

Dishes with an essence of dwarf pine, oysters and sparkling wine. Cima Paganella, Andalo-Fai della Paganella
tel: +39 348.8939544 / 340 5841890
laroda.it

Baita Gardonè

Lounge bar offering jazz music and a view over the Latemar range. Loc. Gardonè, Predazzo
tel: +39 0462 503110

Great winter cooking

PASTA, WINE AND HERBS

Pure glacial waters and products from the woods and mountain pastures. These are the secrets behind a range of healthy and tasty dishes. Farmhouse recipes or haute cuisine accompanied by a full-bodied red or a renowned sparkling wine of Trentino.

The mountains rediscover pasta: a dish at the El Molin restaurant of Alessandro Gilmozzi, one of the most innovative and interesting chefs in the Dolomites. His cuisine emanates the scents of forest herbs. Slow cooking and a creative use of smoking.





MOUNTAIN CUISINE IS EXPERIENCING A REVIVAL, THANKS TO RENOWNED CHEFS AND THE REDISCOVERY OF TASTY AND HEALTHY LOCAL DISHES WHICH ASSIMILATE THE CLEAR PURE WATERS AND MOUNTAIN AIR AND REFLECT THE TRADITIONAL LIFESTYLE.

A total of eight starred restaurants. A range of aromas and flavours that capture the very elements of Nature and seem to emanate the crisp air of Trentino, which in winter conveys the scent of fresh snow and in summer that of hay and forest undergrowth. These delights owe much too to the clear meltwater that streams down from the glaciers and snowfields, uncontaminated and rich in mineral salts drawn from the dolomitic rocks. Flavours and aromas are further intensified by the soil itself, rugged and harsh but able to sustain abundant grass and tough plants. These are the factors that, together, give local foods – cheese, milk, cured meats, freshwater fish, wine – a unique character, like something out of the past and far from everyday trends.

Then of course, there are the traditional recipes. Whoever thinks that mountain cuisine is all the same has evidently never had the pleasure of taking a seat around an authentic Trentino table, maybe talking to the cook and hearing the stories behind the dishes themselves. Such as that of the “Zuppa di Malga” (Mountain hut soup) that local cheese-makers have been preparing for centuries. The stories by themselves would make a visit to *Malga Canali* worthwhile, where they serve their typical soup prepared with porcini (*Boletus*) mushrooms and barley just like in days of old. This Malga or mountain hut, is located in the valley of the same name, once part of the fiefdom of the Counts of Welsperg and now within the Paneveggio-Pale di San Martino Natural Park. The owner, Gianna Tavernaro, and her two daughters, help recreate the local mountain atmosphere as they welcome visitors to their fire lit wood and stone tavern in traditional dress. On the menu there’s the “carne fumada” (smoked meat), the “lucanica cauriota affumicata” (large smoked sausage) and Tosela cheese lightly browned in Primiero butter (known locally as “botiro”) and produced with milk from the Malga’s dairy.

Family tradition in Folgaria too: the owners of the Da Ugo restaurant are the Leitemperghers, which means “people of the mountains”. Of ancient origin, the family came from Westphalia following the Count of Castel Beseno and opened the restaurant in the 1920’s. Today, just like in the past, they serve homemade gnocchi and fettuccine with mushrooms, goulash and braised meats in Teroldego wine.

A beautiful wood tavern with a tiled stove and a collection of farm-



In the image above, the Malga Canali in the Paneveggio-Pale di San Martino Natural Park. Traditional food, from smoked meats to farm soups. To the right, lunch at the Fiat Chalet with a view across the Brenta Dolomites.

ing tools and old accordions, blends perfectly with the charm of the Fuciada highland above San Pellegrino Pass and forms the perfect setting for two top chefs. These are Sergio Rossi and his son Martino at the *Rifugio Fuciade*. Sergio first became captivated by wines, so much so that he personally dug a cellar out of the living rock below the premises. His cuisine and that of Martino reflect the “cunning” of the mountain people in trying to exploit to the maximum whatever is edible. Examples are the ravioli with wild pears, which once were gathered and dried and would substitute sugar which was too expensive at the time, or the “fagot da mont”,



Great wines from small vineyards

The winemaking tradition in Trentino needs no presentations: 50% of the territory's municipalities are directly involved in the process and it has the highest percentage of land area (80%) dedicated to DOC (controlled designation of origin) vineyards in Italy. A land of great wines, **Trentino** is also home to a number of small yet outstanding vineyards run by master winemakers, true wizards of the art and interpreters of the Trentino territory. One such man is **Eugenio Rosi**, a wine expert trained at the San Michele all'Adige Agricultural Institute and whose winemaking skills have revolutionised processes and techniques leading to the development of a truly natural wine. It wouldn't be right to visit Trentino without uncorking a bottle of his extraordinary "Marzemino della Vallagarina" produced under his Poema label (Via Tavernelle, 3/B Volano, tel: +39 0464 461375).

The historical School of Viticulture and Oenology of San Michele all'Adige is also the "alma mater" of another winemaker, **Mario Pojer**, who along with his business partner **Fiorentino Sandri** have set up their vineyard and cellar on the hillsides of Faedo at the mouth of the Val di Cembra and have been producing fine wines since 1975. Examples include their first wine, a Muller Thurgau made from grapes cultivated at 700m a.s.l., the Besler Biank (white) and Ross (red) both named after the Maso or farmstead of the same name, and a number of varied blends culminating in the Merlino, a true marvel of winemaking and perfect for meditating (pojeresandri.it). Another graduate of the School at San Michele all'Adige is **Elisabetta Foradori**, who like her colleague Eugenio Rosi, is a member of the "**I Dolomitici**" an association of individual winemakers who share a common country pride, respect for nature and the local traditions of Trentino. Foradori has been a growing grapes biodynamically since 2002, a decision that has helped her better understand the natural cycles and the unique character of the Trentino territory. She produces Teroldego wine in clay amphorae as the shape and porosity of these vessels guarantee purity and balance in the process of transforming grapes into wine (elisabettaforadori.com).



A double degree in oenology and the title of best oenologist in the Under-35 category in 2012, **Erika Pedrini** represents the new generation of the **Pravis Vineyards**. The Cellar, in the Valle dei Laghi, has managed to recuperate the vines of the Austro-Hungarian Empire, from the Negrara variety to the Franconia and Gropello. Erika has also had her hand in modernising the cellar. Thanks to her "vertical design", it has been split up into three levels so that the wine passes through the different phases of the winemaking process thanks to gravity and therefore unaided by hydraulic pumps. This set-up optimises available resources and saves energy. Furthermore, and like only a few other vineyards, the cellar also produces **Vino Santo DOC**, a worthy conclusion to any important meal.

Any important meal isn't complete without a glass of **Vino Santo DOC** (literally "holy wine") of the Valle dei Laghi. It's produced from Nosiola grapes, a fragrant native variety thanks to the breeze from Lake Garda that dries the berries directly on the grapevine and thus increases the relative sugar content. Every year, only a limited number of these precious bottles are produced. The wine itself is intense and fragrant with a persistent and harmonious aftertaste; it's also known to age well even up to fifty years (fondazioneSlowFood.com/it/presidi-slow-food/vino-santo-trentino).



Above, freshwater fish is a speciality of the Osteria de l'Aquarol in Panchià. On the facing page, the Rifugio Fuciade is accessible by sledge, skis or snowshoes. Not to be missed are the wild pear ravioli.



SNOW ITALIAN STYLE



Alessandro Bellingeri

Born in 1983, best young chef in northern Italy in 2012. One of his secrets?

Garden vegetables and herbs.

Fish fry and risotto

Trentino is also the land of fish. The freshwater varieties, thanks to the gelid mountain waters, have a consistent quality and a clean delicate flavour. One of the best ways to try it is in an unusual crispy fish fry accompanied by vegetables and served with a yoghurt cream at the Osteria de L'Acquarol in Panchià. The dish is prepared by Alessandro Bellingeri, a young chef from Cremona "adopted" by the Val di Fiemme, able to dish out an array of reinvented Trentino delicacies thanks to a creative talent inherited from the great masters (Bottura, Crippa, Gilmozzi, Spigaroli). Not to be missed is the risotto with ricotta cheese, served with marinated and smoked arctic char.

savoury cakes of bilberry and braised venison.

The Da Alfiero restaurant in Madonna di Campiglio is not only charming but offers some fantastic dishes such as the tagliatelle made with chestnut flour along with a ragù of game meats and the arctic char with mountain potatoes. The Val di Sole too is known for its dishes of freshwater mountain fish: Alessandro Da Prà, retired mathematician, with his brother Andrea converted the family stable into the Corte dei Toldi restaurant with adjoining rooms. On the menu we find fillet of trout, arctic char, lavareti slowly cooked in mason jars and the tagliolini pasta with trout and artichoke.

