

Val di Sole

Val di Non

TRENTINO



VAL DI SOLE VAL DI NON

— WOW —

EXPERIENCES
fall

EN

INDEX



The best experiences to have in Val di Sole and in Val di Non. Choose from 32 different activities: culture, wellness, bike, excursion, water sports and taste. Collect 2 experiences and win a gadget available to pick up at the information offices in Val di Sole and in Val di Non.

TASTE

MelaColgo	6
From apples to pleasure	8
Tasting... at full beer	9
Groppello sensations	10
The Caserada: traditional cheesemaking	12
Ancient Apples	13
An afternoon as a farmer	14

CULTURE

Treasure hunt at Castel Valer	18
Essentially Water	19
Evening riddle at Castel Coredò	20
The yellow Gold of the Alps	21
A thin line of shadow	22
Tour and roasted Chestnuts at Castel Coredò	23
Tour and roasted Chestnuts at Castel Nanno	24

EXCURSIONS

Andar per Monti	28
Barba di fior by via ferrata!	38
Crime at the park	39
The bellow of the stag	40
Sunrise Experience	42
A horse as a friend	43
Visit to the silver mine of Rumo (short tour)	44
Visit to the ancient mines of Rumo (long tour)	45

WELLNESS

Horseback riding to Lago dei Caprioli	48
Barefoot in Val di Rabbi	49
Immerse yourself in silence	50
Edelweiss Eco-Wellness path	51
A shooting hum	52
Mountain Wellness and Goodness	53

WATER SPORTS

Kayaking through Rio Novella Canyon	56
Rafting in Val di Sole	58

BIKE

E-Bike for foodies: tour with lunch at the Malga	62
Grab your E-Bike and off to the San Leonardo Lakes	63





TASTE





Why try picking Melinda apples when you can easily find them in a nearby shop? Simple! Because it's something fun, unique and fulfilling. An authentic experience with real farmers, that is so exciting that the flavor of freshly picked apples will taste even better!



Every Friday, Saturday and Sunday

from September 12 to October 19
morning and afternoon



VAL DI NON E VAL DI SOLE

Melinda Ambassador Farmhouses



Azienda per il Turismo Val di Sole

T. 0463 901280 - info@visitvaldisole.it

Azienda per il Turismo Val di Non

T. 0463 830133 - info@visitvaldinon.it



Booking required
the previous day before 12 pm



Adults €25 - Children from age 3 to 10
€12 - Family package 2 adults + 2 kids
€65 includes 15 kg of apples



1 hr 30 mins

**BOOK
ONLINE**



THINGS TO KNOW

Experience what it's like to pick apples from a tree like a true farmer.



VAL DI SOLE

TERZOLAS



Agritur
Anselmi

CALDES



Agritur
Il Tempo
delle Mele

ROMALLO



Az. Agricola
LasteRosse

Lago di S. Giustina

COREDO



Agritur
Rizzi

Agritur
Widmann

SMARANO



Agritur
Bella di
Bosco

TASSULLO



Agritur
Renetta

FLAVON



Agritur
La Crucola

Agritur
Le Pergolette

VAL DI NON

TOSS DI TON



Agritur
Golden Pause



FROM APPLES TO PLEASURE



You'll discover the origins and development of the Melchiori company, a local cider producer. You will immerse yourself in the fascinating world of processing and transforming apples into unique products, from grinding and pressing apples to bottling and packaging their products. Topped off with a sampling of juice, cider and vinegar.



Every Monday

from September 1 to October 27
11 am



TRES

Sidreria Melchiori



Azienda Turismo Val di Non

T. 0463 830133 - info@visitvaldinon.it

Sidreria Melchiori

T. 0463 466522 - accoglienza@luciamaria.it



Booking required

the previous Saturday before 5 pm



€15 per person



2 hrs

**BOOK
ONLINE**



THINGS TO KNOW

Did you know that the Melchiori company was the first in Italy to produce apple cider?

TASTING... AT FULL BEER



Discover the secrets behind the production of the excellent craft beer produced with Val di Peio's precious mineral spring water. Taste the various types of beer that are produced combined with a selection of local products. How sophisticated is your palate? Will you be able to guess all the aromas?



Every Friday
until September 26
5 pm



COGOLO DI PEIO
Birrificio Artigianale Pejo



Birrificio Artigianale Pejo
T. 377 4386829
info@birrapejo.it



Booking required
the previous day before 6 pm



€12 per person



Min 5



2 hrs



THINGS TO KNOW

The beer is brewed with water from Pejo's mineral springs, hops, malt and yeast.

**BOOK
ONLINE**



GROPPELLO SENSATIONS



4 different interpretations of Val di Non's local wine, a unique and surprising mountain red wine. A journey into the world of heroic viticulture which, from the steep slopes overlooking the Santa Giustina Lake, that takes us with winemakers and master distillers to the places where it is produced and transformed.



