

VAL DI SOLE
winter



ACTIVITIES, EVENTS, EXPERIENCES
1st - 31st MARCH 2024



MOVE

SPORT

Val di Sole, land of sports and paradise for athletes. From trekking to MBT, move in nature and become the protagonist!

KIDS

KIDS

Val di Sole, the valley for families and children: discover a world of activities dedicated to the little guests.

FOOD

TASTE

Discover our local products and the gastronomic traditions of Val di Sole.

CULT

CULTURE

Discover history, art and the traditions of an ancient land, rich in cultural activities.

H2O

WATER

Take care of yourself thanks to the activities organized by the thermal baths of the valley.

FUN

EVENTS

Events and shows, activities and entertainment: discover our programs and have fun with us!

WILD

NATURE

Immerse yourself in the surrounding nature: discover the magical world of the wood participating in the numerous activities organized by the Stelvio National Park.

Val di Sole Information Offices - tel. +39 0463 901280 - info@visitvaldisole.it

Dimaro Tel. + 39 0463 986113

Mezzana Tel. + 39 0463 757134

Passo Tonale Tel. + 39 0364 903838

Peio Tel. + 39 0463 753100

Folgarida Tel. + 39 0463 986608
info@visitdimarofolgarida.it

Commezzadura Tel. + 39 0463 974840
prolococommezzadura@gmail.com

Marilleva 1400 Tel. + 39 0463 757588
info@marilleva.it

Pellizzano Tel. + 39 0463 751183
info@pellizzano.com

Vermiglio Tel. + 39 0463 758200
info@vermigliovacanze.it

Ossana Tel. + 39 0463 751301
ossanainfo@gmail.com

Cogolo di Peio Tel. + 39 0463 754345
info@visitvaldipejo.it

Rabbi Tel. + 39 0463 985048
info@valdirabbi.com

INFO

info@visitvaldisole.it - www.visitvaldisole.it

Val di Sole



TRENTINO



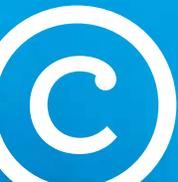
PARADICE MUSIC

Ice concerts

We invite you to experience
the music of ice instruments
in a theatre made of snow.

From 4th January to 30th March 2023
Passo Paradiso - Presena Glacier

www.pontedilegnotonale.com



from Monday to Friday



PASSO TONALE - Loc. Case Sparse

DOG SLEDDING

13:00
15:00
An introductory mushing lesson where you will drive the sled dragged by a team of dogs, following the instructor. For a fee. The activity must be booked 3 days in advance.
338 9137697



PEIO - Fede Ranch

A HORSE AS A FRIEND

10:00
and **14:30**
Saddle up and enjoy the quiet winter atmosphere of the wood. If you keep your eyes open, you might even catch a glimpse of some animals moving around in the woods. At your return, a tasty break with local products! For a fee. Booking required by 12:00 of the previous day.
339 7911521 or on the website www.visitvaldisole.it



Friday **1** MARCH



CALDE - Samoclevo at Agritur il Tempo delle Mele

DISCOVER ALPINE CHEESE AND LOCAL SURROUNDINGS THROUGH ALL 5 SENSES

16:30
18:00
Discover with an expert the characteristics of alpine cheeses with the 5 senses. An experience to taste paired with fine wines and local products. For a fee. Booking required by 11:00 on the previous day. 347 9558401 or on the website www.visitvaldisole.it



MALÉ - Andreis Bike Rent

WINTER ON 2 WHEELS

10:00
13:00
Discover the most appreciated landscapes of the beginning of Val di Sole and Val di Rabbi on an e-bike. For a fee. Booking required by the previous Wednesday. 338 6076376 or on the website www.visitvaldisole.it



DIMARO FOLGARIDA - Folgarida at the Tourist Information Office

MALGA DI DIMARO - BAITA CIOCOMITI*

09:15
15:30
We will walk up to the Malga di Dimaro alpine diary from where you can enjoy a striking view of the Brenta Dolomites and then we continue to the Baita Ciocomiti - Malga Vigo alpine restaurant where we will taste a delicious lunch. Elevation gain: 300 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



MEZZANA - Ortisé at Casa dell'Ape

FROM THE WOODS... TO A BEEHIVE*

14:00
16:00
A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 or on the website www.visitvaldisole.it



MEZZANA - Caseificio Presanella

THE SCENT OF TRADITION: IN THE CHEESE VAULT

16:00
17:30
Take a closer look to the expert hands of the dairyman at the Caseificio Presanella dairy transforming milk into cheese. Then off you go to visit the cheese aging area, where you can see the thousands of wheels of Trentingrana cheese become a one of a kind product. Taste their intense and delicious flavour! For a fee. Booking required by 12:00 of the previous day. 0463 757282 or on the website www.visitvaldisole.it



PELLIZZANO - Agritur Bontempelli RIDE INTO A FAIRY TALE*

16:30
18:30

Snow, clogs and bells! Just like in a fairy tale, hop into the carriage and let Jenny and Gelo, the inseparable pair of blond Halfinger horses, take you on a special ride. Through the wood and the countryside till Pellizzano, surrounded by a magical atmosphere. For a fee. 348 4876411 or on the website www.visitvaldisole.it



PASSO TONALE - Grand Hotel Miramonti DEFYING AEOLUS

09:00
12:00

Have you ever tried snowkite at Passo Tonale? An exciting adrenaline-filled winter sport that allows you to whizz on white slopes with a snowboard or ski through the white mountain of Tonale. For a fee. The activity must be booked 3 days in advance and in case of favourable wind conditions. 327 2041363 or on the website www.visitvaldisole.it



PASSO TONALE - Tourist Information Office PRESENA GLACIER*

09:00
12:00

Once you get off the Paradiso gondola, wearing snowshoes in fresh snow, you will immerse yourself in a spectacular, unique, panoramic and authentic high-altitude natural environment. Elevation gain: 150 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



PEIO - Peio Fonti at Peio Thermal Spa MOUNTAIN WELLNESS AND GOODNESS DELUXE

18:00
22:00

Relax yourself in an alpine stube with the aromatic scent of Swiss stone pine wood. The sauna, Turkish bath and whirlpool will be completely at your disposal. At the end, you can taste local products. For a fee. Booking is required by 12:00 of the previous day. 0463 753226 or on the website www.visitvaldisole.it



RABBI - Rabbi Fonti at Park Info Point UNDER THE MOON IN THE STELVIO NATIONAL PARK*

18:00
23:00

An easy night walk with a guide under the moonlight, along a simple trail immersed in an authentic mountain environment, to the discovery of tales, myths and curiosities about the Stelvio National Park. You will then warm inside a mountain hut and taste local dishes. Elevation gain: 250 m. Hiking difficulty: easy. For a fee. Booking required at Rabbi Info Point, Peio Visit Centre, Tourist Information Office or on the website www.visitvaldisole.it



Saturday 2 MARCH



MALÉ - Piazzale Guardi car park (Via Molini) AMONG THE BOLENTINA ALPINE DIARIES*

09:15
12:30

A wonderful snowshoe outing among alpine dairies and snow covered stretches of open land as you admire the Cimon de Bolentina peak in the background and an amazing view of Val di Sole. Elevation gain: 350 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



PASSO DEL TONALE - Presena Glacier PARADISE MUSIC - PARADISE BAND: IT'S ONLY FROZEN WATER - SURF MUSIC NIGHT

16:00
17:00

Info and tickets: www.pontedilegnonale.com



RABBI - San Bernardo at Kneipp path BAREFOOTING

14:00
15:30

Thanks to an expert naturopath you will discover the benefits of barefooting. At the end, enjoy a tasty snack at the Pasticceria Silvia. For a fee. Booking required by 12:00 of the day of activity. 0463 985048 or on the website www.visitvaldisole.it



RABBI - Loc. Plan at Centro Fondo

CROSS-COUNTRY SKI LESSON WITH A SKI INSTRUCTOR*

17:00
19:00

Discover the pleasure of skiing slowly following your rhythm and admiring the beauties of Stelvio National Park with an instructor. For a fee. Booking required. 334 6009218 - 0463 985048

Sunday 3 MARCH



DIMARO FOLGARIDA - Dimaro at the Tourist Information Office EXCURSION IN VAL MELEDRIO - DIMARO*

14:00
16:30

In Val Meledrio among the sounds of the wood, the gurgling of the stream and an enchanted landscape, mountain guides will accompany you throughout the afternoon to discover the beauty of the area equipped with snow rackets. For a fee. 0463 986608 - 0463 986113



COMMEZZADURA - Daolasa at L'Ora di Punta DAOLASA SNOW PARTIES

16:30

After a day on skis, a lot of fun and good music!

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PEIO - Skiarea - Lo Sciocattolo
MUSIC AND FUN AT HIGH ALTITUDE

11:00
15:00
For an exciting sunday

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RABBI - Rabbi Fonti at Park Info Point
LOOKING FOR TRACKS AND FOOTPRINTS OF THE PARK'S ANIMALS*

09:00
12:00
A pleasant walk through the woods to discover all of the tracks in the snow left by animals. The silence of the forest in the Stelvio National Park, broken only by the gurgling sound of the Rabbies River and the sounds of the inhabitants of the woods, will accompany us as we walk past the waterfall of the Ragaiolo stream and reach the ancient Venetian sawmill. Elevation gain: 140 m. Hiking difficulty: easy. For a fee. Booking required at Rabbi Park Info Point, Peio Visit Centre, Tourist Information Offices or on the website www.visitvaldisole.it



Monday 4 MARCH

Val di Sole
WOW

DIMARO FOLGARIDA - Loc. Malghet Aut
SKI PERFORMANCE VIDEO

14:00
15:00
A ski lesson with a national or federal certified coach, who will correct you through a video while you ski. For a fee. The activity must be booked 2 days in advance. 0463 986350 or on the website www.visitvaldisole.it

Val di Sole
WOW

DIMARO FOLGARIDA - Monclassico at Parco Biologo
THE SHADOW LINE

15:00
17:00
Walking through the narrow streets of Monclassico and Presson, you will discover with an expert guide the 50 sundials painted on the houses: a real open-air museum! For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 or on the website www.visitvaldisole.it

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DIMARO FOLGARIDA - Folgarida at the Tourist Information Office
EVENING EXCURSION TO MALGHETTO DI ALMAZZAGO

17:00
19:00
Night walk to discover Malghetto di Almazzaggo. You will arrive in one of the most breathtaking points in the area to admire a wonderful view on Val di Sole. For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 - 0463 986113

FU
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MARILLEVA 1400 - Campo scuola
APRÈS-SKI

16:30
Music and fun at 360°, the perfect after-skiing atmosphere!