Trentino-style pizza anyone? Garda olive oil, lamb ham from the Val di Fiemme, Trentingrana and lukanica are just some of the local ingredients used to top the more than 60 types of pizzas served by the Crepaz brothers at *Le Giare* in Pozza di Fassa. A valid alternative is the *Bistrot Dolomeiu* in Andalo where young *Filippo Crippa* offers various focaccias (flat oven-baked bread) with "carne salada" and rye, with venison or mountain trout and a selection of pizzas all prepared with Italian stone-ground flour.

A PIZZA IN THE DOLOMITES? HERE IT'S PREPARED USING STONE-GROUND FLOUR AND OLIVE OIL FROM LAKE GARDA AND MAYBE WITH TRENTINGRANA CHEESE AND LAMB HAM FROM THE VAL DI FIEMME. THERE'S ALSO FOCACCIA WITH TROUT, CARNE SALADA AND RYE. TRUE TREASURES OF THESE VALLEYS.

YOUNG CHEFS

A land that boasts such a selection of genuine products never ceases to inspire contemporary chefs with its authenticity and freshness. An upcoming generation of skilled Trentino chefs, true ambassadors of their native territory, propose dishes of haute cuisine that never fail to enhance the local aromas and flavours.

It's the "awareness of being immersed in the heart of a natural botanical garden" that inspires Paolo Donei on a daily basis, chef and owner of *Malga Panna* in Moena. In 1993, at the age of 19, he was the youngest Italian to receive a prestigious Michelin star that he guards to this day. Nature itself provides him with a personal research laboratory. Wild herbs and mushrooms gathered by his father Vigilio in the woods along the slopes of the Latemar mountains, cheeses, game meats



In Trentino, the best of Italy

Caseificio Sociale Val di Fassa.

Trentingrana and mountain cheeses, butter, yoghurt and honey. (Strada Dolomites 233, tel: +39 0462 764076)

Caseificio Sociale di Primiero.

"Botiro", butter and cheeses from the mountain dairies around Primiero. A Slow Food presidium. (Via Roma 179, Mezzano, tel: +39 0439 62941, primiero.com)

Caseificio Sociale di Predazzo e Moena.

Where to find the famous Puzzone cheese (Via Fiamme Gialle 34, Predazzo, tel: +39 0462 501287, puzzoneimoena.com)

Azienda Agricola del Mazarol. Among the best goat cheeses in Trentino

can be found at this farm that also produces organic honey and yoghurt and organises tours for visitors. (Loc Zorzea, Canal San Bovo, tel: +39 0439 719347, fattoriadidattica.trentino.it)

Mèlga de Fascia (cheese dairy of Pera, Campitello e Canazei). Milk, cream and local cheeses (Strada Dolomites, 233, Pera d Fassa, tel: +39 0462 764076; Str. De Pent de Sera 17, Campitello di Fassa, tel: +39 0462 750301)

Caseificio Sociale Val di Fiemme. Goat cheese and other typical cheeses from the area (Loc. Bivio Carano, Cavalese, tel: +39 0462 340284)

Caseificio Sociale della Val di Sole.

Presanella dairy, producers of Casolèt cheese (Slow Food) (Via Quirino Bezzi 1, Mezzana (TN), caseificiopresanella.it)

Caseificio degli Altipiani del Vezzena.

This dairy gathers the milk from the highland of Folgaria, Lavarone e Luserna to produce its Vezzena cheese, the oldest cheese of Trentino (Via Guglielmo Marconi 7, Lavarone, tel. +39 0464 783106, caseificiovezzena.it)

Ballardini. Wines, cheeses and local cured meats. Free to taste. (P. zza Brenta Alta 21, Madonna di Campiglio, tel: +39 0465 441056, ballardini.to)

La Boscaiola. Cured meats such as "mortandela" and "ciuga" (Slow Food), speck and venison ham. Deli, bakery and wine shop (Via Cima Tosa 49, Madonna di Campiglio, tel. +39 0465 443208)

Casa del Formaggio Dellagiacom.

Mainly cheeses but also an assortment of the finer local products such as pastries, honey and grappas. (Piaz del Melghèr 4, Pozza di Fassa, tel: +39 0462 763688).

Trota Oro. Trout, arctic char and lavaret bred in the cold glacial waters of the Dolomites. Smoked or marinated in the sweet salt of Cervia (trotaoro.it).



The L'Chimpl restaurant in Tamion uses local products and herbs. From mountain cheeses to Swiss pine shoots and pine needles.

and the lamb of the Val di Fiemme: he will draw inspiration for anything, reinventing traditional Trentino cuisine and adding his own personal touch. His creations include such dishes as the classic “canederli” with Puzzone di Moena cheese served in a cream of white mountain butter or the more creative “spaghetini tiepidi”, arctic char (a local trout), a cream of Jerusalem artichokes and roasted hazelnuts.

The essence of the Trentino mountains and their inebriating aromas can also be found in the menu proposed by *Stefano Ghetta* at the *L'Chimpl* restaurant in Tamion in the Val di Fassa, along the road that leads to lake Carezza. Swiss pine buds, elderberry, wild fennel and pine needles are just some of the innovative ingredients used in a kitchen which, with large dose of enthusiasm, is apparently on a quest to rediscover the very origins of the local cuisine. Trained in an international hotel school, since the age of 22, Stefano has been running the small restaurant in the hotel of his wife's family and at the same time has deepened his love for the surrounding mountains. His most significant dishes, which stem from this unique connection to his beloved mountains are, for example, his Tamion organic eggs with spinach, “cuore di Fassa” cheese, potatoes and truffles.

In the Tait family restaurant Costa Salici in Cavalese, the father (Maurizio) and son (Stefano) duo in the kitchen alternates between robust dishes and more delicate creations. Examples are the “frittelle” (savoury pancakes) with cheeses from the Val di Fiemme and accompanied by white cabbage or the rye ravioli with venison sauce, dried tomatoes, herbs and juniper. On the other hand, for those with a more delicate palate, there's the smoked arctic char with agretti (a species of saltwort) and baked potatoes with Raclette cheese or the “trota in saor” (baked mountain trout).



BE IT IN A RIFUGIO OR MOUNTAIN RESTAURANT, A TRULY UNFORGETTABLE EXPERIENCE IS A DINNER WITH A VIEW ACROSS THE PEAKS OF THE LATEMAR, THE BRENTA DOLOMITES OR THE PALE DI SAN MARTINO OR OF ARTWORKS HIDDEN IN THE SNOW.

DINNER BY SNOWMOBILE

The charm of the mountain peaks silhouetted against the darkening sky and the magic of the snow glistening in the moonlight are just some of the advantages of an evening meal in one of the many “Rifugi” or Mountain huts in Trentino. Many can be reached by snowmobile or on foot with the aid of snowshoes, as is the case of *Rifugio La Montanara* above Molveno, a classic mountain tavern with a welcoming fireplace located at 1,525m a.s.l. and facing the Brenta Dolomites. It's also reachable by cable-car but it's probably more exciting to cross the snowy woods by snowmobile or, if one has a couple of hours to spare, on foot and soak in the pleasures of the evening landscape. What are the specialities? Potato spaghetti with porcini mushrooms and Mortandela (a local salame) and pork cheeks prepared with Trentodoc wine. Whereas the distinguishing feature of the



Cascina Zeledria farmstead in *Campo Carlo Magno* above *Madonna di Campiglio* (accessible by snowmobile or on skis) is the stone grill at the centre of the table where one can grill cheese, meats and vegetables. Visitors are also welcome to try the “strangolapreti” (typical bread dumplings with spinach) in melted butter or the “polenta concia” (polenta mixed with cheese) accompanied by mushrooms and sausage. Furthermore, next to the farmstead it’s possible to stock up on local speck (smoked ham) and cheeses.

A candlelit dinner awaits the visitor in the *Baita Caserina* on the *Pampeago Alps*, an old stable renovated with the same spruce used for making violins. Inside one can enjoy a delicious plate of papardelle pasta with a ragù sauce of local game meats whereas outside the unmistakable peaks of Latemar outline the sky. Nearby the sculptures and other artworks of the Respirart permanent exhibition are on show. The Pale di San Martino Dolomites and the Cime Uomo range provide the setting for the *Baita Paradiso* in the ski area of San Pellegrino Pass an altitude of 2,200m. A true “baita” or mountain chalet with ceiling beams dating back to the 1700’s, floors in porphyry stone, a traditional tavern and an honest and well-tended cuisine. They bake their own bread although their specialities are the soups, pine-scented beef in bread crust and the traditional “grostl” (chopped roast beef and potatoes), not to mention the view across the surrounding mountains.