Azienda per il Turismo Val di Non

T. 0463 830133

info@visitvaldinon.it



Booking required
the previous day before 5 pm



Adults €18

Children from age 3 to 17 €12

Free for children under age 3



2 hrs

**BOOK
ONLINE**



ZEREMIA ANCIENT VINEYARD



**September 20
October 18**



2:00 pm
10:00 am



Cantina
El Zeremia



REVÒ

Walk among orchards and vineyards on the slopes overlooking Lake Santa Giustina to discover the centennial Groppello vineyard, Val di Non's local wine, with a visit to the cellar and final wine tasting combined with local products.

THE WINE MEETS THE "TORTÈL DI PATATE"



**October 4
October 26**



4:00 pm
10:00 am



Cantina Maso
Sperdossi



REVÒ

Immerse yourself in the timeless atmosphere of our historic cellar, where we will learn to make the legendary tortèl di patate (potato fritters). We will taste it together with Groppello wine and another wine produced by us with local cured meats and cheeses.

GROPPELLO, MINERALS AND WOODS



**3, 10, 17, 24
October**



4:00 pm



Cantina
LasteRosse



ROMALLO

Guided by Silvia, Lady Groppello, you'll enjoy an immersive tasting experience that tells the story of the intense aromas of wine, the forest, the mineral notes of the rock, and the flavor of mountain cheeses. All in the warm atmosphere of the cozy rooms at LasteRosse.

THE SENSORY WORLD OF GRAPPA



**September 27
October 11**



5:00 pm



Distilleria
Rossi d'Anaunia



REVÒ

Did you know that Groppello Grappa exists? The Rossi family of Anaunia are master distillers that will take you on a sensorial journey to learn about this distillate. Not a simple tasting, but a journey to refine your 5 senses and to discover one more.

THE CASERADA: TRADITIONAL CHEESEMAKING



Have you ever seen how butter is made? The Casanova family will welcome you and tell you all about the life in a mountain farm. You will discover how milk is processed and how to churn butter. We promise that once the experience is over you will be able to recognize a good mountain butter! End it all with a sampling of local cheese and cold cuts.



Every Wednesday

until October 29

11 am



PEIO

Azienda Agricola Casanova



Azienda Agricola Casanova

T. 0463 753100

info@visitvaldisole.it



Booking required

the previous day before 6 pm



Adults €12

Children (from age 4 to 12) €7



Min 2 - Max 20



1 hr 30 mins

**BOOK
ONLINE**



THINGS TO KNOW

The tasting will be held inside a cave: enjoy the scent of all the tasty products!



ANCIENT APPLES



Do you know the *Napoleon*? And the *Limoncino*? Is *Spadona* an apple or a pear? Visit the "Historic Orchard" in Cles, a special garden with almost 100 ancient varieties of apples and pears, just like the ones our grandparents remember. As a gift, a small bag with a recipe book and a bottle of juice made with the ancient apples of the orchard.



September 20 and 27
October 4 and 11

10:30 am



CLES

Loc. Bersaglio parking lot



Azienda per il Turismo Val di Non

T. 0463 830133

info@visitvaldinon.it



Booking required

the previous day before 12 pm



€15 per person

Free under age 10



1 hr e 30 mins

**BOOK
ONLINE**



THINGS TO KNOW

A charitable tour: proceeds will be donated to support the projects of the Ivo de Carneri Foundation.

AN AFTERNOON AS A FARMER



Walking among strawberries, raspberries and blackberries you will collect a basket full of fruit just like a true farmer and then off to the wood burning oven! Thanks to the teachings passed down from Nonna Oliva you will transform your fruit into jam or juice to take home with you. Then, enjoy a farmer's aperitivo.



Every Wednesday

until September 24
2 pm



MONCLASSICO

Maso Toffe



Maso Toffe

T. 342 5529282

masotoffe@gmail.com



Booking required
the previous day before 5 pm



Adults €25

Children up to age 13 €15



Min 2 - Max 13



3 hrs 30 mins

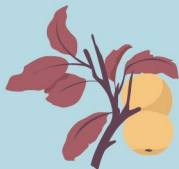
**BOOK
ONLINE**



THINGS TO KNOW

To welcome you, you will find Leonardo and his loyal four-legged friends.







CULTURE



TREASURE HUNT AT CASTEL VALER



A treasure hunt to bring the ancient glories of the castle to life for young visitors! In this special visit to Castel Valer, families will become special detectives: children will be guided to discover the most curious details of the castle, while teenagers will be involved in riddles and games leading them to discover who lived here over the centuries.