Val di Sole
WOW

MEZZANA - Ortisé at Casa dell'Ape
FROM THE WOODS...TO A BEEHIVE*

14:00
16:00
A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 or on the website www.visitvaldisole.it

MO
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VERMIGLIO - Centro Fondo
FREE CROSS-COUNTRY SKI LESSONS

14:00
16:00
You will learn the techniques of cross-country skiing with our ski instructors. Equipment rental for a fee. 0463 758200 - 0364 903838

Tuesday 5 MARCH

MO
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DIMARO FOLGARIDA - Folgarida at the ticket office of Belvedere cable car
EXCURSION TO RONZOLA FARMSTEADS IN FOLGARIDA*

09:45
12:00
Easy snowshoe hike along marked trails in the Adamello Brenta Natural Park at the foot of the beautiful Brenta Dolomites reaching some typical mountain farmsteads completely immersed in silent nature. For a fee. 0463 986113 - 0463 986608

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DIMARO FOLGARIDA - Dimaro at the Tourist Information Office
EVENING EXCURSION IN VAL MELEDRIO

17:00
19:00
An easy hike into the winter nature of Dimaro Folgarida towards the Val Meledrio. A valley, rich not only in nature but also in cultural practices, thanks to the ecomuseum. For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 - 0463 986113

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COMMEZZADURA - Mestriago at the Tourist Information Office
EXCURSION TO MALGHETTO DI ALMAZZAGO*

09:15
12:30
Easy walk to discover Malghetto di Almazzaggo. You will arrive in one of the most breathtaking points in the area to admire a wonderful view on Val di Sole. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it

Val di Sole
WOW

MEZZANA - Ortisé at Casa dell'Ape
FROM THE WOODS...TO A BEEHIVE*

14:00
16:00
A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 or on the website www.visitvaldisole.it

FUN★**MARILLEVA 1400** - Copai - Panciana cable car departure**APRÈS-SKI**

starting at 16:30 Music and fun at 360°, the perfect after-skiing atmosphere!

Val di Sole WOW**VERMIGLIO** - Vicolo Somacort, 31**DISCOVER THE SECRETS OF KNITTING***10:30 Soft wool transformed into warm and comfortable tailor-made clothes, ready to wear! Come to visit Viola and observe transforming the wool of the sheeps from Val di Peio into knitwear and make a cute sheep-shaped pin to take home. For a fee. 346 1539427 or on the website www.visitvaldisole.it
11:30**Auvergne Si****PASSO TONALE** - Tourist Information Office**ALTIPORTO***14:00 An easy loop trail towards the altiporto (mountain landing strip) from where we will enter into the forest, leaving traffic noise behind us, and start to search for tracks left by wild animals that inhabit the forest while learning how to move safely in the mountains during the winter season. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it
16:30**MOVE****PASSO TONALE**- Valena slope**NIGHT SKIING**20:30 Skipasses available for purchase onsite. In case of bad weather, the activity will not take place.
23:00**MOVE****PEIO** - Cogolo at Centro Fondo Biancaneve**CROSS-COUNTRY SKI LESSONS***10:00 You will learn the techniques of cross-country skiing with our ski instructors. For a fee. Free for Consorzio Pejo3000 associates. Equipment rental for a fee. Reservation mandatory 0463 754345 - 0463 753100
12:00**WILD****PEIO** - at the top of Doss dei Cembri chairlift**WATCH OUT FOR ANIMALS!**

14:30 On the slopes to observe the fauna in its natural habitat. Free activity. In case of bad weather, the activity will not take place.

FOOD**PEIO** - Casanova Farm**A VISIT TO CASANOVA FARM***17:00 Discover the life of a mountain farmer, his world and his animals. For a fee. 0463 754345 - 0463 7531000
18:30**Auvergne Si****PEIO** - Peio Fonti at Piazzale Telecabina**A STARRY SKY***21:00 An adventurous evening in the woods! As we listen to the sounds of nature at night, we will discover a whole new world that, after sunset, is usually only inhabited by animals!
23:00 During our outing we will also have a look at the sky to learn how to spot various constellations. Elevation gain: 200 m. Hiking difficulty: easy. For a fee. Booking required at Peio Visit Centre, Rabbi Park Info Point, Tourist Information Offices or at the website www.visitvaldisole.it**Wednesday 6 MARCH****MOVE****DIMARO FOLGARIDA** - Monclassico at the train station**FOREST BATHING & ECOART***09:45 Thanks to forest bathing, we will develop a connection with nature through our senses. We will have fun with ecoart and snowart, through dynamic and creative activities. For a fee.
12:15 0463 986608 - 0463 986113**Val di Sole WOW****DIMARO FOLGARIDA** - Dimaro at Ristorante Dolomiti**BUSHCRAFT**14:00 Learn how to survive in the wilderness, without any modern comforts: you will find all the things you need in the wood.
17:00 For a fee. The activity must be booked 2 days in advance. 0463 636175 or on the website www.visitvaldisole.it**Val di Sole WOW****DIMARO FOLGARIDA** - Monclassico at Maso Toffe**NONNA OLIVA'S POLENTA**16:30 Help Leonardo light the fire and prepare the typical Trentino polenta following the recipe of Granny Oliva.
20:30 And afterwards... let's enjoy the traditional cuisine combined with excellent products and mulled wine from Maso Toffe. For a fee. Booking required by 16:00 of the previous day. 342 5529282 or on the website www.visitvaldisole.it**FOOD****DIMARO FOLGARIDA** - Presson at the church**DIVINUS**17:00 Taste local products with an expert that will tell you about culinary traditions of Val di Sole in the magical atmosphere of a "Völt" (cellar) of 1700s. For a fee. Booking required by the 12:00 of the previous day. 0463 986608 - 0463 986113
19:00

MUOVERSI **MEZZANA** - Marilleva 1400 at the Tourist Information Office
DISCOVER VAL PANCIANA*
09:15 Starting right in the heart of the Skiarea Campiglio Dolomiti
12:30 di Brenta, we will reach the Orso Bruno Mountain hut, where you can enjoy a fantastic view of the Brenta Dolomites.
Elevation gain: 250 m. Hiking difficulty: easy/medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it

FUN
starting at 16:30 **MARILLEVA 1400** - Campo scuola
APRÈS-SKI
Music and fun at 360°, the perfect after-skiing atmosphere!

Val di Sole WOW **PASSO TONALE** - Grand Hotel Miramonti
DEFYING AEOLUS
09:00 Have you ever tried snowkite at Passo Tonale? An exciting
12:00 adrenaline-filled winter sport that allows you to whizz on white slopes with a snowboard or ski through the white mountain of Tonale. For a fee. The activity must be booked 3 days in advance and in case of favourable wind conditions. 327 2041363 or on the website www.visitvaldisole.it

KIDS **PASSO TONALE** - Valena chairlift
FUN KIDS
17:00 Face painting, music, entertainment and hot chocolate
18:30 and tea. A torchlight descent to end the night.
Info www.pontedilegnotonale.com

Val di Sole WOW **PEIO** - Peio Fonti at Peio Thermal Spa
MOUNTAIN WELLNESS AND GOODNESS*
10:00 Relax yourself in an alpine stube with the aromatic scent
13:00 of Swiss stone pine wood. The sauna, Turkish bath and whirlpool will be completely at your disposal. For a fee. 0463 753226 or on the website www.visitvaldisole.it

MUOVERSI **PEIO** - Peio Paese at bus parking
COVEL LAKE*
14:00 The relationship between man and nature characterizes this
16:30 simple excursion which, among enchanting landscapes and local fauna, will take us to the plain of Covell, where, hidden under the snow, lies a very important carbon reservoir: the peat bog. Elevation gain: 250 m. Hiking difficulty: easy. For a fee. Booking at Peio Visit Centre, Rabbi Park Info Point, Tourist Information Offices or on the website www.visitvaldisole.it



Val di Sole WOW **PEIO** - Cogolo at Pejo Craft Brewery
GUIDED TOUR TO A CRAFT BREWERY AND BEER SAMPLING*
17:00 Discover the secrets behind the production of the excellent
18:30 craft beer brewed with the precious spring water of Val di Peio. Sample various types of beers, paired with a selection of local products. For a fee. 377 4386829 or on the website www.visitvaldisole.it

Val di Sole WOW **RABBI** - San Bernardo at Kneipp path
BAREFOOTING
14:00 Thanks to an expert naturopath you will discover the
15:30 benefits of barefooting. At the end, enjoy a tasty snack at the Pasticceria Silvia. For a fee. Booking required by 12:00 of the day of activity. 0463 985048 or on the website www.visitvaldisole.it

MOVE **RABBI** - Loc. Plan at Centro Fondo
NIGHT CROSS-COUNTRY SKI LESSONS IN THE STELVIO NATIONAL PARK*
18:00 Discover the pleasure of skiing slowly following your rhythm
20:00 and admiring the beauties of Stelvio National Park with an instructor. For a fee. 334 6009218 - 0463 985048

Thursday 7 MARCH

Val di Sole WOW **MALÉ** - Swimming pool car park
LOOKING AT THE STARS
16:30 At dusk, with crampons on the feet, from Malè to the
19:30 beginning of the woods: are you ready to start a fire with a mountain guide discovering the main constellations of the sky? For a fee. The activity must be booked 2 days in advance. 347 7457328 or on the website www.visitvaldisole.it

Val di Sole WOW **COMMEZZADURA** - Daolasa at Scuola Sci Val di Sole
SKIATE
09:45 Together with a ski instructor, to the discovery of the Skiarea
15:45 Campiglio Dolomiti di Brenta: a delicious lunch at Malga Ritorto and a tasty snack in Rifugio Solander. For a fee. The activity must be booked by 18:00 of the previous Tuesday. 0463 970002 or on the website www.visitvaldisole.it

Val di Sole WOW **COMMEZZADURA** - at the top of Orso Bruno chairlift
WILD SNOWBOARD
13:30 A fresh snowboard off-trail adventure, with an instructor,
16:30 along an unexplored ridge at the base of the Brenta Dolomites. For a fee. Booking required by 17:00 of the previous Monday. 0463 796234 or on the website www.visitvaldisole.it



MEZZANA - at the train station **A TRAINLOAD OF TASTE***

09:15
17:00

Travel on board the valley's train with a local guide to discover the flavours of Trentino. Savour typical products and end the experience with delicious finger food paired with Trentino wines. For a fee. 0463 986608 or on the website www.visitvaldisole.it



PELLIZZANO - Birreria Stal **MALGA STABLI***

09:15
15:30

We will reach Malga Bronzolo (alpine hut) starting from the town of Ortisé as we are accompanied by an amazing view of the snow-covered peaks of the Presanella. And before returning to the starting point, we will enjoy several traditional Trentino dishes at Malga Stabli. Elevation gain: 600 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



PASSO DEL TONALE - Evolution Ski School **SKI EVOLUTION INTERFONO**

15:00
17:00

Improve your skiing style: thanks to an interphone placed in your ear, the instructor will correct your descent on the slopes in real time. For a fee. The activity must be booked 2 days in advance. 342 3987853 or on the website www.visitvaldisole.it



PASSO DEL TONALE - Presena Glacier **PARADISE MUSIC - PARADISE ORCHESTRA: LE PIETRE ROTOLANTI**

16:00
17:00

Rolling Stones tribute. Info and tickets: www.pontedilegnotonale.com



PASSO TONALE- Valena slope **NIGHT SKIING**

20:30
23:00

Skipasses available for purchase onsite. In case of bad weather, the activity will not take place.



PEIO - Cogolo at Chalet Alpenrose **A SOLANDRA COOKING CLASS**

10:00
12:00

Learn how the typical dishes of Trentino are prepared and taste their authentic and genuine flavours. At the end of the activity, you will receive a recipe book. For a fee. Booking required by 12:00 of the previous day. 0463 754088 or on the website www.visitvaldisole.it



PEIO - Peio at the arrival of Tarlenta cable car **IT'S EASY TO SAY...SNOW!***

10:15
12:30

We know it with only one name but, in reality, snow has many shapes, textures and differences, each with its own specific name. Do you know how it's called when the sun melts it? Or when the temperature range makes it shine like a jewel? Find out with the expert guides of the Park. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Extra fee for the cable car. Booking required at Peio Visit Centre, Rabbi Park Info Point, Tourist Information Offices or on the website www.visitvaldisole.it



PEIO - at the wildlife area Runcal **A CLOSE LOOK INTO THE EYES OF THE KING OF THE WOOD**

13:30
15:30

Habits and secrets of these wonderful and majestic ungulates. Last visit at 15:30. Entrance fee. Booking recommended at Peio Visit Centre, Rabbi Park Info Point and Tourist Information Offices.