ADDRESSES / WHERE TO FIND US

Malga Canali

Genuine tradition, cheeses and homegrown vegetables.
Località Val Canali, Passo Cereda
tel: +39 320 8326226

Rifugio Fuciade

Gourmet dining in the silence of the highlands.
Località Fuciade, Passo San Pellegrino, Soraga
tel: +39 0462 574281
fuciade.it

Ristorante Da Ugo

Mountain cuisine with a mittel-European twist.
Via Colpi 343, Folgaria
tel: +39 0464 721141
ristorantedaugo.com

Malga Panna

The best local products cleverly elaborated and by Paolo Donei
Strada de Sort 64, Moena
tel: + 39 0462 573489 /
+39 335 6813777
malgapanna.it

Ristorante Da Alfiero

Game meats and freshwater fish.
Via Vallesinella 5,
Madonna di Campiglio
tel: +39 0465 440117
ristorantealfiero.it

Alla Corte dei Toldi Restaurant and Guesthouse

A renovated medieval hayshed in the Val di Sole
Via dei Falidoni 32,
Terzolas
tel: +39 0463 901038
cortedeitoldi.it

L'Chimpl

All the fragrances of the mountains in well-balanced dishes.
Str. de Tamion,
Vigo di Fassa
tel: +39 0462 769108
hotelgranmugon.com

Costa Salici

Trentino tradition, from father to son.
Via Costa dei Salici 10,
Cavalese

tel: +39 0462.340140
costasalici.com

Osteria dell'Acquarol

The best freshwater fish and the creativity of Alessandro Bellingeri
Via Nazionale 42, Panchià
tel: +39 0462 813082
osteriadellacquarol.it

Rifugio la Montanara

Can be reached with snowshoes, snow cat or ski-lift. Its speciality is potato spaghetti with boletus mushrooms and mortandela, pig cheeks in Trentodoc wine
Loc. Tovre, Molveno
tel: +39 0461 585603
montanara.ea23.com

Cascina Zeledria Restaurant

Meats and cheese cooked on a stone grill.
Loc. Zeledria,
Madonna di Campiglio
tel: +39 0465 440303
zeledria.it

Baita Caserina

Candlelight dinners surrounded by the peaks of the Latemar range and the artworks of Respirart.
Loc. Pampeago, Tesero
tel: +39 339 2109400
baita-caserina.it

Baita Paradiso

In the Pass San Pellegrino Ski Area. Beef cooked with dwarf pine in bread crust
Loc. Paradiso, seggiovia Costabella, Moena
tel: +39 349 0614837
baitaparadiso.it

Bistrot Dolomieu

Gourmet pizza and quality food
Via Ponte Lambin 4,
Andalo
tel: +39 0461 585952
lacucinadifilippo.com

Le Giare

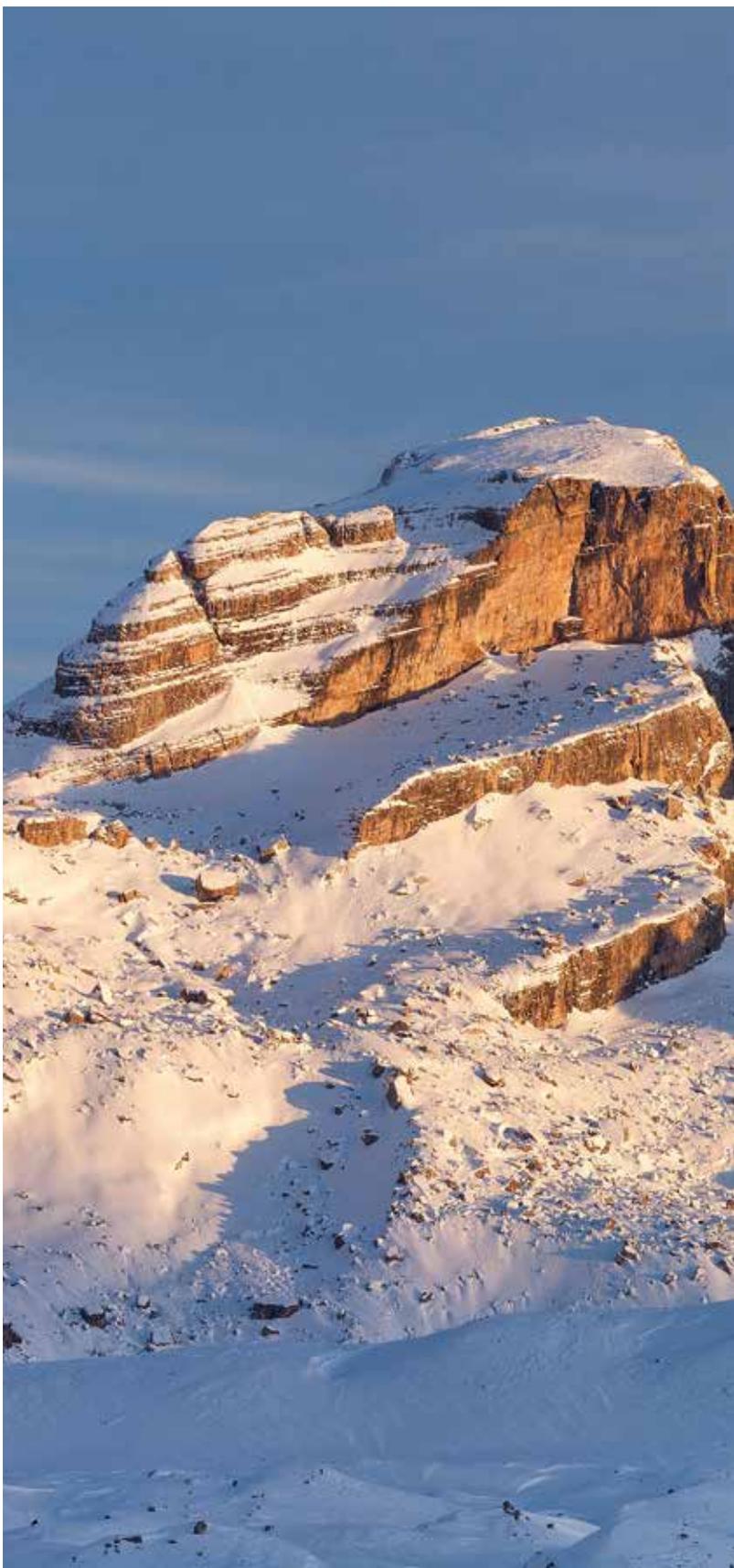
Pizza with a taste of Trentino
Piazza del Malghèr 20,
Pozza di Fassa
tel: +39 0462 764696
legiare.net

The Great Beauty

THE WORLD'S UNRIVALLED PEAKS

By sleigh, horseback or on skis, in a landscape of imposing peaks and silent snow-covered forests. Open-air art displays in magical surroundings. Where to go and how to get there.

An unparalleled display, sunset on the Brenta Dolomites in the Adamello-Brenta Natural Park. This mountain group and its arms of natural wonders stretch for over 40km. The highest peak, Cima Brenta, reaches an elevation of 3,151 metres. Great skiing and other winter sports even horse-riding through the snow.







A horse-drawn sleigh in the Val di Fassa. Very popular with children during the day, appealing in the evenings too after a meal in a Rifugio.

Strolling through open-air works of art, ice-skating by the remains of a 6,000 year old village, reinvigorating oneself in a sauna. These are just some of the unique ways of discovering Trentino, allowing visitors to appreciate the many-faceted nature of this land. Come and see how the soul of these mountains is emphasised by the magic of winter and how the snow can be blinding under bright sunlight or how it transforms the landscape into something out of a fairy tale as it floats gently to the ground. Besides skiing, there's the sledge or toboggan. A fantastic winter activity, it was once the only means of transport in the area during the long winter months. Take a slide down one of the more exciting slopes, such as **La Fraina** above the town of Predazzo, which passes through swathes of enchanting woodland along the gentle slopes of Bellamonte. The trip back uphill, with the Castelir Le Fassane chair lift (where one can rent and drop off the sledge), has a charm all of its own, offering fantastic panoramic views of the surrounding landscape. Maybe even more appealing is crossing the

woods by night, as offered in the Val di Fassa: visitors are brought up the slope by snowmobile for an evening meal in a mountain hut before descending again by sledge. Above the town of Pozza di Fassa, at the watershed between **Val Monzoni** and **Valle San Nicolò**, there's the **Malga al Crocefisso** (a trip of about 20 minutes), a converted mountain cowshed now serving authentic mountain cuisine. The return trip downhill, guided by moonlight and immersed in silence, is truly an unforgettable experience.