Every Sunday

until October 19
10 am



TASSULLO - VILLE D'ANAUNIA

Castel Valer



Azienda per il Turismo Val di Non

T. 0463 830133

info@visitvaldinon.it



Booking required

the previous day before 5 pm



Families €30



1 hr 30 mins

**BOOK
ONLINE**



THINGS TO KNOW

All adventurous children and teenagers will be crowned counts and countesses of Castel Valer.

ESSENTIALLY WATER



A sensory journey through the story of water in Val di Sole: an immersive experience at Caldes Castle, inspired by the “elixir of long life” found in thermal water. Seven stages — from a single drop to a lake — blending music, words, and legends to reveal the soundscape of water. An experience that nourishes body, mind, and soul.



Saturday 4 October, Sunday 12 October
Saturday 18 October, Sunday 26 October
10:30 am



CALDES
Castello di Caldes



Castel Caldes
T. +39 0461 492811



Booking required



15€ Adults
7€ Children (from age 6 to 14)
40€ family package (2 adults + 2 children)



1hr 30 mins



THINGS TO KNOW

Every detail, from sounds to stories, celebrates the beauty of the place and its water.

**BOOK
ONLINE**



EVENING RIDDLE AT CASTEL COREDO



A mysterious world is waiting for you. You will visit the manor house and the nearby palace in the evening, surrounded by a halo of mystery. Our guide will take you on an interesting journey, covering the most mysterious episodes of Palazzo Nero and Castel Coredò and those who lived there.



Saturday

20, 27 September | 4, 11 and 31 October
8:30 pm



COREDO - PREDAIA

Information Office



Azienda per il Turismo Val di Non

T. 0463 830133
info@visitvaldinon.it



Booking required
the previous day before 5 pm



€15 per person



2 hrs



THINGS TO KNOW

Follow the clues to solve
the mystery!

**BOOK
ONLINE**



THE YELLOW GOLD OF THE ALPS



Have you ever heard the buzz inside the hive? Smelled the scent of propolis? With the help of a beekeeper you will experience this powerful emotion first-hand, getting closer to the hive to discover the secrets of the exciting world of bees.



Every day

until September 30

Time based on booking



CROVIANA

MMape



Museo Mulino dell'ape

T. 328 3285780

info@mmape.it



Booking required



Minimum 2 people €60

For each additional person €10



Min 2 - Max 6



2 hrs



THINGS TO KNOW

Visit the museum to learn more about bees.

**BOOK
ONLINE**



A THIN LINE OF SHADOW



Do you know what a sundial is? A solar clock already used in ancient Egypt. Along the streets of Monclassico and Presson there are 60 painted sundials on the walls of the houses. A unique place in Europe, a true open-air museum! With Attilio you will be able to understand how a sundial works and learn the names of the artists.



Every Wednesday
until September 24
4:30pm



MONCLASSICO
Parco Biolago



Consorzio Dimaro Folgarida

T. 0463 986608
info@visitdimarofolgarida.it



Booking required
the same day before 12 pm



€10 per person
Children under age 12 €5



Min 2 - Max 20



2 hrs

**BOOK
ONLINE**



THINGS TO KNOW

At the end of the visit you will enter into a dark room.

TOUR AND ROASTED CHESTNUTS AT CASTEL COREDO



Castel Coredò is a stately home, full of charm and mystery. After a guided tour through its historic rooms, take a stroll through the garden, where the warm colors of the season bring every detail to life. Here, you can enjoy the scent of freshly roasted chestnuts... A small moment of peace, nestled between history and nature!

Saturday



18, 25 October | 1 November
2:30 pm



COREDO - PREDAIA

Information Office



Azienda per il Turismo Val di Non

T. 0463 830133
info@visitvaldinon.it



Booking required
the previous day before 5 pm



Full price €10
Special price age 5-12 €8



2 hrs

**BOOK
ONLINE**



THINGS TO KNOW

A tasty break awaits you—surrounded by autumn colors and the inviting scent of Trentino chestnuts.



TOUR AND ROASTED CHESTNUTS AT CASTEL NANNO



Castel Nanno is a perfect place to relax while enjoying the warmth of autumn. After a visit to the castle with a guide, you can stroll through the wonderful gardens and taste the autumn treasures of the forest, chestnuts! Their unique scent and flavor will warm you during these first autumn days.

Saturday



27 September | 4, 11 October
2:30 pm



NANNO - VILLE D'ANAUNIA

Castel Nanno



Azienda per il Turismo Val di Non

T. 0463 830133
info@visitvaldinon.it



Booking required
the previous day before 5 pm



Full price €10
Special price age 5-12 €8



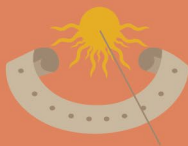
2 hrs

**BOOK
ONLINE**



THINGS TO KNOW

Relax in the gardens of Castel Nanno while enjoying delicious Trentino chestnuts.







