

VAL DI SOLE
winter



ACTIVITIES, EVENTS, EXPERIENCES
1st - 29th FEBRUARY 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



Thursday 1 FEBRUARY



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



DIMARO FOLGARIDA - Dimaro at Trentino Wild

CYCLING ON THE SNOW IN VALPIANA

09:00
12:00

Riding an e-bike from Pellizzano to the Ossana alpine hut Malga del Doss. For a fee. Booking required by 12:00 of the previous day. 340 2175873 or on the website www.visitvaldisole.it



COMMEZZADURA - Daolasa at Scuola Sci Val di Sole

SKIEAT

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:
CINEMA NIGHT: QUENTIN TARANTINO**

16:00
17:00

Info and tickets: www.pontedilegnonale.com

MOVIE

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.

**Val di Sole
WOW**

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

**Auvergnat
Si**

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



WILD

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
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 **2** FEBRUARY

**Val di Sole
WOW**

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. 347 9558401 or on the website www.visitvaldisole.it

**Val di Sole
WOW**

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

**Auvergnat
Si**

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

**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**

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 - Mezoli slope arrival
27° SKI MOUNTAINING RACE "AI PIEDI DEL VIOZ"

19:00



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

19:30
22:30

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 3 FEBRUARY



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:
UNPLUGGED IN PARADISE

16:00
and 18:00

Info and tickets: www.pontedilegnotonale.com



PASSO TONALE - Paradiso Restaurant
SUB-ZERO STARS

19:00
23:00

Michelin - starred cuisine at the feet of Presena Glacier with chef Alfio Ghezzi. Info and booking www.pontedilegnotonale.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

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

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

Sunday 4 FEBRUARY**MO
VE****DIMARO FOLGARIDA** - Dimaro at the Tourist Information Office**EXCURSION IN VAL MELEDRIO - DIMARO***

14:00 In Val Meledrio among the sounds of the wood, the gurgling
16:30 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*****MARILLEVA 1400** - Campo scuola**APRÈS-SKI**

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

**FU
N*****PEIO** - Skiarea at Lo Scoiattolo**MUSIC AND FUN AT HIGH ALTITUDE****11:00****15:00****Auver
Si****RABBI** - Rabbi Fonti at Park Info Point**LOOKING FOR TRACKS AND FOOTPRINTS OF THE PARK'S ANIMALS***

09:00 A pleasant walk through the woods to discover all of the tracks
12:00 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 Ragaio 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 5 FEBRUARY****Val di Sole
WOW****DIMARO FOLGARIDA** - Loc. Malghet Aut**SKI PERFORMANCE VIDEO**

14:00 A ski lesson with a national or federal certified coach, who
15:00 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

**MO
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 Almazzago. 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 or on the website www.visitvaldisole.it

**FU
N*****MARILLEVA 1400** - Copai - Malga Panciana departure**APRÈS-SKI****16:30**

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

**Auver
Si****PELLIZZANO** - Tourist Information Office**CAPRIOLI LAKE - VALPIANA*****09:15****12:30**

Surrounded by fir trees and magical snowy landscape, you will start your walk from the picturesque Caprioli Lake to reach Valpiana, a stunning alpine valley. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it

**MO
VE****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 6 FEBRUARY**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

MO
VE
DIMARO FOLGARIDA - Dimaro at the Tourist Information Office
EVENING EXCURSION IN VAL MELEDRIO
17:00 An easy hike into the winter nature of Dimaro Folgarida
19:00 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

Auver
Sf
COMMEZZADURA - Mestriago at the Tourist Information Office
EXCURSION TO MALGHETTO DI ALMAZZAGO
09:15 Easy walk to discover Malghetto di Almazago. You will
12:30 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 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

FU
N★
MARILLEVA 1400 - Campo scuola
APRÈS-SKI
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-
11:30 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

Auver
Sf
PASSO TONALE - Tourist Information Office
ALTIPORTO*
14:00 An easy loop trail towards the altiporto (mountain landing
16:30 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
VE
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.

MO
VE
PEIO - Cogolo at Centro Fondo Biancaneve
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
LD
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. Free
14:30 activity. In case of bad weather, the activity will not take place.