In Val Monzoni one reaches **Malga Munciogn** (Monzoni) where a variety of locally produced cheeses are served.

The **Baita Ciamp de le Strie**, above Bellamonte in Val di Fiemme offers a both a breath-taking view and typical Trentino dishes and pizzas cooked in their wood fired oven. After dinner, and before heading out onto the soft snow, music is organised with a DJ mix to let guests “unleash” their best dance moves.

Unhurried trips by horse-drawn sleigh are also available in the woodlands of the Adamello-Brenta Natural Park, with brief stops to soak in the atmosphere and maybe try the

SKIING ASIDE, THERE ARE MANY OTHER WAYS OF ENJOYING THE SNOW-COVERED LANDSCAPE AND MOUNTAIN TRADITIONS. ICE-SKATING ON FROZEN MOUNTAIN LAKES FOLLOWED BY A STEAMING SAUNA, OR MAYBE A MASSAGE WITH OILS OF MOUNTAIN HERBS. HOP ABOARD A HORSE-DRAWN SLEIGH AND FINISH OFF THE DAY WITH A MEAL IN ONE OF THE MANY MOUNTAIN FARMSTEADS HIDDEN IN THE WOODS.

traditional snacks, such as the “tortel di patate” (traditional potato cakes), at the **La Tana dell’Ermellino** mountain lodge in Cavedago. Horse riding trips through the drifts of immaculate snow within the Park are also available and can be booked at the **Horse Riding Centre of Andalo (Centro Equitazione di Andalo)**. At Christmas time, the Maso Coflari farmhouse in Ruffré in Val di Non, organises trips both on horseback and in open sleighs to admire the numerous nativity cribs set up in the area. Indeed the land is dotted with these traditional representations, from the local farmsteads and along the winding Rio Freddo trail right up to the evocative lakes. Back at the farmhouse the visitor can dine and stock up on local cheese, cured meats, grappa and honey.

Skating effortlessly across the face of a frozen mountain lake in a woodland arena: the vision of skating of days gone by gets a boost of new life in many places across Trentino. In Madonna di Campiglio, the little **Conca Verde** lake freezes over in winter and has been welcoming skaters since the mid-1930’s. The exceptional characteristics of this body of water made it one of the fastest skating rinks of the entire Alpine region, witnessing the breaking of hundreds of national and international speed skating records. A truly unique place is **Fiavé**, near Comano Terme, where the ice-skating rink flanks a unique archaeological site featuring the remains of a lake settlement and now a UNESCO World Heritage Site. The remains of stilt dwell-



Above, an aperitif with a view on the terrace of Rifugio Salei at an altitude of 2,225m at the feet of the Sassolungo group in the Val di Fassa. Below, an evocative view of the Brenta Dolomites by night.



Thermal baths, wellness centres and Spas

Beauty baths. Below the mountains of Trentino lies a heart of hot and beneficial thermal waters that gush forth in the many valleys in the area. The waters of the Alloch thermal spring are used at the **Terme Dolomia** in the town of Pozza in the Val di Fassa (termedolomia.it). In the Val Rendena, the **Borgo della salute di Caderzone** (which translates as “the Hamlet of Health of Caderzone”) is a true centre for thermal therapy and offers a wellness centre complete with a salt cave, saunas and a caldarium (fontevalrendena.it). A centre for health and wellness, cycles of thermal therapy and spas can also be found in the village of **Pejo** in the Val di Sole, famous for its therapeutic waters attained from three different springs (termepejo.it). The **Val di Rabbi**, within the Stelvio National Park, was frequently visited by the Habsburg family for the beneficial properties of its mineral water. The thermal baths themselves, nestled amongst willows and fir trees, offer anticellulite treatments that exploit its regenerative properties due to its high iron, salt and bicarbonates contents (termedirabbi.it). Don't miss the baths and massages with oils and mountain herbs or hay flowers and juniper berries. The concept of “wellness” isn't the latest craze but a **healthy way of life** that has its roots in the culture of Trentino. Many spas, including those run by hotels, offer daily packages, such as those offered by the **Lagorai Alpine Resort** in Cavalese, that guarantee moments of complete relaxation in steam baths diffused with sea salt or in the laconium, the Roman sauna infused with medicinal mountain herbs (hotel-lagorai.com). The **Active Hotel Olympic** in Vigo di Fassa, offers personal “wellness coaches”. These are the “Steam Masters” and organise the ritual Aufguss sessions: first the water, mixed with essential oils, is poured on the sauna stove then the rising vapours are gently directed towards the bathers using a towel. Furthermore, there are various treatments to be tried, from those involving cow's milk or sparkling wine to mountain flowers and herbs, juniper berries, blueberries and minerals from the Dolomites (activehotelolympic.it).



In the image above, a professional sauna master at the Active Hotel Olympic regulates heat by dropping ice infused with essential oils on the stove.

To the right, the Terme di Pejo thermal baths in the Val di Sole, famous for the therapeutic waters from its three springs.



ings dating as far back as the IV millennium BC are still visible today (visitacomano.it). The Black Ice facility in Fai della Paganella is a lounge bar that offers a great “Dark” (a Spritz-style cocktail made with cola and sambuco liquor) and an adjacent skating rink with fantastic natural ice.

ART: BETWEEN SNOW AND SKY

Only here in Trentino can one be moved by the absolute beauty of the landscape as it embraces the artistic creations of Man. All you needs are a warm pair of winter boots and a clear mind to freely contemplate the harmony of art and nature. You can explore the places that have been transformed into a natural canvas and upon which, over time, many artists have left their mark through works of land art. The permanent exhibition named **Respirart**, fruit of the project proposed by local artist Marco Nones, in the Alpe di Pampeago in the Val di Fiemme, is one of the highest Art Parks in the world (up to 2,200m a.s.l.) and can be visited following a loop trail of about 3km. The works of international artists, created from natural



From left, a piece by American artist Patrick Dougherty and one by Korean Lee Jaehyo for the Arte Sella initiative that in over 20 years has welcomed 300 artists from around the world, each leaving their work for all to enjoy along the Artenatura trail.

RESPIRART IS ONE OF THE HIGHEST ART PARKS IN THE WORLD WITH AN ALTITUDE RANGING FROM 2,000 TO 2,200 METRES. A CIRCULAR ROUTE OF 3 KM HEMMED BY ARTWORKS IN WOOD AND STONE. THE NATURAL ELEMENTS, SUCH AS SUNLIGHT AND SNOW, INSTEAD OF RUINING THEM, SEEM TO EXHALT THEM. IT'S NOT THE ONLY OPEN-AIR ART DISPLAY IN TRENTO.

materials such as wood and stone, seem to dialogue directly with the surrounding woodland and with the peaks of the Latemar group. Far from ruining these works of art, the cold, the sharp sunlight and the snow actually complete them, allowing them to transform themselves after the artists “abandoned” them to the will of nature. Observing them becomes a kind of meditation on the fickleness of existence, the trail turning into a relaxation technique (respirart.com).

In over 20 years of activity, **Arte Sella** in Val di Sella has witnessed the influx of over 300 artists from around the globe, each leaving their personal contribution to the park along the **Artenatura** trail. Along the path, these works – clearly visible or partially concealed by the trees – are born, then change and finally pass away following the rhythms of nature. From here one reaches the monumental **Cattedrale Vegetale** (or Plant Cathedral) created by Giuliano Mauri, which the snow, as with all the exhibits, continuously reinterprets and enriches. This unique structure, over time, has become an extraordinary experimental backdrop for numerous artistic movements: from music to photography and from dance to theatre (events can be found on artesella.it).