EXCURSIONS

ANDAR PER MONTI



Locals' favorite trails in Val di Sole. "Going through the mountains" is one of the activities that those who live in Val di Sole have done since they were children. Discover the paths that local "Solandri" have always enjoyed by participating in one of the 14 itineraries with local guides.



ANDAR PER
MONTI

**BOOK
ONLINE**





every day
until 21 September



Azienda Turismo Val di Sole

T. +39 0463 901280
info@visitvaldisole.it



Booking required
the previous day before 6 pm



€ 20 adults
€ 10 children (age 3–13)
€ 55 family package (2 adults + 2 kids)
€ 5 for each additional child in
the family package



Full Day



Min 2 - Max 20

MALGA VAGLIANA –ORTI DELLA REGINA

Malga Vagliana alpine dairy is nestled at the foot of the Brenta Dolomites. Surrounded by mountain pastures, silent forests, and meadows embroidered with edelweiss, Malga Vagliana is a place where time seems to stand still. Here, among fragrant mountain pines and blueberry bushes, it is said that Princess Sissi would seek refuge, turning these lands into the perfect setting for her walks.



Monday 1 and 15 September

8:45 am



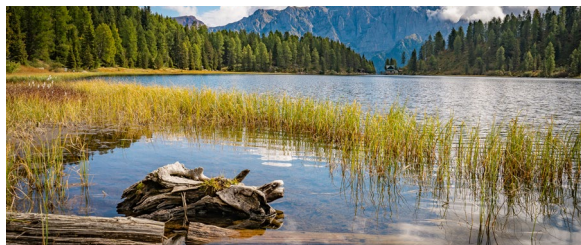
FOLGARIDA

Information Office



470 m

Intermediate



LAGO DELLE MALGHETTE & 3 LAGHI

The 3 Lakes are gems set among the rocks above Lake Malghette. Starting from Alpe Daolasa, the guide will lead you through larch and Swiss pine forests to these tranquil mountain lakes with views of the Brenta Dolomites, a UNESCO World Heritage Site. Here, locals reconnect with themselves and with nature, as these lakes are little known and rarely visited.



Tuesday 2 and 16 September

8:45 am



550 m

Inremed.



2/09 - MESTRIAGO

Information Office

16/09 - FOLGARIDA

Information Office

RIFUGIO DENZA

A welcoming mountain hut, a quiet little chapel, and a crystal-clear alpine lake reflecting the majestic silhouette of Mount Presanella. At 2,300 m asl you'll find the Rifugio Denza mountain hut, built over 125 years ago and named after Father Francesco Denza. It's not unusual to be swept up in the cheerfulness of Mirko, the hut's guardian, who delights guests with old-time songs and his accordion.



Wednesday 3 and 17 September

8:45 am



VERMIGLIO

Information Office



680 m

Intermediate



€ 30 adults | € 20 children

(up to 13 years)

€ 90 family package

(2 adults + 2 children)

€ 10 extra child in the family package

*Price includes round-trip transfer from Vermiglio to Forte Pozzi Altì

PALÙ & CALDESA ALPINE DAIRIES

The “malghe” Palù and Caldesa Alta alpine dairies are surrounded by the pastures of the Stelvio National Park. Accompanied by a guide, you'll reach these alpine meadows surrounded by forests and mountain pastures. Along the way, you're likely to encounter cows and other grazing animals. On the way back, stop by Cristian and Bruna at Malga Caldesa Bassa to enjoy local products.



Friday 5 and 19 September

8:45 am



SAN BERNARDO

Information Office



760 m Moderately difficult

IN COLLABORATION WITH THE STELVIO NATIONAL PARK



RIFUGIO VIOZ

Together with a Mountain Guide, you'll hike up to an altitude of 3645 m, reaching the Rifugio Vioz Mantova in the Stelvio National Park. You'll enjoy views of the glaciers, right where the highest mountaineering-military combats in history took place, in Val di Pejo in the Ortles-Cevedale and Adamello-Presanella mountain ranges.



Thursday 4 September

7:45 am



PEIO FONTI

Gondola entrance



1.330 m

Challenging



€ 25 adults | € 12.50 children (up to 13 years) | € 67.50 family package (2 adults + 2 children) | € 6 extra child in the family package



LAGHETTI IN VAL DEL MONTE

Discover some lesser-known gems hidden among the mountains of the Ortles-Cevedale group. To reach them, follow a forgotten path along narrow military roads carved out during the Great War. In this timeless valley, it's easy to meet Gabriele, who every day, with loads of patience, leads his herd to pasture. As he works, his gaze drifts toward the surrounding peaks.