PEIO - Peio Fonti at Val di Peio ski rent **SKI MOUNTAINEERING AT THE FOOT OF VIOZ**

15:00
17:30

A ski mountaineering excursion in the Stelvio National Park with a short lesson on the technique with a guide. At the end, a tasty snack will be waiting for you. For a fee. Booking required by 12:00 of the previous day. 0463 753243 or on the website www.visitvaldisole.it



PEIO - Peio Fonti at Peio Thermal Spa **MOUNTAIN WELLNESS AND GOODNESS DELUXE**

18:00
22:00

Relax yourself in an alpine stube with the aromatic scent of Swiss stone pine wood. The sauna, Turkish bath and whirlpool will be completely at your disposal. At the end, you can taste local products. For a fee. Booking is required by 12:00 of the previous day. 0463 753226 or on the website www.visitvaldisole.it

Friday 8 MARCH



CALDES - Samoclevo at Agritur il Tempo delle Mele **DISCOVER ALPINE CHEESE AND LOCAL SURROUNDINGS THROUGH ALL 5 SENSES**

16:30
18:00

Discover with an expert the characteristics of alpine cheeses with the 5 senses. An experience to taste paired with fine wines and local products. For a fee. Booking required by 11:00 on the previous day. 347 9558401 or on the website www.visitvaldisole.it



MALÉ - Andreis Bike Rent

WINTER ON 2 WHEELS

10:00

13:00

Discover the most appreciated landscapes of the beginning of Val di Sole and Val di Rabbi on an e-bike. For a fee. Booking required by the previous Wednesday. 338 6076376 or on the website www.visitvaldisole.it



DIMARO FOLGARIDA - Folgarida at the Tourist Information Office

MALGA DI DIMARO - BAITA CIOCOMITI*

09:15

15:30

We will walk up to the Malga di Dimaro alpine diary from where you can enjoy a striking view of the Brenta Dolomites and then we continue to the Baita Ciocomiti - Malga Vigo alpine restaurant where we will taste a delicious lunch. Elevation gain: 300 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



MEZZANA - Ortisé at Casa dell'Ape

FROM THE WOODS... TO A BEEHIVE*

14:00

16:00

A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 - www.visitvaldisole.it



MEZZANA - Caseificio Presanella

THE SCENT OF TRADITION: IN THE CHEESE VAULT

16:00

17:30

Take a closer look to the expert hands of the dairyman at the Caseificio Presanella dairy transforming milk into cheese. Then off you go to visit the cheese aging area, where you can see the thousands of wheels of Trentingrana cheese become a one of a kind product. Taste their intense and delicious flavour! For a fee. Booking required by 12:00 of the previous day. 0463 757282 or on the website www.visitvaldisole.it



PELLIZZANO - Agritur Bontempelli

RIDE INTO A FAIRY TALE*

16:30

18:30

Snow, clogs and bells! Just like in a fairy tale, hop into the carriage and let Jenny and Gelo, the inseparable pair of blond Halfinger horses, take you on a special ride. Through the wood and the countryside till Pellizzano, surrounded by a magical atmosphere. For a fee. 348 4876411 or on the website www.visitvaldisole.it



PASSO TONALE - Grand Hotel Miramonti

DEFYING AEOLUS

09:00

12:00

Have you ever tried snowkite at Passo Tonale? An exciting adrenaline-filled winter sport that allows you to whizz on white slopes with a snowboard or ski through the white mountain of Tonale. For a fee. The activity must be booked 3 days in advance and in case of favourable wind conditions. 327 2041363 or on the website www.visitvaldisole.it



PASSO TONALE - Tourist Information Office

PRESENA GLACIER*

09:00

12:00

Once you get off the Paradiso gondola, wearing snowshoes in fresh snow, you will immerse yourself in a spectacular, unique, panoramic and authentic high-altitude natural environment. Elevation gain: 150 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



PEIO - Fede Ranch

GETTING TO KNOW FEDERICA'S ANIMALS*

10:00

11:00

Have you ever seen hens, bunnies, goats, ponies and donkeys? FedERICA breeds them just like in the past, in complete freedom. To finish off a nice ride on the horses. For a fee. 0463 754345 - 0463 753100



PEIO - Peio Fonti at Peio Thermal Spa

WOMEN'S DAY SPECIAL: EXCLUSIVE WELLNESS EVENING

starting

at 20:00

An exclusive wellness experience for women. For a fee. Reservation required by March, 6th. 0463 753226.



RABBI - Rabbi Fonti at Park Info Point

UNDER THE MOON IN THE STELVIO NATIONAL PARK*

18:00

23:00

An easy night walk with a guide under the moonlight, along a simple trail immersed in an authentic mountain environment, to the discovery of tales, myths and curiosities about the Stelvio National Park. You will then warm inside a mountain hut and taste local dishes. Elevation gain: 250 m. Hiking difficulty: easy. For a fee. Booking required at Rabbi Info Point, Peio Visit Centre, Tourist Information Office or on the website www.visitvaldisole.it



Saturday 9 MARCH

FU
N★

COMMEZZADURA - Alpe Daolasa Restaurant DAOLASA SNOW PARTIES

starting at 14:00
Good music and fun on the slopes of Skiarea Campiglio Dolomiti di Brenta with Belluco Farm. Free access.

Auover
Si

MALÉ - Piazzale Guardi car park (Via Molini) AMONG THE BOLENTINA ALPINE DIARIES*

09:15
12:30
A wonderful snowshoe outing among alpine dairies and snow covered stretches of open land as you admire the Cimone de Bolentina peak in the background and an amazing view of Val di Sole. Elevation gain: 350 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it

PARADICE MUSIC
www.paradice-music.com

PASSO DEL TONALE - Presena Glacier PARADICE MUSIC - PARADICE BAND: FABRIZIO DE ANDRÈ ENSEMBLE

16:00
and 18:00
Info and tickets: www.pontedilegnotonale.com

FO
OD

PASSO DEL TONALE - Passo Paradiso Restaurant HIGH ALTITUDE DINNER

starting at 19:00
A chance to enjoy local specialties that combine enogastronomic traditions of Trentino and Lombardy with a modern twist. Info and booking www.pontedilegnotonale.com

FU
N★
11:00
15:00

PEIO - Skiarea - Lo Scoiattolo MUSIC AND FUN AT HIGH ALTITUDE

Val di Sole
WOW

RABBI - San Bernardo at Kneipp path BAREFOOTING

14:00
15:30
Thanks to an expert naturopath you will discover the benefits of barefooting. At the end, enjoy a tasty snack at the Pasticceria Silvia. For a fee. Booking required by 12:00 of the day of activity. 0463 985048 or on the website www.visitvaldisole.it

MO
VE

RABBI - Loc. Plan at Centro Fondo CROSS-COUNTRY SKI LESSON WITH A SKI INSTRUCTOR*

17:00
19:00
Discover the pleasure of skiing slowly following your rhythm and admiring the beauties of Stelvio National Park with an instructor. For a fee. Booking required. 334 6009218 - 0463 985048

Sunday 10 MARCH

MO
VE

DIMARO FOLGARIDA - Dimaro at the Tourist Information Office EXCURSION IN VAL MELEDRIO - DIMARO*

14:00
16:30
In Val Meledrio among the sounds of the wood, the gurgling of the stream and an enchanted landscape, mountain guides will accompany you throughout the afternoon to discover the beauty of the area equipped with snow rackets. For a fee. 0463 986608 - 0463 986113

FU
N★

PEIO - Skiarea - Doss dei Gembri MUSIC AND FUN AT HIGH ALTITUDE

For an exciting Sunday

Auover
Si

RABBI - Rabbi Fonti at Park Info Point LOOKING FOR TRACKS AND FOOTPRINTS OF THE PARK'S ANIMALS*

09:00
12:00
A pleasant walk through the woods to discover all of the tracks in the snow left by animals. The silence of the forest in the Stelvio National Park, broken only by the gurgling sound of the Rabbies River and the sounds of the inhabitants of the woods, will accompany us as we walk past the waterfall of the Ragaiolo stream and reach the ancient Venetian sawmill. Elevation gain: 140 m. Hiking difficulty: easy. For a fee. Booking required at Rabbi Park Info Point, Peio Visit Centre, Tourist Information Offices or on the website www.visitvaldisole.it



Monday 11 MARCH

Val di Sole
WOW

DIMARO FOLGARIDA - Loc. Malghet Aut SKI PERFORMANCE VIDEO

14:00
15:00
A ski lesson with a national or federal certified coach, who will correct you through a video while you ski. For a fee. The activity must be booked 2 days in advance. 0463 986350 or on the website www.visitvaldisole.it



VAL DI SOLE

— WOW —

Discover the best experiences to have in Val di Sole. Follow your vibe and choose the one that suits you best! Book your experience online or at the information offices

#valdisolevibes

Collect at least 2 experiences and pick up your **FREE VAL DI SOLE WOW HAT** at the Val di Sole information offices
[visitvaldisole.it/en/wow-experiences](https://www.visitvaldisole.it/en/wow-experiences)



-  Roads
-  Ski Tram
-  Ski lifts
-  Alpine dairy
-  Mountain hut
-  Dairy



PEJO 3000

PARCHIO NAZIONALE DELLO STELVIO

Laghetto di Piano del Vizio

Skiarea Pejo 3000

PEJO PAESE



VAL DI PEJO

Terme di Pejo

PEJO FONTE

COCOLO

RABBI FONTE

VAL DI RABBI

SAN BERNARDO



MOSTIZZOLO

CAVIZZANA

VAL DI NON

TERZOLAS

CALDES

MALE

CROVIANA

DIMARO

PELLIZZANO

MEZZANA

MARILLEVA 900

MARILLEVA 1400

OSSANA

Lago dei Coproni

VERMICIGLIO



Porte Strino

PASSO TONALE

Laghetto Valbroto

VALME VENTIGRATTA

COMMEZZADURA

FOLGARIDA

MADONNA DI CAMPIGLIO

PINZOLO

Skiarea Campiglio Dolomiti di Brenta



PARCHIO NAZIONALE ADAMELLO BRENTA

TEMÜ

PONTE DI LEGNO

LOMBARDIA

PRESENA 3000



Illustration and design: Anna Formilan

Val di Sole **DIMARO FOLGARIDA** - Monclassico at Parco Biologo



THE SHADOW LINE

15:00
17:00

Walking through the narrow streets of Monclassico and Presson, you will discover with an expert guide the 50 sundials painted on the houses: a real open-air museum! For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 or on the website www.visitvaldisole.it



DIMARO FOLGARIDA - Folgarida at the Tourist Information Office EVENING EXCURSION TO MALGHETTO DI ALMAZZAGO

17:00
19:00

Night walk to discover Malghetto di Almazzaggo. You will arrive in one of the most breathtaking points in the area to admire a wonderful view on Val di Sole. For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 - 0463 986113

Val di Sole **MEZZANA** - Ortisé at Casa dell'Ape



FROM THE WOODS... TO A BEEHIVE*

14:00
16:00

A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 or on the website www.visitvaldisole.it



VERMIGLIO - Centro Fondo FREE CROSS-COUNTRY SKI LESSONS

14:00
16:00

You will learn the techniques of cross-country skiing with our ski instructors. Equipment rental for a fee. 0463 758200 - 0364 903838

Tuesday **12 MARCH**



DIMARO FOLGARIDA - Folgarida at the ticket office of Belvedere cable car EXCURSION TO RONZOLA FARMSTEADS IN FOLGARIDA*