FO
OD
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

Auver
Sf
PEIO - Peio Fonti at Piazzale Telecabina
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 Visitor Centre, Rabbi Park Info Point, Tourist Information Offices or at the website www.visitvaldisole.it

Wednesday 7 FEBRUARY

MO
VE
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



DIMARO FOLGARIDA - Monclassico at Maso Toffe

NONNA OLIVA'S POLENTA

16:30
20:30
Help Leonardo light the fire and prepare the typical 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



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



MEZZANA - Marilleva 1400 at the Tourist Information Office

DISCOVER VAL PANCIANA*

09:15
12:30
Starting right in the heart of the Skiarea Campiglio Dolomiti 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



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 - Valena chairlift

FUN KIDS

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



PEIO - Peio Fonti at Peio Thermal Spa


MOUNTAIN WELLNESS AND GOODNESS*

10:00
13:00
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. For a fee. 0463 753226 or on the website www.visitvaldisole.it



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.it



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.it



PEIO - Skiarea Pejo 3000

PEJO SKIALP UNDER A STARRY SKY

18:00
22:00
Let's practice ski mountaineering on Pejo 3000' slopes. Free access on Mezoli, Tarlenta and Doss dei Gembri slopes. Lo Scoiattolo Refuge and Doss dei Gembri Refuge are open for dinner! Headlamp is mandatory.



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

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



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



DIMARO FOLGARIDA - Dimaro at Trentino Wild
CYCLING ON THE SNOW IN VALPIANA

09:00
12:00
Riding an e-bike from Pellizzano to the Ossana alpine hut Malga del Doss. For a fee. Booking required by 12:00 of the previous day. 340 2175873 or on the website www.visitvaldisole.it



COMMEZZADURA - Daolasa at Scuola Sci Val di Sole
SKIEAT

09:45
15:45
Together with a ski instructor, to the discovery of the Skiaera 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
17:30
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



MARILLEVA 1400 - Campo scuola
APRÈS-SKI

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



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
PARADICE MUSIC - PARADICE ORCHESTRA: THE ICED SIDE OF THE MOON - PINK FLOYD TRIBUTE

16:00
17:00
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

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

**FU
N★**
Starting
at 21:00

RABBI - San Bernardo

VAL DI RABBI CARNIVAL

DJ night with Angelica

Friday 9 FEBRUARY



CALDES - Samoclevo at Agritur il Tempo delle Mele

DISCOVER ALPINE CHEESE AND LOCAL SURROUNDINGS THROUGH ALL 5 SENSES*

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. 347 9558401 or on the website www.visitvaldisole.it

16:30
18:00



MALÉ - Andreis Bike Rent

WINTER ON 2 WHEELS

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

10:00
13:00



DIMARO FOLGARIDA - Folgarida at the Tourist Information Office

MALGA DI DIMARO - BAITA CIOCOMITI*

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

09:15
15:30



MEZZANA - Ortisé at Casa dell'Ape

FROM THE WOODS...TO A BEEHIVE*

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

14:00
16:00



MEZZANA - Caseificio Presanella

THE SCENT OF TRADITION: IN THE CHEESE VAULT

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

16:00
17:30



PELLIZZANO - Agritur Bontempelli

RIDE INTO A FAIRY TALE*

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

16:30
18:30



PASSO TONALE - Grand Hotel Miramonti

DEFYING AEOLUS

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

09:00
12:00



PASSO TONALE - Tourist Information Office

PRESENA GLACIER*

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

09:00
12:00



PEIO - Fede Ranch

GETTING TO KNOW FEDERICA'S ANIMALS*

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

10:00
11:00



VAL DI SOLE

— WOW —

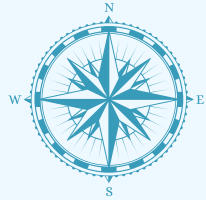
Discover the best experiences to have in Val di Sole. Follow your vibe and choose the one that suits you best! Book your experience online or at the information offices

#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

Laghetto di Piano del Viz



Skiarea Pejo 3000



RABBI FONTE

SAN BERNARDO

TERZOLAS

CALDES

MOSTIZZOLO

CAVIZZANA

VAL DI NON

Terme di Pejo



VAL DI PEJO



PELLIZZANO

MEZZANA

MARILLEVA 900

COMMEZZADURA

CROVIANA

DIMARO

VERMICLIO

OSIANA

MARILLEVA 1400

FOLGARIDA

Skiarea Campiglio Dolomiti di Brenta

MADONNA DI CAMPIGLIO

Dolomiti di Brenta

PRESENA 3000



TEMÜ

PONTE DI LEGNO

Lago Valsabot

PASSO TONALE

FORTE STRINO

LOMBARDIA

VAL DI RABBI

VAL DI PEJO

VAL DI NON



Illustration and design: Anna Formilan



PEIO - Peio Fonti at Peio Thermal Spa
MOUNTAIN WELLNESS AND GOODNESS DELUXE
 19:30 Relax yourself in an alpine stube with the aromatic scent of Swiss
 22:30 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 An easy night walk with a guide under the moonlight, along a
 23:00 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



FU N★
 Starting at 21:00

RABBI - San Bernardo
VAL DI RABBI CARNIVAL
 A night with Nadia and her accordion

Saturday 10 FEBRUARY



MALÉ - Piazzale Guardi car park (Via Molini)
AMONG THE BOLENTINA ALPINE DIARIES*
 09:15 A wonderful snowshoe outing among alpine dairies and snow
 12:30 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