Saturday 6 and 20 September

8:45 am



PEIO FONTI

Information Office



740 Moderately difficult



HIKING FROM FORT TO FORT



This is an easy loop itinerary that passes by several World War I forts with views of the Presanella massif. It takes you through history, nature, and ancient legends. According to local folklore, it was right here—where the winds of Val di Sole and Val Camonica collide—that the Witches of Tonale would gather for their sabbath, amidst dances, rituals, and mystery.



Sunday 7 and 21 September

8:45 am



PASSO TONALE

Information Office



120 m
Easy

ALTA VIA DEGLI ALPEGGI

A path steeped in tradition, where every step is a journey into the past, among alpine pastures and mountain huts—silent witnesses to a culture that endures. The silence is broken only by the sound of cowbells and the voice of the herdsman, who, with confident gestures, preserves an ancient knowledge. Climbing through tall grass and endless views, one finds themselves immersed in an authentic world where time seems to stand still.



Monday 8 September

8:45 am



COGOLO

Information Office



540 m

Intermediate



BAIT MANDRIA BUSE

Bait Mandria Buse bivouac is located in the beautiful Val Saent, where majestic waterfalls and wide-open views frame this mountain shelter. Accompanied by a guide, you'll reach one of the spots where the locals of Val di Rabbi love to retreat on summer days. Enjoy the silence but you might even catch a glimpse of deer and marmots, iconic animals of the Stelvio National Park, in this corner of paradise.



Tuesday 9 September

8:45 am



SAN BERNARDO

Information Office



550 m

Intermediate

LAGO DI ORTISÉ

Lago Ortisé lake, at 2,450 meters, is a jewel set in the Vegaia-Tremenesca mountain group. Together with a guide, you will reach it via Malga Stabli and Bronzolo, passing through larches, rhododendrons, and landscapes that open up over Val di Sole, the Brenta Dolomites, the Presanella, and the Ortles-Cevedale peaks. A hike to experience with all your senses, surrounded by scents, sounds, and colors.



Wednesday 10 September

8:45 am



PELLIZZANO

Birreria Stal



650 m

Intermediate



LAGO DI BARCO

From the meadows of Valpiana, a trail winds into the shaded heart of the forest, leading to Lake Barco, a jewel of pure water nestled among the rocks of the Adamello-Presanella mountain range. For those who grew up in the upper part of the valley, this lake is a symbol of their childhood: running barefoot through the damp grass, lazy afternoons spent counting clouds.



Friday 12 September

8:45 am



OSSANA

Information Office



640 m

Intermediate

BAIT DE LE BECE

The Bait de le Bèce bivouac, a historic alpine shelter, is located just below the Camocina peak at 2,233 m. Together with a guide, you'll cross high-altitude pastures and forests, enjoying wide views over the Brenta Dolomites. Renovated and inaugurated in 2024 thanks to the community of Commezzadura, the shelter enhances the value of local heritage and the mountains, providing a facility open to all.



Saturday 13 September

8:45 am



PELLIZZANO

Birreria Stal



420 m

Intermediate



CIMA VESA

Accessible via a scenic hike, Cima Vesa peak is a natural balcony suspended among centuries-old larches, offering a breathtaking view of the Maddalene mountains. Local legend says that Salvanel, a mysterious spirit of the Val di Sole woods, lives here. Perhaps even today, hidden among rocks and trees, he watches over travelers - a silent guardian of secrets, stories, and mountain magic that has enchanted for centuries.



Sunday 14 September

8:45 am



TERZOLAS

Piazza della Torraccia



740 m

Challenging

MISTERY TREKKING SOLVE THE MYSTERY IN RABBI



A mysterious spirit, a group of brave children, and a lost talisman... Who is the Grotol, and why has he left only traces of his presence? Set off on an adventure to the Valorz Waterfalls. Help the young explorers decipher clues, follow hidden tracks, and recover the ancient talisman that will unveil the secret of the spirit of the woods.



Thursday 18 September

9 am



SAN BERNARDO
Information Office



280 m
Easy

MISTERY TREKKING SOLVE THE MYSTERY IN PEIO



An evil witch, a brave young girl, and a magical stone... What connects these three fates? Set off along the ancient Via dei Canai, where every stone hides a clue and the wind whispers secrets from the past. Help the daughter of a wealthy lord break the curse that holds her prince captive by solving riddles and uncovering the mysteries scattered along the path.



Thursday 11 September

9 am



PEIO PAESE
Bus Stop



250 m
Easy



BARBA DI FIOR BY VIA FERRATA!



The adrenaline builds as you see the void beneath you. Attach the carabiners to the metal rope, climb the rock face and reach Forte Barba di Fior with a Mountain Guide. Tackle 3 activities in one: a via ferrata, a 30-meter abseil and a 70-meter zipline.