09:45
12:00

Easy snowshoe hike along marked trails in the Adamello Brenta Natural Park at the foot of the beautiful Brenta Dolomites reaching some typical mountain farmsteads completely immersed in silent nature. For a fee. 0463 986113 - 0463 986608



DIMARO FOLGARIDA - Dimaro at the Tourist Information Office EVENING EXCURSION IN VAL MELEDRIO

17:00
19:00

An easy hike into the winter nature of Dimaro Folgarida towards the Val Meledrio. A valley, rich not only in nature but also in cultural practices, thanks to the ecomuseum. For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 - 0463 986113



COMMEZZADURA - Mestriago at the Tourist Information Office EXCURSION TO MALGHETTO DI ALMAZZAGO*

09:15
12:30

Easy walk to discover Malghetto di Almazzaggo. You will arrive in one of the most breathtaking points in the area to admire a wonderful view on Val di Sole. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



MEZZANA - Ortisé at Casa dell'Ape FROM THE WOODS... TO A BEEHIVE*

14:00
16:00

A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 or on the website www.visitvaldisole.it



VERMIGLIO - Vicolo Somacort, 31 DISCOVER THE SECRETS OF KNITTING*

10:30
11:30

Soft wool transformed into warm and comfortable tailor-made clothes, ready to wear! Come to visit Viola and observe transforming the wool of the sheeps from Val di Peio into knitwear and make a cute sheep-shaped pin to take home. For a fee. 346 1539427 or on the website www.visitvaldisole.it



PASSO TONALE - Tourist Information Office ALTIPORTO*

14:00
16:30

An easy loop trail towards the altiporto (mountain landing strip) from where we will enter into the forest, leaving traffic noise behind us, and start to search for tracks left by wild animals that inhabit the forest while learning how to move safely in the mountains during the winter season. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it

MO **PASSO TONALE** - Valena slope
VE **NIGHT SKIING**

20:30 Skipasses available for purchase onsite. In case of bad
23:00 weather, the activity will not take place.

MO **PEIO** - Cogolo at Centro Fondo Biancaneve
VE **CROSS-COUNTRY SKI LESSONS***

10:00 You will learn the techniques of cross-country skiing with
12:00 our ski instructors. For a fee. Free for Consorzio Pejo3000
associates. Equipment rental for a fee. Reservation
mandatory 0463 754345 - 0463 753100



WI **PEIO** - at the top of Doss dei Cembri chairlift
LD **WATCH OUT FOR ANIMALS!**

10:30 On the slopes to observe the fauna in its natural habitat.
14:30 Free activity. In case of bad weather, the activity will not
take place.

FO **PEIO** - Casanova Farm
OD **A VISIT TO CASANOVA FARM***

17:00 Discover the life of a mountain farmer, his world and his
18:30 animals. For a fee. 0463 754345 - 0463 7531000

Auover **PEIO** - Peio Fonti at Piazzale Telecabina
St **A STARRY SKY***

21:00 An adventurous evening in the woods! As we listen to the
23:00 sounds of nature at night, we will discover a whole new
world that, after sunset, is usually only inhabited by animals!
During our outing we will also have a look at the sky to
learn how to spot various constellations. Elevation gain:
200 m. Hiking difficulty: easy. For a fee. Booking required at
Peio Visit Centre, Rabbi Park Info Point, Tourist Information
Offices or at the website www.visitvaldisole.it



Wednesday 13 MARCH

MO **DIMARO FOLGARIDA** - Monclassico at the train station
VE **FOREST BATHING & ECOART***

09:45 Thanks to forest bathing, we will develop a connection with
12:15 nature through our senses. We will have fun with ecoart and
snowart, through dynamic and creative activities. For a fee.
0463 986608 - 0463 986113

Val di Sole **DIMARO FOLGARIDA** - Dimaro at Ristorante Dolomiti
WOW **BUSHCRAFT**

14:00 Learn how to survive in the wilderness, without any modern
17:00 comforts: you will find all the things you need in the wood.
For a fee. The activity must be booked 2 days in advance.
0463 636175 or on the website www.visitvaldisole.it

Val di Sole **DIMARO FOLGARIDA** - Monclassico at Maso Toffe
WOW **NONNA OLIVA'S POLENTA**

16:30 Help Leonardo light the fire and prepare the typical
20:30 Trentino polenta following the recipe of Granny Oliva. And
afterwards... let's enjoy the traditional cuisine combined
with excellent products and mulled wine from Maso Toffe.
For a fee. Booking required by 16:00 of the previous day.
342 5529282 or on the website www.visitvaldisole.it

FO **DIMARO FOLGARIDA** - Presson at the church
OD **DIVINUS**

17:00 Taste local products with an expert that will tell you about
19:00 culinary traditions of Val di Sole in the magical atmosphere
of a "Volo" (cellar) of 1700s. For a fee. Booking required by
the 12:00 of the previous day. 0463 986608 - 0463 986113

Auover **MEZZANA** - Marilleva 1400 at the Tourist Information Office
St **DISCOVER VAL PANCIANA***

09:15 Starting right in the heart of the Skiarea Campiglio Dolomiti
12:30 di Brenta, we will reach the Orso Bruno Mountain hut, where
you can enjoy a fantastic view of the Brenta Dolomites.
Elevation gain: 250 m. Hiking difficulty: easy/medium. For
a fee. Booking required at Tourist Information Offices or on
the website www.visitvaldisole.it

Val di Sole **PASSO TONALE** - Grand Hotel Miramonti
WOW **DEFYING AEOLUS**

09:00 Have you ever tried snowkite at Passo Tonale? An exciting
12:00 adrenaline-filled winter sport that allows you to whizz on
white slopes with a snowboard or ski through the white
mountain of Tonale. For a fee. The activity must be booked
3 days in advance and in case of favourable wind conditions.
327 2041363 or on the website www.visitvaldisole.it

KI **PASSO TONALE** - Valena chairlift
DS **FUN KIDS**

17:00 Face painting, music, entertainment and hot chocolate
18:30 and tea. A torchlight descent to end the night.
Info www.pontedilegnotonale.com



PEIO - Peio Fonti at Peio Thermal Spa
MOUNTAIN WELLNESS AND GOODNESS*

Relax yourself in an alpine stube with the aromatic scent of Swiss stone pine wood. The sauna, Turkish bath and whirlpool will be completely at your disposal. For a fee. 0463 753226 or on the website www.visitvaldisole.it



PEIO - Peio Paese at bus parking
COVEL LAKE*

The relationship between man and nature characterizes this simple excursion which, among enchanting landscapes and local fauna, will take us to the plain of Covell, where, hidden under the snow, lies a very important carbon reservoir: the peat bog. Elevation gain: 250 m. Hiking difficulty: easy. For a fee. Booking at Peio Visit Centre, Rabbi Park Info Point, Tourist Information Offices or on the website www.visitvaldisole.it



PEIO - Cogolo at Pejo Craft Brewery
GUIDED TOUR TO A CRAFT BREWERY AND BEER SAMPLING*

Discover the secrets behind the production of the excellent craft beer brewed with the precious spring water of Val di Peio. Sample various types of beers, paired with a selection of local products. For a fee. 377 4386829 or on the website www.visitvaldisole.it



RABBI - San Bernardo at Kneipp path
BAREFOOTING

Thanks to an expert naturopath you will discover the benefits of barefooting. At the end, enjoy a tasty snack at the Pasticceria Silvia. For a fee. Booking required by 12:00 of the day of activity. 0463 985048 or on the website www.visitvaldisole.it



RABBI - Loc. Plan at Centro Fondo
NIGHT CROSS-COUNTRY SKI LESSONS IN THE STELVIO NATIONAL PARK*

Discover the pleasure of skiing slowly following your rhythm and admiring the beauties of Stelvio National Park with an instructor. For a fee. 334 6009218 - 0463 985048

Thursday **14** MARCH



MALÈ - Swimming pool car park
LOOKING AT THE STARS

16:30
19:30 At dusk, with crampons on the feet, from Malè to the beginning of the woods: are you ready to start a fire with a mountain guide discovering the main constellations of the sky? For a fee. The activity must be booked 2 days in advance. 347 7457328 or on the website www.visitvaldisole.it



COMMEZZADURA - Daolasa at Scuola Sci Val di Sole
SKIAT

09:45
15:45 Together with a ski instructor, to the discovery of the Skiarea Campiglio Dolomiti di Brenta: a delicious lunch at Malga Ritorto and a tasty snack in Rifugio Solander. For a fee. The activity must be booked by 18:00 of the previous Tuesday. 0463 970002 or on the website www.visitvaldisole.it



COMMEZZADURA - at the top of Orso Bruno chairlift
WILD SNOWBOARD

13:30
16:30 A fresh snowboard off-trail adventure, with an instructor, along an unexplored ridge at the base of the Brenta Dolomites. For a fee. Booking required by 17:00 of the previous Monday. 0463 796234 or on the website www.visitvaldisole.it



MEZZANA - at the train station
A TRAINLOAD OF TASTE*

09:15
17:00 Travel on board the valley's train with a local guide to discover the flavours of Trentino. Savour typical products and end the experience with delicious finger food paired with Trentino wines. For a fee. 0463 986608 or on the website www.visitvaldisole.it



PELLIZZANO - Birreria Stal
MALGA STABLI*

09:15
15:30 We will reach Malga Bronzolo (alpine hut) starting from the town of Ortisé as we are accompanied by an amazing view of the snow-covered peaks of the Presanella. And before returning to the starting point, we will enjoy several traditional Trentino dishes at Malga Stabli. Elevation gain: 600 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



PASSO DEL TONALE - Evolution Ski School

SKI EVOLUTION INTERFONO

15:00
17:00 Improve your skiing style: thanks to an interphone placed in your ear, the instructor will correct your descent on the slopes in real time. For a fee. The activity must be booked 2 days in advance. 342 3987853 - www.visitvaldisole.it



PASSO DEL TONALE - Presena Glacier

PARADICE MUSIC - PARADICE ORCHESTRA: IL GEGHEGÈ - ITALIAN 60s BEAT

16:00
17:00 Info and tickets: www.pontedilegotonale.com



PASSO TONALE - Valena slope

NIGHT SKIING

20:30
23:00 Skipasses available for purchase onsite. In case of bad weather, the activity will not take place.



PEIO - Cogolo at Chalet Alpenrose

A SOLANDRA COOKING CLASS

10:00
12:00 Learn how the typical dishes of Trentino are prepared and taste their authentic and genuine flavours. At the end of the activity, you will receive a recipe book. For a fee. Booking required by 12:00 of the previous day. 0463 754088 or on the website www.visitvaldisole.it



PEIO - Peio at the arrival of Tarlenta cable car

IT'S EASY TO SAY...SNOW!*

10:15
12:30 We know it with only one name but, in reality, snow has many shapes, textures and differences, each with its own specific name. Do you know how it's called when the sun melts it? Or when the temperature range makes it shine like a jewel? Find out with the expert guides of the Park. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Extra fee for the cable car. Booking required at Peio Visit Centre, Rabbi Park Info Point, Tourist Information Offices or on the website www.visitvaldisole.it



PEIO - at the wildlife area Runcal

A CLOSE LOOK INTO THE EYES OF THE KING OF THE WOOD

13:30
15:30 Habits and secrets of these wonderful and majestic ungulates. Last visit at 15:30. Entrance fee. Booking recommended at Peio Visit Centre, Rabbi Park Info Point and Tourist Information Offices.