FU N★
 Starting at 21:00

COMMEZZADURA - Mestriago at the gym
ST. AGATHA MASQUERADE BALL
 with Nadia and her accordion



PASSO DEL TONALE - Presena Glacier
PARADISE MUSIC: BACK TO THE STARS - COLDPLAY TRIBUTE BAND
 Info and tickets: www.pontedilegotonale.com

PEIO - Peio Fonti - Thermal Spa square
BABY DISCO SHOW
 Cotton candy and balloons for a fun-filled afternoon

PEIO - Doss dei Gembri
MUSIC AND FUN AT HIGH ALTITUDE



RABBI - San Bernardo at Kneipp path
BAREFOOTING
 14:00 Thanks to an expert naturopath you will discover the benefits
 15:30 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 Discover the pleasure of skiing slowly following your rhythm and
 19:00 admiring the beauties of Stelvio National Park with an instructor.
 For a fee. Booking required. 334 6009218 - 0463 985048

FU N★
 Starting at 21:00

RABBI - San Bernardo
VAL DI RABBI CARNIVAL
 DJ night with Angelica

Sunday 11 FEBRUARY



DIMARO FOLGARIDA - Dimaro at the Tourist Information Office
EXCURSION IN VAL MELEDRIO - DIMARO*
 14:00 In Val Meledrio among the sounds of the wood, the gurgling
 16:30 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

KI DS
 14:30
 17:00

COMMEZZADURA - Mestriago at the Gym
CARNIVAL ALL TOGETHER
 Carnival Party for families with masks parade, magic show
 and a snack.

FU N★
 16:30

MARILLEVA 1400 - Campo scuola
APRÈS-SKI
 Music and fun at 360°, the perfect after-skiing atmosphere!

FU N★
 Starting at 14:00

VERMIGLIO - Polo Culturale
EL CARNEVAI DEI CONGIOMBLERI
 Masks' parade and entertainment followed by pasta party
 and dancing night with Mauro Brusaferrri

FU N★
 11:00

PEIO - Doss dei Gembri
MUSIC AND FUN AT HIGH ALTITUDE - TORTEL DE PATATE PARTY

FU N★
 11:00

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

FU **PEIO** - Ticket Office
N★ **AFTER SNOW PARTY**
16:00 Music and fun for everyone
19:00

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

09:00 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
12:00



FU **RABBI** - Val di Rabbi
N★ **VAL DI RABBI CARNIVAL**

09:30 Carnival parade along the streets of the valley
12:30 Lunch in Pracorno organized by the Alpini
16:00 Snack and brulé in Piazzola organized by Alpini di Piazzola
19:00 Live music with Tirock Band and DJ Michelino

Monday 12 FEBRUARY

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

14:00 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
15:00

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

15:00 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
17:00

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

17:00 Night walk to discover Malghetto di Almazzago. 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
19:00

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 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
16:00

FU **MARILLEVA 1400** - Copai - Malga Panciana departure
N★ **APRÈS-SKI**
16:30 Music and fun at 360°, the perfect after-skiing atmosphere!

Auover **Si** **PELLIZZANO** - Tourist Information Office
CAPRIOLI LAKE - VALPIANA*
09:15 Surrounded by fir trees and magical snowy landscape, you will start your walk from the picturesque Caprioli Lake to reach Valpiana, a stunning alpine valley. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it
12:30

MO **VERMIGLIO** - Centro Fondo
VE **FREE CROSS-COUNTRY SKI LESSONS**
14:00 You will learn the techniques of cross-country skiing with our ski instructors. Equipment rental for a fee. 0463 758200
16:00 - 0364 903838

Tuesday 13 FEBRUARY

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

09:45 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
12:00

MO **DIMARO FOLGARIDA** - Dimaro at the Tourist Information Office
VE **EVENING EXCURSION IN VAL MELEDRIO**
17:00 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
19:00

Auover **Si** **COMMEZZADURA** - Mestriago at the Tourist Information Office
EXCURSION TO MALGHETTO DI ALMAZZAGO
09:15 Easy walk to discover Malghetto di Almazzago. 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
12:30

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 how
 16:00 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** - Campo scuola
APRÈS-SKI
 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-
 11:30 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

FUN★ **VERMIGLIO** - Polo Culturale
EL CARNEVAL DEI CONGIOMBLERI
 Starting Entertainment for kids, pasta party and dancing night with
 at 16:00 Nadia and her accordion

Auvergnat Si **PASSO TONALE** - Tourist Information Office
ALTIPORTO*
 14:00 An easy loop trail towards the altiporto (mountain landing strip)
 16:30 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

MOVÉ **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.