Every Wednesday

until October 29 (confirmed only with favourable weather conditions) - 2 pm



PEIO FONTI

Malga Frattasecca parking



Guide Alpine Val di Sole

T. 347 7457328

info@guidealpinevaldisole.it



Booking required

the previous Tuesday before 6 pm



€60 per person
equipment included



Min 4 - Max 8



3 hrs 30 mins

**BOOK
ONLINE**



THINGS TO KNOW

End this experience with a tasty aperitivo at Malga Frattasecca with local products.



CRIME AT THE PARK



A unique excursion, an intriguing crime scene, a mysterious adventure that requires several investigators to solve a crime in the Novella River Park. A fun team game where a detective will guide you through the park in search of clues to find the culprit.



Every Saturday

from September 6 through October 25
3 pm



ROMALLO

Parco Fluviale Novella - at Loc. S. Biagio



Parco Fluviale Novella

T. 0463 432064

info@parcofluvialenovella.it



Booking required
the previous day before 5 pm



€15 per person > 12 years old



2 hrs 30 mins



THINGS TO KNOW

Wild and mysterious places among apple orchards and lush woods with a descent into a deep canyon.

**BOOK
ONLINE**



THE BELLOW OF THE STAG



Experience romance in the Stelvio National Park. As you dine in an alpine dairy, you'll learn all about the mating rituals, habits and behaviour of deer. Followed by a night excursion in the woods in the company of the Park's Guides and the use of an infrared thermal camera. The silence and darkness of the night will captivate your senses and allow you to discover these fascinating animals.



THINGS TO KNOW

Listening to the stag bellowing is already a unique experience. Experiencing it at night enhances your senses and will allow you to grasp the truly wild soul of the Park.

**BOOK
ONLINE**





Every Friday and Saturday

from September 19 until October 4
7 pm



PEIO - RABBI

Stelvio National Park



Parco Nazionale dello Stelvio

T. 0463 909770

parcostelvio@provincia.tn.it



Booking required
two days before the activity



Adult €50 | Children between age 8
and 11 years old €40 Price includes:
dinner in the alpine dairy.
Transfer with your own vehicle.



Min 2 - Max 20



4 hrs



SUNRISE EXPERIENCE



Grab a backpack, headlamp and set off to admire the sunrise in the mountains at 2.000 m. Enjoy that special moment when the sun rises through the mountains and lights up your face. Celebrate dawn with coffee, bread, butter and jam. Behind you Forte Zaccarana , WWI fort.



Every Tuesday

until October 14
5 am



PASSO TONALE

Ospizio San Bartolomeo



Experience Val di Sole

T. 327 8512910

info@experiencevaldisole.com



Booking required
the previous day before 6 pm



Adults €30

Children age 6 to 11 €15

Free for children from age 0 to 5



Min 5 - Max 20



3 hrs

**BOOK
ONLINE**



THINGS TO KNOW

An easy outing that everyone can take part in. The only challenge is waking up early..but it's worth it!



A HORSE AS A FRIEND



Saddle up and enjoy the quiet summer morning atmosphere of autumn in the woods. If you're lucky, you might even catch a glimpse of some friendly animals moving quietly through the underbrush. When you get back, a delicious aperitivo will await you.



September 2, 6, 9, 13, 16, 20
October 7 & 21

10 am



PEIO

Fede Ranch



Fede Ranch

T. +39 339 7911521

federicadelleva83@gmail.com



Booking required

the previous day before 12 pm



€ 50 per person

Children starting from age 9



Min 2 - Max 4



1 hr 30 mins

**BOOK
ONLINE**



THINGS TO KNOW

The little ones will be able to enjoy a pony ride around the paddock at the end of the activity.



VISIT TO THE SILVER MINE OF RUMO (short tour)



A trail in nature to discover the paths used by 13th century miners. Through the woods you will reach the precious silver galena mine on foot. The experience at the mines is exclusive because you will be accompanied by an expert guide to explore an underground world that would otherwise be impossible to see.

Saturday



September 6, 13, 20, 27 | October 4
2:30 pm



RUMO

Corte Inferiore - at Loc. Tre Strade



Azienda per il Turismo Val di Non

T. +39 0463 830133
info@visitvaldinon.it



Booking required
the previous day before 12 pm



Adults €10
Children age 8-17 €6
Free under age 8



1 hr 30 mins

**BOOK
ONLINE**



THINGS TO KNOW

If you are passionate about geology, a visit to the mines is a must: you will find an 80-meter tunnel.

VISIT TO THE ANCIENT MINE OF RUMO (long tour)



Guided trekking adventure for families to explore hidden underground worlds! Set off on foot to discover the old whetstone mines and continue on to the fascinating galena silver mine. This is a truly unique experience: you'll be guided by an expert who will lead you safely into places that can't be visited on your own.