PEIO - Peio Fonti at Val di Peio ski rent

SKI MOUNTAINEERING AT THE FOOT OF VIOZ

15:00
17:30 A ski mountaineering excursion in the Stelvio National Park with a short lesson on the technique with a guide. At the end, a tasty snack will be waiting for you. For a fee. Booking required by 12:00 of the previous day. 0463 753243 or on the website www.visitvaldisole.it

Friday **15** MARCH



CALDES - Samoclevo at Agritur il Tempo delle Mele

DISCOVER ALPINE CHEESE AND LOCAL SURROUNDINGS THROUGH ALL 5 SENSES

16:30
18:00 Discover with an expert the characteristics of alpine cheeses with the 5 senses. An experience to taste paired with fine wines and local products. For a fee. Booking required by 11:00 on the previous day. 347 9558401 or on the website www.visitvaldisole.it



MALÉ - Andreis Bike Rent

WINTER ON 2 WHEELS

10:00
13:00 Discover the most appreciated landscapes of the beginning of Val di Sole and Val di Rabbi on an e-bike. For a fee. Booking required by the previous Wednesday. 338 6076376 or on the website www.visitvaldisole.it



DIMARO FOLGARIDA - Folgarida at the Tourist Information Office

MALGA DI DIMARO - BAITA CIOCOMITI*

09:15
15:30 We will walk up to the Malga di Dimaro alpine diary from where you can enjoy a striking view of the Brenta Dolomites and then we continue to the Baita Ciocomiti - Malga Vigo alpine restaurant where we will taste a delicious lunch. Elevation gain: 300 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



MEZZANA - Ortisé at Casa dell'Ape

FROM THE WOODS...TO A BEEHIVE*

14:00
16:00 A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 or on the website www.visitvaldisole.it



MEZZANA - Caseificio Presanella

THE SCENT OF TRADITION: IN THE CHEESE VAULT

16:00
17:30
Take a closer look to the expert hands of the dairyman at the Caseificio Presanella dairy transforming milk into cheese. Then off you go to visit the cheese aging area, where you can see the thousands of wheels of Trentingrana cheese become a one of a kind product. Taste their intense and delicious flavour! For a fee. Booking required by 12:00 of the previous day. 0463 757282 or on the website www.visitvaldisole.it



PELLIZZANO - Agritur Bontempelli
RIDE INTO A FAIRY TALE*

16:30
18:30
Snow, clogs and bells! Just like in a fairy tale, hop into the carriage and let Jenny and Gelo, the inseparable pair of blond Halfinger horses, take you on a special ride. Through the wood and the countryside till Pellizzano, surrounded by a magical atmosphere. For a fee. 348 48764 11 or on the website www.visitvaldisole.it



PASSO TONALE - Grand Hotel Miramonti
DEFYING AEOLUS

09:00
12:00
Have you ever tried snowkite at Passo Tonale? An exciting adrenaline-filled winter sport that allows you to whizz on white slopes with a snowboard or ski through the white mountain of Tonale. For a fee. The activity must be booked 3 days in advance and in case of favourable wind conditions. 327 2041363 or on the website www.visitvaldisole.it



PASSO TONALE - Tourist Information Office
PRESENA GLACIER*

09:00
12:00
Once you get off the Paradiso gondola, wearing snowshoes in fresh snow, you will immerse yourself in a spectacular, unique, panoramic and authentic high-altitude natural environment. Elevation gain: 150 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



PEIO - Fede Ranch
GETTING TO KNOW FEDERICA'S ANIMALS*

10:00
11:00
Have you ever seen hens, bunnies, goats, ponies and donkeys? Federica breeds them just like in the past, in complete freedom. To finish off a nice ride on the horses. For a fee. 0463 754345 - 0463 753100



PEIO - Peio Fonti at Peio Thermal Spa
MOUNTAIN WELLNESS AND GOODNESS DELUXE

18:00
22:00
Relax yourself in an alpine stube with the aromatic scent of Swiss stone pine wood. The sauna, Turkish bath and whirlpool will be completely at your disposal. At the end, you can taste local products. For a fee. Booking is required by 12:00 of the previous day. 0463 753226 or on the website www.visitvaldisole.it



starting
at **18:00**

PEIO - Peio Fonti at Peio Thermal Spa
WELLNESS PRACTICES AT PEIO THERMAL SPA

Close your eyes and breathe...at 18:00 Alpine Wellness in the thermal spa and from 20:00 the gong bath with the sound healing experts Alessandra and regenerative yoga with Stefanie. For a fee. Booking required by 12:00 of the previous day. 0463 753226



RABBI - Rabbi Fonti at Park Info Point
UNDER THE MOON IN THE STELVIO NATIONAL PARK*

18:00
23:00
An easy night walk with a guide under the moonlight, along a simple trail immersed in an authentic mountain environment, to the discovery of tales, myths and curiosities about the Stelvio National Park. You will then warm inside a mountain hut and taste local dishes. Elevation gain: 250 m. Hiking difficulty: easy. For a fee. Booking required at Rabbi Info Point, Peio Visit Centre, Tourist Information Office or on the website www.visitvaldisole.it



Saturday **16** MARCH



MALÉ - Piazzale Guardi car park (Via Molini)
AMONG THE BOLENTINA ALPINE DIARIES*

09:15
12:30
A wonderful snowshoe outing among alpine dairies and snow covered stretches of open land as you admire the Cimon de Boletina peak in the background and an amazing view of Val di Sole. Elevation gain: 350 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



PASSO DEL TONALE - Presena Glacier
**PARADISE MUSIC - PARADISE BAND:
90s GRUNGE MUSIC**

16:00
17:00
Info and tickets: www.pontedilegnotonale.com



PEIO - Skiarea - Baita Tre Larici
MUSIC AND FUN AT HIGH ALTITUDE

11:00
15:00



RABBI - San Bernardo at Kneipp path

BAREFOOTING

14:00
15:30

Thanks to an expert naturopath you will discover the benefits of barefooting. At the end, enjoy a tasty snack at the Pasticceria Silvia. For a fee. Booking required by 12:00 of the day of activity. 0463 985048 or on the website www.visitvaldisole.it



RABBI - Loc. Plan at Centro Fondo

CROSS-COUNTRY SKI LESSON WITH A SKI INSTRUCTOR*

17:00
19:00

Discover the pleasure of skiing slowly following your rhythm and admiring the beauties of Stelvio National Park with an instructor. For a fee. Booking required. 334 6009218 - 0463 985048

Sunday 17 MARCH



DIMARO FOLGARIDA - Dimaro at the Tourist Information Office

EXCURSION IN VAL MELEDRIO - DIMARO*

14:00
16:30

In Val Meledrio among the sounds of the wood, the gurgling of the stream and an enchanted landscape, mountain guides will accompany you throughout the afternoon to discover the beauty of the area equipped with snow rackets. For a fee. 0463 986608 - 0463 986113



COMMEZZADURA - Rifugio Orso Bruno

DAOLASA SNOW PARTIES

starting at
14:00

Good music and fun on the slopes of Skiarea Campiglio Dolomiti di Brenta with Dj Asia Nardi. Free access.



PEIO - Skiarea at Lo Scoiattolo

MUSIC AND FUN AT HIGH ALTITUDE

11:00
15:00

For an exciting sunday



RABBI - Rabbi Fonti at Park Info Point

LOOKING FOR TRACKS AND FOOTPRINTS OF THE PARK'S ANIMALS*

09:00
12:00

A pleasant walk through the woods to discover all of the tracks in the snow left by animals. The silence of the forest in the Stelvio National Park, broken only by the gurgling sound of the Rabbies River and the sounds of the inhabitants of the woods, will accompany us as we walk past the waterfall of the Ragaiolo stream and reach the ancient Venetian sawmill. Elevation gain: 140 m. Hiking difficulty: easy. For a fee. Booking required at Rabbi Park Info Point, Peio Visit Centre, Tourist Information Offices or on the website www.visitvaldisole.it



Monday 18 MARCH



DIMARO FOLGARIDA - Loc. Malghet Aut

SKI PERFORMANCE VIDEO

14:00
15:00

A ski lesson with a national or federal certified coach, who will correct you through a video while you ski. For a fee. The activity must be booked 2 days in advance. 0463 986350 or on the website www.visitvaldisole.it



DIMARO FOLGARIDA - Monclassico at Parco Biologo

THE SHADOW LINE

15:00
17:00

Walking through the narrow streets of Monclassico and Presson, you will discover with an expert guide the 50 sundials painted on the houses: a real open-air museum! For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 or on the website www.visitvaldisole.it



DIMARO FOLGARIDA - Folgarida at the Tourist Information Office

EVENING EXCURSION TO MALGHETTO DI ALMAZZAGO

17:00
19:00

Night walk to discover Malghetto di Almazzaggo. You will arrive in one of the most breathtaking points in the area to admire a wonderful view on Val di Sole. For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 - 0463 986113



MARILLEVA 1400 - Campo scuola

APRÈS-SKI POLISH DAYS

16:30

Music and fun at 360°, the perfect after-skiing atmosphere!



ME ZZANA - Ortisé at Casa dell'Ape

FROM THE WOODS... TO A BEEHIVE*

14:00
16:00

A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 or on the website www.visitvaldisole.it



VERMIGLIO - Centro Fondo

FREE CROSS-COUNTRY SKI LESSONS

14:00
16:00

You will learn the techniques of cross-country skiing with our ski instructors. Equipment rental for a fee. 0463 758200 - 0364 903838

MOV **DIMARO FOLGARIDA** - Folgarida at the ticket office of Belvedere cable car
EXCURSION TO RONZOLA FARMSTEADS IN FOLGARIDA*

09:45
12:00
 Easy snowshoe hike along marked trails in the Adamello Brenta Natural Park at the foot of the beautiful Brenta Dolomites reaching some typical mountain farmsteads completely immersed in silent nature. For a fee. 0463 986113 - 0463 986608

MOV **DIMARO FOLGARIDA** - Dimaro at the Tourist Information Office
EVENING EXCURSION IN VAL MELEDRIO

17:00
19:00
 An easy hike into the winter nature of Dimaro Folgarida towards the Val Meledrio. A valley, rich not only in nature but also in cultural practices, thanks to the ecomuseum. For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 - 0463 986113



MEZZANA - Ortisé at Casa dell'Ape
FROM THE WOODS... TO A BEEHIVE*

14:00
16:00
 A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 or on the website www.visitvaldisole.it



VERMIGLIO - Vicolo Somacort, 31
DISCOVER THE SECRETS OF KNITTING*

10:30
11:30
 Soft wool transformed into warm and comfortable tailor-made clothes, ready to wear! Come to visit Viola and observe transforming the wool of the sheeps from Val di Peio into knitwear and make a cute sheep-shaped pin to take home. For a fee. 346 1539427 or on the website www.visitvaldisole.it



PASSO TONALE - Tourist Information Office
ALTIPORTO*

14:00
16:30
 An easy loop trail towards the altiporto (mountain landing strip) from where we will enter into the forest, leaving traffic noise behind us, and start to search for tracks left by wild animals that inhabit the forest while learning how to move safely in the mountains during the winter season. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



PASSO TONALE- Valena slope
NIGHT SKIING

20:30
23:00
 Skipasses available for purchase onsite. In case of bad weather, the activity will not take place.



PEIO - at the top of Doss dei Cembri chairlift
WATCH OUT FOR ANIMALS!

10:30
14:30
 On the slopes to observe the fauna in its natural habitat. Free activity. In case of bad weather, the activity will not take place.