ADDRESSES

Malga al Crocefisso

Capitel 1, Valle San Nicolò, Pozza di Fassa
tel: +39 0462 764260
malgaalcrocefisso.com

Ciamp de le Strie

Great atmosphere, pizza and music in the Val di Fiemme
Loc. Campo, Bellamonte Predazzo (TN)
Tel +39 339 8685080
ciampdelestrie.com

Baita Munciogn

Via Rufderuacia, Pozza di Fassa
tel: +39 338 1660720

La tana dell'ermellino

Loc. Priori, Cavedago
tel: +39 348 2105689

Agritur Maso Coflari

Maso Coflari 12, Ruffré-Mendola
tel: +39 0463 870133
agrituralranch.com

Andalo Horse-riding Centre

Viale del Parco 16, Andalo
tel: +39 0461 585900;
cell. +39 335 6876792/
347 0334004
visitdolomitiipaganella.it/it/escursioni-sliitta-cavalli-andalo

Sporting Club Madonna di Campiglio

Ice-skating on Lake Costa Verde
Via Monte Spinale 16, Madonna di Campiglio
tel: +39 0465 440503
sportcampiglio.com

Black Ice

Bar and ice-skating rink
Fai della Paganella
tel: +39 329 2599675
www.facebook.com/barpattinaggio-black-ice-25104269824774

The five most beautiful skiing panoramas in Italy

1 With the ski lift facilities from Andalo and Fai della Paganella-Santèl one can reach the panoramic peak of the Paganella directly. From here, the impressive panorama embraces most of the Trentino mountains and beyond. By far the greatest view however is across the central Brenta Dolomites where the pinnacle of the Campanil Basso is instantly recognisable. Staying the night at the Rifugio La Roda (laroda.it), right at the top of the mountain, further rewards visitors with an unforgettable sunrise upon this unique setting.

2 The modern cable car facilities below don't reveal what's to come once the station above **Sass Pordoi** is reached. Over the last stretch, the cable car glides silently above rocky spurs rewarding its occupants with a unique aerial sensation and once alighted, at almost 3,000m a.s.l., one's breath is literally taken away. On clear days the view spans an endless field of mountain

peaks, as if the Dolomites themselves had taken over the entire world. The **Sella group**, the **Rosengarten group**, the **Marmolada**, the **Ortler Alps**, the **Ampezzo Dolomites** and as far north as the **Austrian Alps**: upon this extraordinary natural terrace, which was once a sea bed, sitting at the **Rifugio Maria**, a visitor feels overwhelmed by such an indescribable beauty (fassa.com/IT/Punto-panoramico-Sass-Pordoi).

3 Away from the crowds, a small skiing district clings to the highest mountain of the Dolomites, the **Marmolada**, and its large glacier. The Pian dei Fiacconi has a single cable car facility, which can also be reached without skis, that from the vicinity of Lake Fedaiia takes visitors up for 2,626 metres to just below the lip of the majestic glacier that descends from Punta Rocca. At the **Rifugio Pian dei Fiacconi**, one can feel the vicinity of the "Queen of the Dolomites" which has always represented a challenge for



mountaineers as they negotiate the numerous crevasses on their way to Punta Penia at 3,343m a.s.l. (piandefiacconi.com).

4 The **Passo del Grostè**, at an altitude of 2,500 metres, can be reached from Madonna di Campiglio with the Spinale/Grosté cable car facility to the Rifugio Stoppani. The quick and easy ride up doesn't





prevent visitors from feeling completely immersed in the harsh mountain environment, that Cima Grostè, one of the more imposing peaks of the Brenta Dolomites, inspires. From the wide saddle at the pass itself, the panorama is superb: not only the **Brenta Dolomites**, but the Adamello and Presanella groups and the Val di Non are also clearly visible. This position seems to embrace, with a single view, the entire Dolomites (groste.it).

5 The **Altopiano della Rosetta**, a highland area, uncannily resembles the surface of the moon, with the ice and snow carved out by the mountain winds. To cross it in silence under the sharp peaks of the **Pale di San Martino Dolomites** makes for an extremely evocative experience. The **Rifugio Pedrotti alla Rosetta** can be quite easily reached from San Martino di Castrozza

using the Col Verde-Rosetta cable car facility but all the same it feels as if the entire world has been left far behind. It's definitely worth spending the night to admire the "Enrosadira" phenomenon, the sky at dusk that goes from pink to violet, from a truly privileged position (rifugiorosetta.it).



Après ski Italian style

HIGH- ALTITUDE PLEASURES

Tasty cappuccino and trendy aperitifs, high mountain nightclubs. Shopping in Trentino: from technical footwear to hand-woven fabrics.

A guide to stylish bars and restaurants, master chocolatiers and historical shops.
The Italian “Dolce Vita”

Happy Hour Italian (and Trentino) style in the numerous ski bars overlooking the snowy mountains: quality wines, themed parties, platters of local cheeses and speck. In this image, the Bondonero in Monte Bondone located directly on the ski slopes. It also organises “aperigrill”, cocktails and grilled meats.





SHOPPING IN TRENTINO IS NEVER A TRIVIAL EXPERIENCE: LODENS, MOUNTAIN ANTIQUES, BOILED WOOL, HOUSEHOLD FABRICS WOVEN ON HAND-LOOMS. EVERYTHING IS HAND-CRAFTED AND LOCAL. TECHNICAL SPORT FOOTWEAR IS DESIGNED AND PRODUCED HERE TOO.

How about some fun on the snow, Italian style? Elegance and quality are guaranteed. Spend the evening in a café or wine-bar for an aperitif or in a selection of meeting places where you can round off the day under the stars, maybe in a hot tub accompanied by a glass of sparkling wine. In the heart of the snow-covered villages or directly at the base of the slopes, après-ski areas are typically represented by traditional Alpine taverns complete with tiled stoves. However, for those who prefer a more modern setting, some daring designers have reinterpreted these spaces giving them a more contemporary feel. Using glass, local dolomite rock and granite under domes illuminated by fitting lighting effects, these structures reflect the fact that Italy is a world leader in design. Something for everybody: for the younger visitors who seem to ski straight from the slopes onto the dancefloor but also for those who appreciate a more traditional alpine style.

TASTY APRÈS SKI

In Madonna di Campiglio, the streetlamps with their bear effigies welcome the visitor to Piazzetta Righi at an elevation of 1,500m. The well-known **Bar Suisse** is located here in what was once the hunting lodge of Emperor Franz Joseph. This lounge bar has become somewhat of a local institution, furnished in a traditional manner with cushioned benches and wood panelling and renowned for its fantastic hot chocolate. **Café Pasquini** is another famous rendez-vous in Via Dolomiti di Brenta. Between coral-red walls decked with vintage cinema posters and slate floors, the visitor can pop in in the morning for a cappuccino and croissant, or at lunch for a quick bite to eat or maybe in the evening for some live music and drinks. On the other hand, the **Pasticceria San Carlo** is the place to go for “Krapfen” doughnuts, carrot cake and, above all, for its strudel. The **Home Stube Alpin Mood**, a new bar located on the ex-premises of the legendary “Cliffhanger”, is what can be defined as a revamped mountain pub with a very welcoming atmosphere. With its in-house brewery, cellar and locally produced traditional food, it’s the ideal place to try some traditional local dishes.

In Vigo di Fassa, if the National Ski Team or other champions have to celebrate something, they head to **Reinhard Santifaller’s**. In his pastry shop, he produces a selection of exquisite traditional pastries, reinterpreted with a contemporary twist. Such delights as the Bis-



cotti di Natale (Christmas biscuits) and apple strudel, not to mention his famous Hugo cake prepared with lemon, white wine and mint. His speciality however is chocolate, the subject of his thesis when graduating in “Science culinaire pâtisserie” in Brussels. The **John Caffè** in **Folgaria** has gained an almost cult following since it first opened in 1954. Visitors call in for breakfast or an après-ski delight such as the Tortina Odissea (a chocolate cake with coffee cream) or the “Setteveli” (sponge biscuits, gianduja, Madagascar chocolate, hazelnut crème bavaroise and much more). Then there’s the aperitif and the live music in the evenings. The Pizzeria and Restaurant **La Calkera** in Folgaria is open all day and is a regular meeting point for sports enthusiasts due to its unique location at the base of the ski-lift facilities of Fondo Grande Folgaria. In **Mezzana**, in the Val di Sole, a regular meeting point is the **Aia** wine bar and restaurant.



An aperitif with a glass of bubbly

The best sparkling wine in the world. That's the opinion of experts at *The Champagne and Sparkling Wine World Championships 2015* who presented the **Cantine Ferrari Cellars** with the international *Sparkling Wine Producer of the Year* award. It's worth trying it at the **Nabucco** bar and restaurant in Piazzetta Righi in Madonna di Campiglio, one of the symbols of the "dolce vita" on the snow (ferrarispaziobollicine.it). Here, alongside the traditional combination with Calvisius caviar, you can try it with the lucanica of the Val di Ledro or the mortandella of the Val di Non, two products listed by the Slow Food organisation. Have a glass of Trentdoc Ferrari at **Cermisfera**, at the base of the Olimpia slope, one of the longest pistes in the Alps. The last 2.5km of this slope are floodlit on certain nights of the week (alpecermis.it) and the transparent dome of the lounge bar is set alight by the rhythm of the music from inside.