Wednesday



September 3, 10, 17, 24 | October 1
9:30 am



RUMO

Information Office APT Val di Non



Azienda per il Turismo Val di Non

T. +39 0463 830133
info@visitvaldinon.it



Booking required
the previous day before 12 pm



Adults €15
Children age 8-17 €10
Free under age 8



4 hrs



THINGS TO KNOW

Bring your flashlight and get ready to uncover the secrets of these mysterious sites!

**BOOK
ONLINE**







WELLESSEN

HORSEBACK RIDING TO LAGO DEI CAPRIOLI



Start your adventure! After choosing your horse and after your guide has provided you with info, you'll go straight towards the trails that take you to the lake. The itinerary winds its way through coniferous forests and green meadows, as you are surrounded by the scent of crisp mountain air. A tasty snack awaits you along the route.



Every day

until October 20
8:30 am



PELLIZZANO

Agritur Bontempelli



Agritur Bontempelli

T. 348 4876411
info@maneggio.net



Booking required
24 hrs before



€ 90 per person



Min 2 - Max 8



4 hrs



THINGS TO KNOW

The center also organizes walks, lessons, activities for kids, lunch and dinner at the farmhouse restaurant.

**BOOK
ONLINE**



BAREFOOT IN VAL DI RABBI



Thanks to an expert naturopath you will rediscover your psychophysical harmony and energy through the scent of the forest: immerse your feet in the fresh water of the creek, walk barefoot on the natural elements and relax with a floral foot bath and a self foot massage. Then delicious desserts from Silvia's pastry shop.



Every Friday

from September 5 through October 24
10 am



RABBI

San Bernardo - Kneipp Area



Rabbi Vacanze

T. 0463 985048
info@valdirabbi.com



Booking required
the day before by 12 pm



€20 per person



Min 2 - Max 20



2 hrs



THINGS TO KNOW

Enjoy the fresh water beneath your feet from the Valorz stream which flows to the Kneipp area.

**BOOK
ONLINE**



IMMERSE YOURSELF IN SILENCE



Immerse yourself in a sensory journey to relax your mind and body and rediscover the pleasure of silence. Experience an olfactory, sound, and sensory voyage in an alpine stube filled with the balsamic scent of Swiss pine. You'll disconnect from the digital world and reconnect with yourself through rejuvenating treatments.



Every Monday

until October 6
8 pm



PEIO FONTI

Terme di Pejo



Terme di Pejo

T. 0463 753226

info@termepejo.it



Booking required
the day before by 12 pm



€ 150 per person (starting from age 16)



Min 2 - Max 2



3 hrs



THINGS TO KNOW

The thermal waters come from mineral springs originating in the Ortles-Cevedale mountain range!

**BOOK
ONLINE**



EDELWEISS ECO-WELLNESS PATH



Breathe, observe, listen and set off to discover the scents, colors, shapes and properties of the main mountain healing plants. Through simple exercises such as breathing, meditation and walking barefoot, you will experience their beneficial power.



Every Thursday

until September 25
2 pm



PEIO FONTI

Alpine Botanical Garden Olga Casanova



Azienda Agricola Olga Casanova

T. 329 3771335
info@olgacasanova.it



Booking required
the day before by 12 pm



€ 18 per person



Min 2 - Max 15



2 hrs



THINGS TO KNOW

A relaxing and regenerating afternoon to discover ancient wisdom and practices.

**BOOK
ONLINE**



A SOOTHING HUM



Relaxing and beneficial multi-sensory experience in contact with nature. Walk barefoot among stones, water and bark. Enter the apiary where you can breathe in the scent of the hive: honey, pollen, wax and propolis. Listen to the buzz of the bees to relax your mind and body. And finally, taste our honey!



Every Monday, Tuesday and Thursday

until October 2

Monday and Tuesday 4 pm | Thursday 2 pm



ORTISÉ

Casa dell'Ape



Casa dell'Ape

T. 333 3509094

francotripodi83@gmail.com



Booking required
the day before by 6 pm



Adults €18 | Children up to age 13 €8

Couples €33

Family package (2 adults+2 kids) €40



Max 25



2 hrs

**BOOK
ONLINE**



THINGS TO KNOW

Not just bees: you'll meet Nerina and Desiré our friendly little sheep, plus ducks and bunnies.



MOUNTAIN WELLNESS AND GOODNESS



Unwind in an alpine hut with the scent of pine. Included: peeling with mountain herbs, an edelweiss face mask, hair pack with pine oil and finally a foot massage with arnica lotion. The sauna, Turkish bath and whirlpool will be all for you. A snack with yogurt and berries is also included.