PEIO - Casanova Farm
A VISIT TO CASANOVA FARM*

17:00
18:30
 Discover the life of a mountain farmer, his world and his animals. For a fee. 0463 754345 - 0463 7531000



PEIO - Peio Fonti at Piazzale Telecabina
A STARRY SKY*

21:00
23:00
 An adventurous evening in the woods! As we listen to the sounds of nature at night, we will discover a whole new world that, after sunset, is usually only inhabited by animals! During our outing we will also have a look at the sky to learn how to spot various constellations. Elevation gain: 200 m. Hiking difficulty: easy. For a fee. Booking required at Peio Visit Centre, Rabbi Park Info Point, Tourist Information Offices or at the website www.visitvaldisole.it



DIMARO FOLGARIDA - Monclassico at the train station
FOREST BATHING & ECOART*

09:45
12:15
 Thanks to forest bathing, we will develop a connection with nature through our senses. We will have fun with ecoart and snowart, through dynamic and creative activities. For a fee. 0463 986608 - 0463 986113



DIMARO FOLGARIDA - Dimaro at Ristorante Dolomiti
BUSHCRAFT

14:00
17:00
 Learn how to survive in the wilderness, without any modern comforts: you will find all the things you need in the wood. For a fee. The activity must be booked 2 days in advance. 0463 636175 or on the website www.visitvaldisole.it



DIMARO FOLGARIDA - Presson at the church
DIVINUS

17:00
19:00
 Taste local products with an expert that will tell you about culinary traditions of Val di Sole in the magical atmosphere of a "Volt" (cellar) of 1700s. For a fee. Booking required by the 12:00 of the previous day. 0463 986608 - 0463 986113

FU
N★**MARILLEVA 1400** - Copai - Panciana cable car departure**APRÈS-SKI POLISH DAYS**starting at 16:30
Music and fun at 360°, the perfect after-skiing atmosphere!Val di Sole
WOW**PASSO TONALE** - Grand Hotel Miramonti**DEFYING AEOLUS**09:00
12:00
Have you ever tried snowkite at Passo Tonale? An exciting adrenaline-filled winter sport that allows you to whizz on white slopes with a snowboard or ski through the white mountain of Tonale. For a fee. The activity must be booked 3 days in advance and in case of favourable wind conditions. 327 2041363 or on the website www.visitvaldisole.it

MuoverSi

PEIO - Peio Paese at bus parking**COVEL LAKE***14:00
16:30
The relationship between man and nature characterizes this simple excursion which, among enchanting landscapes and local fauna, will take us to the plain of Covell, where, hidden under the snow, lies a very important carbon reservoir: the peat bog. Elevation gain: 250 m. Hiking difficulty: easy. For a fee. Booking at Peio Visit Centre, Rabbi Park Info Point, Tourist Information Offices or on the website www.visitvaldisole.itVal di Sole
WOW**PEIO** - Cogolo at Pejo Craft Brewery**GUIDED TOUR TO A CRAFT BREWERY AND BEER SAMPLING***17:00
18:30
Discover the secrets behind the production of the excellent craft beer brewed with the precious spring water of Val di Peio. Sample various types of beers, paired with a selection of local products. For a fee. 377 4386829 or on the website www.visitvaldisole.itVal di Sole
WOW**RABBI** - San Bernardo at Kneipp path**BAREFOOTING**14:00
15:30
Thanks to an expert naturopath you will discover the benefits of barefooting. At the end, enjoy a tasty snack at the Pasticceria Silvia. For a fee. Booking required by 12:00 of the day of activity. 0463 985048 or on the website www.visitvaldisole.itMO
VE**RABBI** - Loc. Plan at Centro Fondo**NIGHT CROSS-COUNTRY SKI LESSONS IN THE STELVIO NATIONAL PARK***18:00
20:00
Discover the pleasure of skiing slowly following your rhythm and admiring the beauties of Stelvio National Park with an instructor. For a fee. 334 6009218 - 0463 985048Thursday **21** MARCHVal di Sole
WOW**MALÉ** - Swimming pool car park
LOOKING AT THE STARS16:30
19:30
At dusk, with crampons on the feet, from Malé to the beginning of the woods: are you ready to start a fire with a mountain guide discovering the main constellations of the sky? For a fee. The activity must be booked 2 days in advance. 347 7457328 or on the website www.visitvaldisole.itVal di Sole
WOW**COMMEZZADURA** - Daolasa at Scuola Sci Val di Sole
SKI EAT09:45
15:45
Together with a ski instructor, to the discovery of the Skiarea Campiglio Dolomiti di Brenta: a delicious lunch at Malga Ritorto and a tasty snack in Rifugio Solander. For a fee. The activity must be booked by 18:00 of the previous Tuesday. 0463 970002 or on the website www.visitvaldisole.itVal di Sole
WOW**COMMEZZADURA** - at the top of Orso Bruno chairlift
WILD SNOWBOARD13:30
16:30
A fresh snowboard off-trail adventure, with an instructor, along an unexplored ridge at the base of the Brenta Dolomites. For a fee. Booking required by 17:00 of the previous Monday. 0463 796234 or on the website www.visitvaldisole.itVal di Sole
WOW**MEZZANA** - at the train station
A TRAINLOAD OF TASTE*09:15
17:00
Travel on board the valley's train with a local guide to discover the flavours of Trentino. Savour typical products and end the experience with delicious finger food paired with Trentino wines. For a fee. 0463 986608 or on the website www.visitvaldisole.itVal di Sole
WOW**PASSO DEL TONALE** - Evolution Ski School
SKI EVOLUTION INTERFONO15:00
17:00
Improve your skiing style: thanks to an interphone placed in your ear, the instructor will correct your descent on the slopes in real time. For a fee. The activity must be booked 2 days in advance. 342 3987853 or on the website www.visitvaldisole.itPARADISE MUSIC
www.paradise-music.com**PASSO DEL TONALE** - Presena Glacier
**PARADISE MUSIC - PARADISE ORCHESTRA:
HYSTERIA - MUSE TRIBUTE**16:00
17:00
Info and tickets: www.pontedilegnotonale.comMO
VE**PASSO TONALE** - Valena slope
NIGHT SKIING20:30
23:00
Skipasses available for purchase onsite. In case of bad weather, the activity will not take place.



PEIO - Cogolo at Chalet Alpenrose

A SOLANDRA COOKING CLASS

10:00
12:00

Learn how the typical dishes of Trentino are prepared and taste their authentic and genuine flavours. At the end of the activity, you will receive a recipe book. For a fee. Booking required by 12:00 of the previous day. 0463 754088 or on the webiste www.visitvaldisole.it



PEIO - Peio at the arrival of Tarlenta cable car

IT'S EASY TO SAY...SNOW!*

10:15
12:30

We know it with only one name but, in reality, snow has many shapes, textures and differences, each with its own specific name. Do you know how it's called when the sun melts it? Or when the temperature range makes it shine like a jewel? Find out with the expert guides of the Park. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Extra fee for the cable car. Booking required at Peio Visit Centre, Rabbi Park Info Point, Tourist Information Offices or on the website www.visitvaldisole.it



PEIO - at the wildlife area Runcal

A CLOSE LOOK INTO THE EYES OF THE KING OF THE WOOD

13:30
15:30

Habits and secrets of these wonderful and majestic ungulates. Last visit at 15:30. Entrance fee. Booking recommended at Peio Visit Centre, Rabbi Park Info Point and Tourist Information Offices.



PEIO - Peio Fonti at Val di Peio ski rent

SKI MOUNTAINEERING AT THE FOOT OF VIOZ

15:00
17:30

A ski mountaineering excursion in the Stelvio National Park with a short lesson on the technique with a guide. At the end, a tasty snack will be waiting for you. For a fee. Booking required by 12:00 of the previous day. 0463 753243 or on the webiste www.visitvaldisole.it

Friday 22 MARCH



CALDES - Samoclevo at Agritur il Tempo delle Mele

DISCOVER ALPINE CHEESE AND LOCAL SURROUNDINGS THROUGH ALL 5 SENSES

16:30
18:00

Discover with an expert the characteristics of alpine cheeses with the 5 senses. An experience to taste paired with fine wines and local products. For a fee. Booking required by 11:00 on the previous day. 347 9558401 or on the website www.visitvaldisole.it



MALÉ - Andreis Bike Rent

WINTER ON 2 WHEELS

10:00
13:00

Discover the most appreciated landscapes of the beginning of Val di Sole and Val di Rabbi on an e-bike. For a fee. Booking required by the previous Wednesday. 338 6076376 or on the website www.visitvaldisole.it



DIMARO FOLGARIDA - Folgarida at the Tourist Information Office

MALGA DI DIMARO - BAITA CIOCOMITI*

09:15
15:30

We will walk up to the Malga di Dimaro alpine diary from where you can enjoy a striking view of the Brenta Dolomites and then we continue to the Baita Ciocomiti - Malga Vigo alpine restaurant where we will taste a delicious lunch. Elevation gain: 300 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



MEZZANA - Ortisé at Casa dell'Ape

FROM THE WOODS...TO A BEEHIVE*

14:00
16:00

A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 or on the website www.visitvaldisole.it



MEZZANA - Caseificio Presanella

THE SCENT OF TRADITION: IN THE CHEESE VAULT

16:00
17:30

Take a closer look to the expert hands of the dairyman at the Caseificio Presanella dairy transforming milk into cheese. Then off you go to visit the cheese aging area, where you can see the thousands of wheels of Trentingrana cheese become a one of a kind product. Taste their intense and delicious flavour! For a fee. Booking required by 12:00 of the previous day. 0463 757282 or on the website www.visitvaldisole.it



PELLIZZANO - Agritur Bontempelli

RIDE INTO A FAIRY TALE*

16:30
18:30

Snow, clogs and bells! Just like in a fairy tale, hop into the carriage and let Jenny and Gelo, the inseparable pair of blond Halfinger horses, take you on a special ride. Through the wood and the countryside till Pellizzano, surrounded by a magical atmosphere. For a fee. 348 4876411 or on the website www.visitvaldisole.it



MuoverSi

Snowshoeing, nature and freedom

Itineraries to choose from, accompanied by our **Mountain Guides**, as you discover the pleasure of **walking in the snow with snowshoes** surrounded by Val di Sole's breathtaking landscapes while of course staying safe



Book online or at the info offices
www.visitvaldisole.it/en/muoversi





PASSO TONALE - Grand Hotel Miramonti

DEFYING AEOLUS

09:00

12:00

Have you ever tried snowkite at Passo Tonale? An exciting adrenaline-filled winter sport that allows you to whizz on white slopes with a snowboard or ski through the white mountain of Tonale. For a fee. The activity must be booked 3 days in advance and in case of favourable wind conditions. 327 2041363 or on the website www.visitvaldisole.it



PASSO TONALE - Tourist Information Office

PRESENA GLACIER*

09:00

12:00

Once you get off the Paradiso gondola, wearing snowshoes in fresh snow, you will immerse yourself in a spectacular, unique, panoramic and authentic high-altitude natural environment. Elevation gain: 150 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it



PEIO - Fede Ranch

GETTING TO KNOW FEDERICA'S ANIMALS*

10:00

11:00

Have you ever seen hens, bunnies, goats, ponies and donkeys? Federica breeds them just like in the past, in complete freedom. To finish off a nice ride on the horses. For a fee. 0463 754345 - 0463 753100



PEIO - Peio Fonti at Peio Thermal Spa

MOUNTAIN WELLNESS AND GOODNESS DELUXE

18:00

22:00

Relax yourself in an alpine stube with the aromatic scent of Swiss stone pine wood. The sauna, Turkish bath and whirlpool will be completely at your disposal. At the end, you can taste local products. For a fee. Booking is required by 12:00 of the previous day. 0463 753226 or on the website www.visitvaldisole.it