In the image above, the Bar Suisse In Madonna di Campiglio, once the hunting lodge of Emperor Franz Josef. Here on the right, a true symbol of the "dolce vita" on the snow, the Nabucco in Madonna di Campiglio: aperitifs with Trento Doc, caviar and cured meats registered with the "Slow Food" Foundation.



Hunger for culture

For some après-ski culture, Trentino hosts a number of world-renowned museums such as the MART in Rovereto. Designed by Mario Botta, it is the flagship for modern and contemporary art in Italy and houses numerous exhibitions and manages the **Galleria Civica** of Trento and the magnificent **Casa Futurista** of Fortunato Depero (mart.trento.it).

The **MUSE of Trento**, designed by the famous architect Renzo Piano, is one of the most successful museums in Italy (muse.it). This vast interactive space with workshops, laboratories, research centres and, of course, exposition areas (the “**Extinctions**” exhibition is open until the end of January 2017) is a lot more than a simple museum. One can combine a visit to these museums with a trip to the **Christmas markets** in Trento (19 November – 6 January) or Rovereto (25 November – 6 January). Another recommended stop is at the **Buonconsiglio Castle**. Its fine art collections, archaeological artefacts and the “Baroque Art of the Prince Bishops of Trento” exhibition (3 December 2016-1 May 2017, buonconsiglio.it) justify the visit as well as the amazing series of frescos entitled “Ciclo dei Mesi” dating back to the 14th Century.

Trento was once a Roman city. As testimony to this, there are underground itineraries that take the visitor along a series of archaeological sites, all in a fantastic state of conservation (cultura.trentino.it/Temi/Archeologia). Finally, with over 5 floors of exposition area, 43 rooms and 12 thousand items on show, the **Museum of Habits and Customs of the Trentino People** in the town of San Michele all'Adige, about 13km from the capital, represents a journey into the history and traditions of the local people.

APRÈS SKI GLAMOUR

Trentino too has its own nightlife. Maybe not as lively as in other areas in the Alps but perfect for making new friends and showing off on the dance floor. In Madonna di Campiglio, true jewel of the Dolomites, the **Des Alpes Mood Club** is worth a visit. Built with wood and steel around a central dancefloor, it's a popular place with VIPs and top DJs.

The visitor can almost ski straight onto the dance floor at the **Kusk** club in the town of **Moena**. After a day skiing at the Passo San Pellegrino or the Lusia, this is the place to go. Covering three floors and decked with wood recuperated from mountain huts, this place offers a bit of everything. You can have a drink, eat a pizza or a plate of “canederli” or dance in the “Spritzeria” or the Vintage Disco Bar. The visitor can also take a break in one of the barrel saunas, available in the private yard, complete with wooden tubs of steaming water, followed by a glass of Trento-

THE BEST PLACES TO GO ARE BETWEEN MADONNA DI CAMPILGIO AND THE VAL DI FASSA. HISTORICAL PASTRY SHOPS LIKE BAR SUISSE, OPENED BY MASTER CHOCOLATIERS SUCH AS REINHARD SANTIFELLER. TRENDY MEETING POINTS LIKE PIANO 54 FOR AN APERITIF OR THE CLIFF WITH ITS GLASS BAR.

doc sparkling wine. Popular with Ski Instructors, the **Zenith Club** in **Andalo**, within the prestigious **Sassdei** hotel, is located next to the cable car station. The mood is natural with fruit smoothies and energetic juices, bruschettas, mixed platters, and the MyActive Pause, an original Trentino snack with a difference. For those seeking something special, there is an ample selection of wines and cocktails. Nights are short in the Val di Fassa as it hosts the highest concentration of Après-ski areas in the Alps. The coolest one? Without a doubt the “Cliff” whose very name, explains the owner Filippo De Bertol, “in the world of freestyle, evokes the idea of off-piste descents and a breath of freedom”. Located just a hundred metres from the ski lifts, the premises is a mix of old wood and modern design, where glass counters allow for an elegant play of reflections. A series of flat screen televisions hang from the walls showing videos of snowboard tricks and aerials and every drink on the menu is named after a freestyle manoeuvre. All this comes with freshly baked pizza or a platter of the local delicacies.

In **Marilleva**, the only disco at an altitude of 1,400m can be found at **Dai Angioi** which doubles as an après-ski bar during the day, welcoming skiers with hot chocolate, bombardino (a drink similar to eggnog) and pizzas made using natural yeast.

SHOPPING? MADE IN TRENTO

The history of mountaineering can also be found in many old shops and workshops, many of which have become true icons in the world of outdoor clothing. One example is **La Sportiva**, a well-supplied factory and outlet in Ziano di Fiemme, that produces quality footwear with sophisticated design such as the innovative Stratos Cube boots, made in karbonkevlar composite and a favourite of the skier



In the top image, chocolate masterpieces by the renowned pastry chef Reinhard Santifaller in Vigo di Fassa. Below, traditional lodens and woollen garments can be found at Dolomiten Sportswear in Tesero or at Ghine in the Val di Fiemme.



Damiano Lenzi. Another notable model is the G2sm with its exclusive quick-lacing system. In Tesero on the other hand, **Dolomiten Sportswear** is the best place for the traditional loden coats. These garments, made with boiled and carded wool, have been used by shepherds for centuries and are also available at the **Ghiné** workshop in the Val di Fiemme. Here one finds lodens, duffle coats and other items of clothing all masterfully reinterpreted by the stylist Eleonora Weiss.

In the workshop of Lucia and Zita Zeni in the heart of Mezzano di Primiero, listed as one of the most beautiful hamlets of Italy, fabrics are still woven using old handlooms. The techniques and patterns have remained unaltered since the early 1900's. The result is a range of hand-woven fabrics for the home ranging from mats and shirt fabrics to curtains and linen. Intricate Elaborate items in silk, merino and cashmere are also available. The organic cushions produced by the **Naturalmente** workshop in Fiera di Primiero, at the foot of the Pale di San Martino Dolomites, are inspired by nature and stuffed with pinewood shavings, or barley, buckwheat, cherry pits or mountain herbs, which are all believed to help with a variety of ailments. In the Val di Fassa, tradition is alive and well. Here you can buy carved wooden toys or kitchen utensils at **De Crestina**. Visitors will have to go to Madonna di Campiglio to find the more fashionable boutiques such as the **Officina del Sole**. Here it is possible to find jewellery created with papier-mâché and laminated with gold or silver whereas at **Casa Cozzio** extravagant antique objects are on show, such as the armchair made with moose antlers.

The most famous craftsman in Trentino is probably Luciano Zanoni, officially a farrier from Caldès in the Val di Sole. However, he's not simply a blacksmith and became famous for his "Olive Tree", a work commissioned by Bill Gates in 1992. His artwork, inspired by plants, fruits and flowers, have been exhibited in Italy, France, Prague and Los Angeles. Nevertheless, he continues to live and work in his hometown of Caldès.

PLACES TO GO

Café Suisse

piazza Righi 10,
Madonna di Campiglio
tel: +39 0465 440935
cantinadelsuisse.com

Antica Pasticceria Pasquini

Viale Dolomiti di Brenta 13,
Madonna di Campiglio
tel: +39 0465 440710

Pasticceria San Carlo

Centro Rainalter,
P.zza Lorenzetti, Madonna
di Campiglio,
tel: +39 0465 441340

Home Stube Alpin Mood

Via Adamello 16, Madonna
di Campiglio
tel: +39 340 2518422
stubehome.it

Reinhard

Str. Neva 20,
Vigo di Fassa
tel: +39 0462 763084

Dai Angioi

Restaurant, pizzeria and
dancing at 1,400 metres
93, Località Marilleva
1400, Mezzana
tel: +39 0463 796517

Piano 54

Via Monte Spinale 1,
Madonna di Campiglio
tel: +39 0465 446661
piano54.com

Des Alpes Mood Club

via Monte Spinale 11,
Madonna di Campiglio
tel: +39 0465 440000
desalpesdisco.com

Kusk

L Vial 35, Moena
tel: +39 0462 574627
locandakusk.it

Zenith

Via Rindole, Andalo TN
tel: +39 0461 585421
hotelsassdeiandalo.it/bar.
htm

Cliff

Via di Parèda 22, Canazei
tel: +39 0462 602453
thecliff.it

La Calkera

C.so Fondo Grande,
Folgaria
tel: +39 0464 721367
calkera.it

John Caffè

From breakfast to after-
dinner entertainment with
live music.
Via Colpi 52, Folgaria
tel: +39 0464 721121
johncaffè.it

L'Aia Wine Bar

Restaurant and wine bar
Via Prati 6, Mezzana
tel: +39 0463 756080

SHOPS

La Sportiva

Via Ischia 2,
Ziano di Fiemme
tel: +39 0462 57080
lasportiva.com

Dolomiten Sportswear

Via Pira 2, Tesero
tel: +39 0462 813106
dolomiten-sp.it

Ghiné

Via Nazionale 1/b, Carano;
Piazza Italia, Cavalese,
tel: +39 0462 090019 / +39
345 5265633
ghine.it

Artelèr

Via Samedela, Mezzano
tel: +39 347 7778611

Naturalmente

Via Garibaldi,
Fiera di Primiero
tel: +39 0439 763063

De Crestina

via Palua 21,
Soraga di Fassa,
tel: +39 0462 768174,
decrestina.it

L'Officina del Sole

Piazza Righi 13, Madonna
di Campiglio
tel: +39 0465 442894

Casa Cozzio

Via Cima Tosa 3, Madonna
di Campiglio
tel: +39 0461 1820366

Luciano Zanoni

Blacksmith and artist
Via A. Parena 2, Caldes
tel: +39.0463. 901081

Hotels you want to go back to

BEAMING HOTELS

Simply the best when it comes to atmosphere, elegance, hospitality and fine food.