Every Wednesday and Friday

until October 10

Wednesday 10 am | Friday 7:30 pm



PEIO FONTI

Pejo Thermal Spa Center



Terme di Pejo

T. 0463 753226

info@termepejo.it



Booking required
the day before by 12 pm



Wow experience (Wednesday) €110

Wow experience deluxe (Friday) €130



Min 2 - Max 4



3 hrs



THINGS TO KNOW

Plus you can also treat yourself with a relaxing alpine massage with pine oil.

**BOOK
ONLINE**





WATER SPORTS



KAYAKING THROUGH RIO NOVELLA CANYON



Try this exciting kayak excursion to admire the narrow canyons that lead to the Lago di Santa Giustina lake. An expert instructor will take you on a safe adventure among the wild Novella gorges up to 50 meters deep and carved by the stream over thousands of years.



Every day (until October 31)
Booking required



varies based on the center
where the activity is booked



Azienda Turismo Val di Non

T. 0463 830133

or online at visitvaldinon.it/kayak



Adults starting from €60

Children age 5 to 17 starting from €45



3 hrs



THINGS TO KNOW

Did you know that one of the Novella canyons and the Rio Sass Canyon can be visited on foot?

**BOOK
ONLINE**



Guided kayak excursion from Revò

Parco Fluviale Novella
until October 31

REVÒ

CLES

Lake of S. Giustina

BANCO

Guided kayak excursion
with raft from Cles

Trentino Wild
until
September 14

Guided kayak excursion from
the Chalet al Lago di Banco

XRaft
until
September 14

DERMULO

Guided kayak excursion with
tow service from Plaze di Dermulo

Ursus Adventures
until September 21



RAFTING IN VAL DI SOLE



Are you looking for something fun and exciting? Then rafting along 28 km of the Noce River is a must! Take part in this experience with family and friends or with colleagues for a unique team building activity. Take a dive into the outdoors and enjoy a day in nature.



Every day
booking required



varies based on the center
where the activity is booked



Ursus Adventures - T. 0463 636175
X Raft Outdoor Experience - T. 347 7448137
Extreme Waves - T. 0463 970808
Trentino Wild Rafting & Outdoor -
T. 0463 973278



Prices for a 2-hour descent:
Adults starting from €39
Children from age 6 starting at €29



Min 2



2 hrs



THINGS TO KNOW

National Geographic has selected the Noce River as the best river in Europe for rafting.

**BOOK
ONLINE**



XRaft
until
September 21

CUSIANO

Ursus Adventures
until
September 21

MEZZANA

COMMEZZADURA

Extreme Waves
until
September 10

DIMARO

Torrente Noce

Trentino Wild
until
September 18

CALDES





BIKE



E-BIKE FOR FOODIES: TOUR WITH LUNCH AT THE MALGA



An e-BIKE experience among nature, culture and food in Val di Pejo in the Stelvio National Park. Discover Val di Pejo's hidden gems with an expert MTB guide, stop in an enchanting local mountain home to relax along the route and recharge your energy level with the delicious dishes prepared at the Malga Frattasecca alpine dairy.



Every Friday

until September 26
9:30 am



MEZZANA

Ursus Adventures



Ursus Adventures

T. 0463 636175

info@ursusadventures.it



Booking required
48 hrs before



€ 125 per person



Min 4 - Max 8



7 hrs



THINGS TO KNOW

Enjoy a scrumptious lunch made with local products in an alpine dairy in the Stelvio National Park.

**BOOK
ONLINE**



GRAB YOUR E-BIKE AND OFF TO THE SAN LEONARDO LAKES



An e-bike outing suitable for everyone starting from Marilleva 900 all the way to Vermiglio. High peaks, woods, rivers and streams will accompany you on a natural and historical tour. Worried that it's going to be too challenging? Don't worry, you'll ride along the cycle path and end your outing with a relaxing aperitivo.



Every Monday

until October 27
2:30 pm



MARILLEVA 900

Skiarea Sport Shop



Skiarea Sport Shop

T. 375 5249652

info@skiareasportshop.com



Booking required
the day before by 12 pm



Adults €69 Juniors
(height between 130- 150 cm) €55



Min 4 - Max 15



4 hrs



THINGS TO KNOW

Try the new cycle path from Ossana to Vermiglio!

**BOOK
ONLINE**





WIN THE BACKPACK

Collect at least **2 experiences**

**Get the stamp on your
WOW experience booklet**

Pick up your **backpack** at the
Val di Sole and Val di Non info points



COLLECTED:

ON _____

AT _____



STAMPS

Write here the experience's name

Write here the experience's name

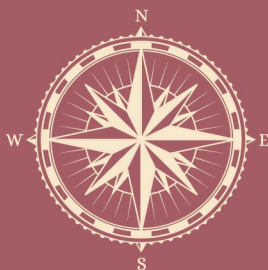
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Write here the experience's name

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Archivio APT Val di Non
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2025



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