RABBI - Rabbi Fonti at Park Info Point

UNDER THE MOON IN THE STELVIO NATIONAL PARK*

18:00

23:00

An easy night walk with a guide under the moonlight, along a simple trail immersed in an authentic mountain environment, to the discovery of tales, myths and curiosities about the Stelvio National Park. You will then warm inside a mountain hut and taste local dishes. Elevation gain: 250 m. Hiking difficulty: easy. For a fee. Booking required at Rabbi Info Point, Peio Visit Centre, Tourist Information Office or on the website www.visitvaldisole.it



Saturday 23 MARCH



PASSO DEL TONALE - Presena Glacier

PARADISE MUSIC - PARADISE BAND: IRISH FOLK WITH MYSTIC OWLS

16:00

and 18:00

Info and tickets: www.pontedilegnotonale.com



PASSO TONALE - Passo Paradiso Restaurant

HIGH ALTITUDE DINNER

starting at

19:00

A chance to enjoy local specialities that combine enogastronomic traditions of Trentino and Lombardy with a modern twist. Info and booking www.pontedilegnotonale.com



PEIO - Skiarea - Mythe

MUSIC AND FUN AT HIGH ALTITUDE

11:00

15:00



RABBI - San Bernardo at Kneipp path

BAREFOOTING

14:00

15:30

Thanks to an expert naturopath you will discover the benefits of barefooting. At the end, enjoy a tasty snack at the Pasticceria Silvia. For a fee. Booking required by 12:00 of the day of activity. 0463 985048 or on the website www.visitvaldisole.it



RABBI - Loc. Plan at Centro Fondo

CROSS-COUNTRY SKI LESSON WITH A SKI INSTRUCTOR*

17:00

19:00

Discover the pleasure of skiing slowly following your rhythm and admiring the beauties of Stelvio National Park with an instructor. For a fee. Booking required. 334 6009218 - 0463 985048

Sunday 24 MARCH



DIMARO FOLGARIDA - Dimaro at the Tourist Information Office

EXCURSION IN VAL MELEDRIO - DIMARO*

14:00

16:30

In Val Meledrio among the sounds of the wood, the gurgling of the stream and an enchanted landscape, mountain guides will accompany you throughout the afternoon to discover the beauty of the area equipped with snow rackets. For a fee. 0463 986608 - 0463 986113



COMMEZZADURA - Daolasa Cable car departure

SPRING SNOW PARTY

15:30

20:30

We are back with the start of spring party in the Skiarea Campiglio Dolomiti di Brenta. On Stage Radio VIVA FM with music by DJ Alex Stan and voice by Alice Danese. Free access.

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11:00
15:00
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PEIO - Skiarea - Mythe
MUSIC AND FUN AT HIGH ALTITUDE
For an exciting sunday

RABBI - Rabbi Fonti at Park Info Point
LOOKING FOR TRACKS AND FOOTPRINTS OF THE PARK'S ANIMALS*

09:00
12:00

A pleasant walk through the woods to discover all of the tracks in the snow left by animals. The silence of the forest in the Stelvio National Park, broken only by the gurgling sound of the Rabbies River and the sounds of the inhabitants of the woods, will accompany us as we walk past the waterfall of the Ragaiolo stream and reach the ancient Venetian sawmill. Elevation gain: 140 m. Hiking difficulty: easy. For a fee. Booking required at Rabbi Park Info Point, Peio Visit Centre, Tourist Information Offices or on the website www.visitvaldisole.it

Monday **25** MARCH

Val di Sole
WOW
DIMARO FOLGARIDA - Loc. Malghet Aut
SKI PERFORMANCE VIDEO

14:00
15:00
A ski lesson with a national or federal certified coach, who will correct you through a video while you ski. For a fee. The activity must be booked 2 days in advance. 0463 986350 or on the website www.visitvaldisole.it

Val di Sole
WOW
DIMARO FOLGARIDA - Monclassico at Parco Biologo
THE SHADOW LINE

15:00
17:00
Walking through the narrow streets of Monclassico and Presson, you will discover with an expert guide the 50 sundials painted on the houses: a real open-air museum! For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 or on the website www.visitvaldisole.it

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VE
DIMARO FOLGARIDA - Folgarida at the Tourist Information Office
EVENING EXCURSION TO MALGHETTO DI ALMAZZAGO

17:00
19:00
Night walk to discover Malghetto di Almazzaggo. You will arrive in one of the most breathtaking points in the area to admire a wonderful view on Val di Sole. For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 - 0463 986113

Val di Sole
WOW
MEZZANA - Ortisé at Casa dell'Ape
FROM THE WOODS...TO A BEEHIVE*

14:00
16:00
A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 - www.visitvaldisole.it

Tuesday **26** MARCH

MO
VE
DIMARO FOLGARIDA - Folgarida at the ticket office of Belvedere cable car
EXCURSION TO RONZOLA FARMSTEADS IN FOLGARIDA*

09:45
12:00
Easy snowshoe hike along marked trails in the Adamello Brenta Natural Park at the foot of the beautiful Brenta Dolomites reaching some typical mountain farmsteads completely immersed in silent nature. For a fee. 0463 986113 - 0463 986608

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VE
DIMARO FOLGARIDA - Dimaro at the Tourist Information Office
EVENING EXCURSION IN VAL MELEDRIO

17:00
19:00
An easy hike into the winter nature of Dimaro Folgarida towards the Val Meledrio. A valley, rich not only in nature but also in cultural practices, thanks to the ecomuseum. For a fee. Booking required by 12:00 of the day of the activity. 0463 986608 - 0463 986113

Val di Sole
WOW
MEZZANA - Ortisé at Casa dell'Ape
FROM THE WOODS...TO A BEEHIVE*

14:00
16:00
A lab to know the world of bees, how to build a beehive and how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 or on the website www.visitvaldisole.it

Val di Sole
WOW
VERMIGLIO - Vicolo Somacort, 31
DISCOVER THE SECRETS OF KNITTING*

10:30
11:30
Soft wool transformed into warm and comfortable tailor-made clothes, ready to wear! Come to visit Viola and observe transforming the wool of the sheeps from Val di Peio into knitwear and make a cute sheep-shaped pin to take home. For a fee. 346 1539427 or on the website www.visitvaldisole.it

Auover
Si
PASSO TONALE - Tourist Information Office
ALTIPORTO*

14:00
16:30
An easy loop trail towards the altiporto (mountain landing strip) from where we will enter into the forest, leaving traffic noise behind us, and start to search for tracks left by wild animals that inhabit the forest while learning how to move safely in the mountains during the winter season. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it

MOV **PASSO TONALE** - Valena slope
NIGHT SKIING

20:30 Skipasses available for purchase onsite. In case of bad
23:00 weather, the activity will not take place.



WILD **PEIO** - at the top of Doss dei Cembri chairlift
WATCH OUT FOR ANIMALS!

10:30 On the slopes to observe the fauna in its natural habitat.
14:30 Free activity. In case of bad weather, the activity will not take place.

FOOD **PEIO** - Casanova Farm
A VISIT TO CASANOVA FARM*

17:00 Discover the life of a mountain farmer, his world and his
18:30 animals. For a fee. 0463 754345 - 0463 7531000

Augover Si **PEIO** - Peio Fonti at Piazzale Telecabina
A STARRY SKY*

21:00 An adventurous evening in the woods! As we listen to
23:00 the sounds of nature at night, we will discover a whole new world that, after sunset, is usually only inhabited by animals! During our outing we will also have a look at the sky to learn how to spot various constellations. Elevation gain: 200 m. Hiking difficulty: easy. For a fee. Booking required at Peio Visit Centre, Rabbi Park Info Point, Tourist Information Offices or at the website www.visitvaldisole.it



Wednesday 27 MARCH

MOV **DIMARO FOLGARIDA** - Monclassico at the train station
FOREST BATHING & ECOART*

09:45 Thanks to forest bathing, we will develop a connection with
12:15 nature through our senses. We will have fun with ecoart and snowart, through dynamic and creative activities. For a fee. 0463 986608 - 0463 986113

Val di Sole WOW **DIMARO FOLGARIDA** - Dimaro at Ristorante Dolomiti
BUSHCRAFT

14:00 Learn how to survive in the wilderness, without any modern
17:00 comforts: you will find all the things you need in the wood. For a fee. The activity must be booked 2 days in advance. 0463 636175 or on the website www.visitvaldisole.it

FOOD **DIMARO FOLGARIDA** - Presson at the church
DIVINUS

17:00 Taste local products with an expert that will tell you about
19:00 culinary traditions of Val di Sole in the magical atmosphere of a "Vult" (cellar) of 1700s. For a fee. Booking required by the 12:00 of the previous day. 0463 986608 - 0463 986113

Val di Sole WOW **PASSO TONALE** - Grand Hotel Miramonti
DEFYING AEOLUS

09:00 Have you ever tried snowkite at Passo Tonale? An exciting
12:00 adrenaline-filled winter sport that allows you to whizz on white slopes with a snowboard or ski through the white mountain of Tonale. For a fee. The activity must be booked 3 days in advance and in case of favourable wind conditions. 327 2041363 or on the website www.visitvaldisole.it

Val di Sole WOW **PEIO** - Peio Fonti at Peio Thermal Spa
MOUNTAIN WELLNESS AND GODNESS*

10:00 Relax yourself in an alpine stube with the aromatic scent
13:00 of Swiss stone pine wood. The sauna, Turkish bath and whirlpool will be completely at your disposal. For a fee. 0463 753226 or on the website www.visitvaldisole.it

Augover Si **PEIO** - Peio Paese at bus parking
COVEL LAKE*

14:00 The relationship between man and nature characterizes this
16:30 simple excursion which, among enchanting landscapes and local fauna, will take us to the plain of Covell, where, hidden under the snow, lies a very important carbon reservoir: the peat bog. Elevation gain: 250 m. Hiking difficulty: easy. For a fee. Booking at Peio Visit Centre, Rabbi Park Info Point, Tourist Information Offices or on the website www.visitvaldisole.it



Val di Sole WOW **PEIO** - Cogolo at Pejo Craft Brewery
GUIDED TOUR TO A CRAFT BREWERY AND BEER SAMPLING*

17:00 Discover the secrets behind the production of the excellent
18:30 craft beer brewed with the precious spring water of Val di Peio. Sample various types of beers, paired with a selection of local products. For a fee. 377 4386829 or on the website www.visitvaldisole.it

Val di Sole WOW **RABBI** - San Bernardo at Kneipp path
BAREFOOTING

14:00 Thanks to an expert naturopath you will discover the
15:30 benefits of barefooting. At the end, enjoy a tasty snack at the Pasticceria Silvia. For a fee. Booking required by 12:00 of the day of activity. 0463 985048 - www.visitvaldisole.it



RABBI - Loc. Plan at Centro Fondo

NIGHT CROSS-COUNTRY SKI LESSONS IN THE STELVIO NATIONAL PARK*

18:00
20:00

Discover the pleasure of skiing slowly following your rhythm and admiring the beauties of Stelvio National Park with an instructor. For a fee. 334 6009218 - 0463 985048

Thursday **28** MARCH



MALÉ - Swimming pool car park LOOKING AT THE STARS

16:30
19:30

At dusk, with crampons on the feet, from Malè to the beginning of the woods: are you ready to start a fire with a mountain guide discovering the main constellations of the sky? For a fee. The activity must be booked 2 days in advance. 347 7457328 or on the website www.visitvaldisole.it



COMMEZZADURA - Daolasa at Scuola Sci Val di Sole SKI EAT

09:45
15:45

Together with a ski instructor, to the discovery of the Skiarea Campiglio Dolomiti di Brenta: a delicious lunch at Malga Ritorto and a tasty snack in Rifugio Solander. For a fee. The activity must be booked by 18:00 of the previous Tuesday. 0463 970002 or on the website www.visitvaldisole.it



COMMEZZADURA - at the top of Orso Bruno chairlift WILD SNOWBOARD

13:30
16:30

A fresh snowboard off-trail adventure, with an instructor, along an unexplored ridge at the base of the Brenta Dolomites. For a fee. Booking required by 17:00 of the previous Monday. 0463 796234 or on the website www.visitvaldisole.it



MEZZANA - at the train station A TRAINLOAD OF TASTE*

09:15
17:00

Travel on board the valley's train with a local guide to discover the flavours of Trentino. Savour typical products and end the experience with delicious finger food paired with Trentino wines. For a fee. 0463 986608 or on the website www.visitvaldisole.it



PASSO DEL TONALE - Evolution Ski School

SKI EVOLUTION INTERFONO

15:00
17:00

Improve your skiing style: thanks to an interphone placed in your ear, the instructor will correct your descent on the slopes in real time. For a fee. The activity must be booked 2 days in advance. 342 3987853 or on the website www.visitvaldisole.it



PASSO DEL TONALE - Presena Glacier

PARADICE MUSIC - PARADICE ORCHESTRA: DISCO FEVER

16:00
17:00

Info and tickets: www.pontedilegotonale.com



PASSO TONALE- Valena slope

NIGHT SKIING

20:30
23:00

Skipasses available for purchase onsite. In case of bad weather, the activity will not take place.