Mountain guides, natural swimming pools, massages for skiers, off-road strollers for young children. Historical, stylish, eco-friendly and luxury hotels or simple chalets.

The Chalet nel Doch is a small hotel in the woods above Canal San Bovo with a homely atmosphere and a warm welcome from the owners. It also offers traditional food and a fantastic buffet breakfast where everything is home-baked, from the croissants to the strudel and cakes. They also raise llamas that sometimes accompany guests for walks.





The true luxury of Trentino's hotels isn't simply the traditional attention to detail which envelopes you in a cosy mountain atmosphere. It's not simply the service either. The true luxury, from 5-star hotels to high mountain huts, is the natural courtesy, enhanced by a genuine caring smile, which makes guests feel more like a friends than simply clients. No doubt the variety of exciting activities and services on offer also help. Be it a simple day out in the company of the hotel manager, always happy to tell stories about the local people and places, or a couple of hours in the kitchen learning the secrets of a traditional dish with the family cook.

As one travels through Trentino, it becomes evident how every hotel, B&B and farmhouse expresses its own unique characteristics. There are no problems finding the perfect spot to recharge and get acquainted with the gentle flow of mountain life. Guests are pleasantly embraced by a sense of harmony and the scent of pinewood from the moment they cross the threshold of any of the local accommodations, an experience amplified by the welcoming smiles awaiting them. The **Hotel Chalet del Brenta** in Madonna di Campiglio, a hotel boasting a modern take on warm traditional materials, is an example of this. Perfect both for families (it offers a baby-sitting service) and sport enthusiasts who can rent a wide range of sports equipment: snowshoes, mountain bikes, hiking poles. Another eco-friendly hotel is **Hotel Corona Dolomites** in Andalo, recently renovated according to green-building standards, with designer rooms in larch, spruce and pinewood. The menu offers traditional cuisine but also proposes gluten-free dishes and wine-tasting events with local producers in the cellar. These are just examples of the attention paid to guests, just as the organisation of encounters with local mountain guides. The **Sporthotel Panorama** in Fai della Paganella is a piece



MANY HOTEL OWNERS GET THEIR GUESTS INVOLVED IN WINTER ACTIVITIES. FROM SHOWSHOE TREKKING TO THE DISCOVERY OF THOSE LESS KNOWN SLOPES, OFF THE BEATEN TRACK. THEY OFTEN ACCOMPANY THEIR GUESTS PERSONALLY, AS THEY ARE EITHER MOUNTAIN GUIDES OR SKI INSTRUCTORS.



In the large image, the Villa Kofler Wonderland Resort in Campitello. A stylish hotel inspired by the world's great cities, from Tokyo to Milan. Each room has a wellness area. The owner Ivo Nemela is a Ski Instructor and Mountain Guide. In the photo below to the left, a room in the fashionable Monroc Hotel in the Val di Sole, enjoyed by skiers as it's located next to the slopes. Below right, one of the five chalets in Muu Village in the Alpe Cimbra, just 1 km from Folgaria.

of history: opened in 1885, it has since been run uninterrupted by the Mottes family. Today, besides the warm welcome and the home cooking, there's the extensive La Dolce Vita Spa with its own spring of mineral water and a sauna area of over 1,200 square-metres with a number of indoor and outdoor tubs and facilities. In keeping with their offer of health and well-being, there are numerous holistic treatments available and exclusive organic and biodynamic gardens on the premises. In addition, the hotel hosts exhibitions and art collections throughout the premises.

In the **Chalet nel Doch** in Canal San Bovo, pet llamas often accompany guests for walks in the surrounding woods. Inside, modern furnishings are accentuated by the old wooden beams of this renovated hayshed. Of course, the pleasantness and courtesy of the owners are what's really special, with their ability to tempt guests with delightful traditional meals and a breakfast buffet where everything is home-baked from the strudel to the variety of

Ski instructor hotels

What could be better than getting advice on itineraries, or maybe being accompanied on hikes across the snow, by those who know the local mountains like the backs of their hands? There are many ski instructors and mountain guides who also run hotels and agritourism farms. Thanks to their expertise, guests can explore the less beaten tracks and slopes and discover untouched trails and landscapes in total safety. There's always something new to be learnt about these mountains, that the guides are all too glad to tell as they walk together with their guests through a dreamy landscape of snow and mountains. This is what happens at the **Ciarnadoi Design & Suites Hotel** in Vigo di Fassa: off-piste skiing, snowshoeing, via ferrata and other activities are organised by Mattia, a ski instructor who is also happy to give guests precious technical advice and supply the necessary equipment. At the end of a long exciting day, guests can stop off at the large spa or maybe snack on a slice of the delicious homemade cake (hotelciarnadoi.it). The **Agritour Weiss** in Vigo di Fassa is a timber building in the lively and "energetic" setting of a mountain farmstead. The owner, Monica, is a ski instructor and accompanies guests on the slopes and on treks with snowshoes. Furthermore, she is the sister of the renowned chef Peter Brunel and her cuisine avails of the precious (and delicious) advice of her brother (agriturweiss.com). At the **Torretta Hotel & Wellness** in Passo del Tonale, the sons of the owners, Omar and Luca Longhi, are respectively ski instructor and national coach the former and ski instructor specialised in freeride skiing the latter. Along with their colleague Gianni Trepin, snowboard instructor and mountain guide, they are able to help improve the techniques of both sports enthusiasts and high-level athletes (hotellatorretta.com). On the other hand, at the **Hotel Belvedere & Paradise Club Center** in Fai della Paganella, the owners Enzo and Lorena Endrizzi accompany their guests on excursions before inviting them to tone their fatigued muscles at the spacious wellness centre covering 1,200 square-metres and complete with a well-equipped gym. (hotelbelvedere.it).



Italian style: cookery school

Enjoy a stay in the Dolomites while simultaneously learning the tricks and secrets of Italian cooking, one of the most delicious and healthy cuisines in the world. Not a problem at the **Beauty & Vital Hotel Maria** in Carano, just outside the town of Cavalese in the Val di Fiemme. The owner and chef Monica Braito conveys her passion and knowledge (acquired under the watchful eyes of Michelin-starred chefs) to whoever wishes to take part in her cookery classes. Vegetables from her garden, local cheeses and meats, woodland aromas and berries, homemade pasta and much more, all cooked following traditional recipes that guests will easily be able to replicate once they get back home. This chef-teacher unveils many tricks on how to prepare the perfect strudel or “canederli”, the traditional bread dumplings, and supplies notes to help participants remember the recipes learnt. She also organises personal classes upon request even on hypocaloric, vegetarian and gluten-free cooking (hotelmariasas.it).

cakes and croissants. For those who wish to get up in the morning and jump on the pistes, a great choice is the historical **Malga Ces** on the slopes above San Martino di Castrozza which has been run by the same owners since the 1940's. It has a total of eight rooms, the most requested of which is the “Stella Alpina” (Eidelweiss) room with a stunning view of the Pale di San Martino Dolomites. During the winter season, the traditional appointment on Friday nights is dinner with the “Aquila” (Eagles), the local group of Mountain Guides who accompany guests on a snowshoe trek and then entertain them with tales of their adventures in the mountains. The **Hotel Europeo** in Pinzolo, in the Adamello-Brenta Natural Park, is appreciated by both families and sport enthusiasts alike. Its location makes it the perfect destination for those interested in all kinds of winter activities, from skiing to sledging and from snowboarding to snowshoeing. Proof of this is the fact that the in-house Spa offers special massages to alleviate sport fatigue. The **Garnì Laurino** Hotel in the Val di Fiemme is



housed in a renovated 17th century palazzo in the centre of Cavalese. The pinewood tavern along with the 400 year old tiled stove and felted wool sofas all contribute to recreating an atmosphere worthy of the legendary King Laurino, lord of the Ladin people and accountable for the “enrosadira” phenomenon, that wonderful pink hue that the Dolomites acquire at sunset. Their “Natura” suite with its double bathtub and chromotherapy system is definitely worth a try. The **Family Resort & Spa Rio Stava**, also in the Val di Fiemme, is perfect for winter holidays with children of all ages. For babies and toddlers, off-road strollers are available as well as baby carriers and the staff is dedicated to ensuring suitable

REST IN ONE OF THE MANY CHALETS WHERE THE ONLY SOUND IS THE RUSTLE OF ANIMALS IN THE WOODS OR THE SNOW FALLING FROM THE BRANCHES OUTSIDE. OR MAYBE SPEND THE NIGHT IN A STYLISH ROOM. CHOOSE FAMILY ROOMS, HOTELS WITH THE BEST SPAS IN THE DOLOMITES. TAKE COOKING CLASSES.



meals are served. For older children there's a baby pool in the spa and a child care service where they can play, eat and take part in trips on the slopes. In the nearby Val di Fassa, at the **Villa Kofler Wonderland Resort** in Campitello, design buffs will appreciate the suites, each inspired by the world's great cities and styles: Tokyo/Zen, Milan/fashion, Oslo/minimal, Edinburgh/folk, etc.. Every room is fitted with a wellness area and infrared sauna, Jacuzzi tub and chromotherapy system, plus a comfortable seat in front of the fire where one can relax after a day of skiing. In addition, guests can get expert advice for a great day outdoors from the hotel owner Ivo Nemela, a professional ski instructor and mountain guide.

Inspired by fans of active mountain holidays, the stylish **Monroc Hotel** is located on the slopes of the Val di Sole with the Daolasa cable car facilities just a few steps away. Sporting equipment for all disciplines are available for rent: freestyle, snowboard and ski mountaineering. The hotel also organises snowshoe treks (the well-known "ciaspolate") or on skis equipped with climbing skins in the Stelvio National Park and the Adamello-Brenta Natural Park. A characteristic design is one of the many reasons that make **Muu Village** in the Alpe Cimbra (the highland comprising Folgaria, Lavarone and Luserna) an attractive destination. The resort is located 1km from the centre of Folgaria and just 60 metres from the base of the Costa Moretta ski-slopes. It comprises five traditional chalets with large glass facades to capture the sunlight in winter, numerous rooms and holiday apartments and in addition, a wellness centre and two restaurants one of which is directly on the slopes.

ADDRESSES / WHERE TO FIND US

Hotel Chalet del Brenta

Spa and great local cuisine
Via Castelletto Inferiore 4,
Madonna di Campiglio
tel: +39 0465 443159
hotelchaletdelbrenta.com

Hotel Corona Dolomites

Stylish and eco-friendly.
Traditional food with dishes for coeliacs.
Via Dossi 6, Andalo
tel: +39 0461 585872
coronadolomiteshotel.com

Sporthotel Panorama

Well-being in a two-hectare park
Via Carletti 6,
Fai della Paganella
tel: +39 0461 583134
sporthotelpanorama.it

Chalet nel Doch

A house in the woods with the charm of isolation and the friendliness of the owners.
Via Villanova 22/A
Fraz. Prade, Canal S. Bovo
tel: +39 0439 763206
chaletneldoch.com

Malga Ces

Directly on the Colverde-Rosetta slopes. Eight rooms under the shade of the Pale di San Martino.
Località Malga Ces,
San Martino di Castrozza
tel: +39 0439 68223
malgaces.it

Hotel Europeo

In the Adamello-Brenta Natural Park. Genuine cuisine and wellness centre.
Corso Trento 63, Pinzolo
tel: +39 0465 501115
hotелеuropeo.com

Hotel Garni Laurino

Wellness centre, traditional delicacies, an atmosphere from days gone by in an old palazzo in the centre of Cavalese.
Via Antoniazzi 14,
Cavalese
tel: +39 0462 340151
hotelgarnilaurino.it

Family resort&spa Rio Stava

Family-oriented, wellness centre, fantastic cuisine and spacious rooms.
Via Mulini 20, Tesero
Tel: +39 0462 814446

Villa Kofler Wonderland Resort

The charm of wood and stone in a hotel of contemporary design, wellness centre also en-suite.
Stredadolomites 63,
Campitello di Fassa
tel: +39 0462 750444
valdifassahotel.net.

Hotel Monroc

A stylish hotel for sports enthusiasts directly on the slopes of the Val di Sole. Cable car station of Daolasa Commezadura
tel: +39 0463 735000
monroc.it

Muu Village

Five stylish chalets just 1 km from the centre of Folgaria and 60 m from the Costa Moretta slopes. Apartments, and family rooms also available. Wellness centre.
Via Negheli 62, Folgaria
tel: +39 0464 720652
muuvillage.it

Happy to greet you

Landscapes, experiences, tastes, sports: what is it that really sticks to us after a week spent on the snow? Probably and above all, the kind people we meet. The atmosphere of a hotel or mountain hut and the way in which guests are greeted. Gaining the trust of a Mountain Guide or the friendships born from shared experiences on the snow. A simple scroll through the comments shared on social media sites emphasises how the majority of positive reviews regard the generous hospitality received by guests. Some say that mountain people can be reserved and reticent, but this is not the case in Trentino. The Italians of the Dolomites have always been open-minded and more than happy to share their folklore and secrets with whoever wishes to spend some time in this land of majestic mountains and deep green valleys.





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1. An aperitif on the slopes: a winter ritual from the snow of the Val di Fassa Fassa to Madonna di Campiglio. 2. The welcoming smiles of Jessica, Giulia and Daniela at the Maso Franceschella in the Val di Fassa. 3. The Biblioigloo (igloo library) in Andalo: space for reading and games and a children's workshop. 4. Martino, Sergio and Emanuela Rossi at the Rifugio Fuciade, rooms at 1,982 metres and fine food such as the cranberry tortelli and braised venison. 5. The Rifugio La Roda in Andalo, Paganella: a bowl of spaghetti at an altitude of 2,125 metres. 6. It's all about automobiles at the Fiat Chalet, at an elevation of 2,140m and a return trip on a track-mounted Fiat 500. 7. The Chalet Fogajard, a farmstead in the woods with Kashmir goats from which various sustainable products are derived. 8. Snowboarders on the Altopiano di Folgaria. 9. Reinhard Santifaller, one of the greatest master chocolatiers in Trentino. His pastry workshop is in Vigo di Fassa.



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FROM TRENTO

THE BEST OF ITALY within two hours



The “Quadrilatero della Moda” also known as the “Golden Rectangle” of fashion and designer labels, from Armani to Prada, is one of the most famous fashion districts in the world and is made up of the streets Via Montenapoleone, Via della Spiga, Via Borgospesso and Via Sant’Andrea in **Milan**. Sales begin around the 5th-7th of January (viamontenapoleone.org). Offers great shopping and a chance to stroll through Milan’s most elegant streets.



MILANO

223km > 2:30h

Via Cappello 23 is probably the most famous address in **Verona** thanks to William Shakespeare. About 2 million visitors a year stop under Juliet’s balcony. And Romeo? He lived in a typical medieval building right in the centre of the city at no. 2 via Arche Scaligere.





Christmas Markets. Every year in **Trento** about 90 wooden stalls offer visitors the very best of food, wine and local crafts. The stalls occupy two squares in the city centre from November 19th through to January 6th. The same dates apply to the markets in Levico Terme where the stands are set up inside the old and evocative Habsburg family park. In Rovereto, the Christmas market changes theme on an annual basis, this year the “Natale dei Popoli” (Christmas of the People) runs from November 25th to January 6th.



Venice is an enchanting city, even in winter. Full of various events, art, music and Christmas markets (venezia.net also in English). Not to be missed is the spectacular fireworks display just before midnight on New Year's Eve along the waterfront of St. Mark's Square.



The Scrovegni Chapel in **Padua** with its fresco cycle by Giotto represents one of the masterpieces of 14th century artwork in Italy and Europe. The visit isn't complete without a visit to the multimedia room. More information regarding bookings and evening opening hours (usually in winter) is available at cappelladegliscrovegni.it.



VISITTRENTINO.IT


italian experience