PEIO - Cogolo at Chalet Alpenrose

A SOLANDRA COOKING CLASS

10:00
12:00

Learn how the typical dishes of Trentino are prepared and taste their authentic and genuine flavours. At the end of the activity, you will receive a recipe book. For a fee. Booking required by 12:00 of the previous day. 0463 754088 or on the website www.visitvaldisole.it



PEIO - Peio at the arrival of Tarlenta cable car

IT'S EASY TO SAY...SNOW!*

10:15
12:30

We know it with only one name but, in reality, snow has many shapes, textures and differences, each with its own specific name. Do you know how it's called when the sun melts it? Or when the temperature range makes it shine like a jewel? Find out with the expert guides of the Park. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Extra fee for the cable car. Booking required at Peio Visit Centre, Rabbi Park Info Point, Tourist Information Offices or on the website www.visitvaldisole.it



PEIO - at the wildlife area Runcal

A CLOSE LOOK INTO THE EYES OF THE KING OF THE WOOD

13:30
15:30

Habits and secrets of these wonderful and majestic ungulates. Last visit at 15:30. Entrance fee. Booking recommended at Peio Visit Centre, Rabbi Park Info Point and Tourist Information Offices.



Val di Sole
WOW

PEIO - Peio Fonti at Val di Peio ski rent
SKI MOUNTAINEERING AT THE FOOT OF VIOZ

15:00 A ski mountaineering excursion in the Stelvio National Park
17:30 with a short lesson on the technique with a guide. At the end, a tasty snack will be waiting for you. For a fee. Booking required by 12:00 of the previous day. 0463 753243 or on the website www.visitvaldisole.it

Friday 29 MARCH

Val di Sole
WOW

CALDES - Samoclevo at Agritur il Tempo delle Mele
DISCOVER ALPINE CHEESE AND LOCAL SURROUNDINGS THROUGH ALL 5 SENSES

16:30 Discover with an expert the characteristics of alpine cheeses
18:00 with the 5 senses. An experience to taste paired with fine wines and local products. For a fee. Booking required by 11:00 on the previous day. 347 9558401 or on the website www.visitvaldisole.it

Val di Sole
WOW

MALÉ - Andreis Bike Rent
WINTER ON 2 WHEELS

10:00 Discover the most appreciated landscapes of the beginning
13:00 of Val di Sole and Val di Rabbi on an e-bike. For a fee. Booking required by the previous Wednesday. 338 6076376 or on the website www.visitvaldisole.it

Avover Si

DIMARO FOLGARIDA - Folgarida at the Tourist Information Office
MALGA DI DIMARO - BAITA CIOCOMITI*

09:15 We will walk up to the Malga di Dimaro alpine dairy from
15:30 where you can enjoy a striking view of the Brenta Dolomites and then we continue to the Baita Ciocomiti - Malga Vigo alpine restaurant where we will taste a delicious lunch. Elevation gain: 300 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it

Val di Sole
WOW

MEZZANA - Ortisé at Casa dell'Ape
FROM THE WOODS... TO A BEEHIVE*

14:00 A lab to know the world of bees, how to build a beehive and
16:00 how it works. Together with us you will create a handmade souvenir to take home with you. And finally, you will taste our honey and jams. For a fee. 333 3509094 or on the website www.visitvaldisole.it

Val di Sole
WOW

MEZZANA - Caseificio Presanella
THE SCENT OF TRADITION: IN THE CHEESE VAULT

16:00 Take a closer look to the expert hands of the dairyman at the
17:30 Caseificio Presanella dairy transforming milk into cheese. Then off you go to visit the cheese aging area, where you can see the thousands of wheels of Trentingrana cheese become a one of a kind product. Taste their intense and delicious flavour! For a fee. Booking required by 12:00 of the previous day. 0463 757282 or on the website www.visitvaldisole.it

Val di Sole
WOW

PELLIZZANO - Agritur Bontempelli
RIDE INTO A FAIRY TALE*

16:30 Snow, clogs and bells! Just like in a fairy tale, hop into the
18:30 carriage and let Jenny and Gelo, the inseparable pair of blond Halfinger horses, take you on a special ride. Through the wood and the countryside till Pellizzano, surrounded by a magical atmosphere. For a fee. 348 4876411 or on the website www.visitvaldisole.it

Val di Sole
WOW

PASSO TONALE - Grand Hotel Miramonti
DEFYING AEOLUS

09:00 Have you ever tried snowkite at Passo Tonale? An exciting
12:00 adrenaline-filled winter sport that allows you to whizz on white slopes with a snowboard or ski through the white mountain of Tonale. For a fee. The activity must be booked 3 days in advance and in case of favourable wind conditions. 327 2041363 or on the website www.visitvaldisole.it

Avover Si

PASSO TONALE - Tourist Information Office
PRESENA GLACIER*

09:00 Once you get off the Paradiso gondola, wearing snowshoes
12:00 in fresh snow, you will immerse yourself in a spectacular, unique, panoramic and authentic high-altitude natural environment. Elevation gain: 150 m. Hiking difficulty: medium. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it

KI DS

PEIO - Fede Ranch
GETTING TO KNOW FEDERICA'S ANIMALS*

10:00 Have you ever seen hens, bunnies, goats, ponies and
11:00 donkeys? Federica breeds them just like in the past, in complete freedom. To finish off a nice ride on the horses. For a fee. 0463 754345 - 0463 753100



PEIO - Peio Fonti at Peio Thermal Spa
MOUNTAIN WELLNESS AND GOODNESS DELUXE

18:00
22:00
 Relax yourself in an alpine stube with the aromatic scent of Swiss stone pine wood. The sauna, Turkish bath and whirlpool will be completely at your disposal. At the end, you can taste local products. For a fee. Booking is required by 12:00 of the previous day. 0463 753226 or on the website www.visitvaldisole.it



PEIO - Peio Fonti at Peio Thermal Spa
WELLNESS PRACTICES AT PEIO THERMAL SPA

starting at 18:00
 Close your eyes and breathe...at 18:00 Alpine Wellness in the thermal spa and from 20:00 the gong bath with the sound healing experts Alessandra and regenerative yoga with Stefanie. For a fee. Booking required by 12:00 of the previous day. 0463 753226



RABBI - Rabbi Fonti at Park Info Point
UNDER THE MOON IN THE STELVIO NATIONAL PARK*

18:00
23:00

 An easy night walk with a guide under the moonlight, along a simple trail immersed in an authentic mountain environment, to the discovery of tales, myths and curiosities about the Stelvio National Park. You will then warm inside a mountain hut and taste local dishes. Elevation gain: 250 m. Hiking difficulty: easy. For a fee. Booking required at Rabbi Info Point, Peio Visit Centre, Tourist Information Office or on the website www.visitvaldisole.it

Saturday 30 MARCH



PASSO DEL TONALE - Presena Glacier
PARADICE MUSIC - PARADICE BAND: ITALIAN SONGWRITERS

16:00
and 18:00
 Info and tickets: www.pontedilegotonale.com



PEIO - Skiarea - Cable car departure
END OF WINTER PARTY

11:00
15:00
 In the resaturant of the Skiarea. Starting at 16:00 Apres-Ski Party and DJ Set



RABBI - San Bernardo at Kneipp path
BAREFOOTING

14:00
15:30
 Thanks to an expert naturopath you will discover the benefits of barefooting. At the end, enjoy a tasty snack at the Pasticceria Silvia. For a fee. Booking required by 12:00 of the day of activity. 0463 985048 - www.visitvaldisole.it



RABBI - Loc. Plan at Centro Fondo
CROSS-COUNTRY SKI LESSON WITH A SKI INSTRUCTOR*

17:00
19:00
 Discover the pleasure of skiing slowly following your rhythm and admiring the beauties of Stelvio National Park with an instructor. For a fee. Booking required. 334 6009218 - 0463 985048

Sunday 31 MARCH



DIMARO FOLGARIDA - Dimaro at the Tourist Information Office
EXCURSION IN VAL MELEDRIO - DIMARO*

14:00
16:30
 In Val Meledrio among the sounds of the wood, the gurgling of the stream and an enchanted landscape, mountain guides will accompany you throughout the afternoon to discover the beauty of the area equipped with snow rackets. For a fee. 0463 986608 - 0463 986113



MARILLEVA 1400 - Campo scuola
APRÈS-SKI

16:30
 Music and fun at 360°, the perfect after-skiing atmosphere!



RABBI - Rabbi Fonti at Park Info Point
LOOKING FOR TRACKS AND FOOTPRINTS OF THE PARK'S ANIMALS*

09:00
12:00

 A pleasant walk through the woods to discover all of the tracks in the snow left by animals. The silence of the forest in the Stelvio National Park, broken only by the gurgling sound of the Rabbies River and the sounds of the inhabitants of the woods, will accompany us as we walk past the waterfall of the Ragaiolo stream and reach the ancient Venetian sawmill. Elevation gain: 140 m. Hiking difficulty: easy. For a fee. Booking required at Rabbi Park Info Point, Peio Visit Centre, Tourist Information Offices or on the website www.visitvaldisole.it



14-16
JUNE
2024

UCI MOUNTAIN BIKE WORLD CUP

VAL DI SOLE - TRENTINO

MAIN PARTNERS

SHIMANO WHOOP

OFFICIAL PARTNERS

Vittoria BARILE GoPro

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GRAN RIFUGIO VAL DI SOLE GUSTO NATURA FERRARI PEJO

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COMUNE DI...

Experience the pristine nature of the Stelvio National Park

Here, deer, chamois and roe deer find pristine areas to hide, in the blue sky of the high-altitude eagles and lammergeiers fly. Discover the Park with our expert guides: snowshoeing, excursions and guided tours in Val di Peio and Val di Rabbi in the silent white of winter.

Discover the program on
www.parcostelviotrentino.it



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NAZIONALE
DELLO
STELVIO

NATIONAL
PARK
STILFSER
JOCH

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