MOVÉ **PEIO** - Cogolo at Centro Fondo Biancaneve
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

WILD **PEIO** - at the top of Doss dei Cembra chairlift
WATCH OUT FOR ANIMALS!
 10:30 On the slopes to observe the fauna in its natural habitat. Free
 14:30 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

FUN★ **COGOLO** - Biancaneve slope
MAGICDISCOBIMBO
 11:00 with Lilly and the Magician
 13:00

Auvergnat Si **PEIO** - Peio Fonti at Piazzale Telecabina
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

FUN★ **RABBI** - Val di Rabbi
VAL DI RABBI CARNIVAL
 12:00 Gnocchi party
 13:30 Opening of the carnival parade with awards ceremony in the square
 15:30 Inflatable games and animation for children
 17:00 Musical entertainment with Gabu
 20:00 "Brusan el Chiarneval" at the field with mulled wine
 20:30 Evening with Peter Traktor Band

Wednesday 14 FEBRUARY

MOVÉ **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



DIMARO FOLGARIDA - Monclassico at Maso Toffe

NONNA OLIVA'S POLENTA

16:30
20:30
Help Leonardo light the fire and prepare the typical 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



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



MEZZANA - Marilleva 1400 at the Tourist Information Office

DISCOVER VAL PANCIANA*

09:15
12:30
Starting right in the heart of the Skiarea Campiglio Dolomiti 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



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 - Valena chairlift

FUN KIDS

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



PASSO DEL TONALE - Presena Glacier

PARADISE MUSIC: OPERA MOUNTAIN VOICES - SAN VALENTINO LOVE EDITION

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



PEIO - Peio Fonti at Peio Thermal Spa


MOUNTAIN WELLNESS AND GOODNESS*

10:00
13:00
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. For a fee. 0463 753226 or on the website www.visitvaldisole.it



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.it



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 Pejo. Sample various types of beers, paired with a selection of local products. For a fee. 377 4386829 or on the website www.visitvaldisole.it



PEIO - Thermal Spa

VALENTINE'S DAY AT THE SPA

20:30
24:00
Do you know what to do on the most romantic night of the year? Pejo Thermal Spa has an heart-beating offer. For a fee. Mandatory reservation by 9th February. 0463 753226



PEIO - Skiarea Pejo 3000

PEJO SKIALP UNDER A STARRY SKY

18:00
22:00
Let's practice ski mountaineering on Pejo 3000' slopes. Free access on Mezoli, Tarlenta and Doss dei Gembrli slopes. Lo Scoiattolo Refuge and Doss dei Gembrli Refuge are open for dinner! Headlamp is mandatory.



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

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



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



DIMARO FOLGARIDA - Dimaro at Trentino Wild
CYCLING ON THE SNOW IN VALPIANA

09:00
12:00

Riding an e-bike from Pellizzano to the Ossana alpine hut Malga del Doss. For a fee. Booking required by 12:00 of the previous day. 340 2175873 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 Skiaera 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
17:30

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:
A DAY AT THE GLACIER - QUEEN TRIBUTE**

16:00
17:00

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



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. 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 dairy 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



MARILLEVA 1400 - Campo scuola
APRÈS-SKI

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



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 - Presena Glacier
TRENTINO SKI SUNRISE - PRESENA

At sunrise The magic of the first rays of sun shining on the snow crystals, the taste of a delicious breakfast at high altitude on the notes of a live concert and.... the adrenaline-filled descent on the pristine slopes. Info: www.pontedilegnotonale.com



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

19:30
22:30 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 17 FEBRUARY



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
PARADICE MUSIC:MORGAN

16:00
and 18:00

Info and tickets: www.pontedilegotonale.com



PEIO - Skiarea at Mythe

MUSIC AND FUN AT HIGH ALTITUDE

11:00
15:00

Live music and entertainment for an exciting Sunday



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 18 FEBRUARY



14:00
16:30

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

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



PEIO - Baita Tre Larici

MUSIC AND FUN AT HIGH ALTITUDE

11:00

Live music and entertainment 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 Ragaiole stream 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 19 FEBRUARY



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

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

17:00 Night walk to discover Malghetto di Almazzago. You will arrive
19:00 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 **MARILLEVA 1400** - Campo scuola
N★ **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 A lab to know the world of bees, how to build a beehive and how
16:00 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

Auvergne **Si** **PELLIZZANO** - Tourist Information Office
CAPRIOLI LAKE - VALPIANA*
09:15 Surrounded by fir trees and magical snowy landscape, you
12:30 will start your walk from the picturesque Caprioli Lake to reach Valpiana, a stunning alpine valley. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it

MO **VERMIGLIO** - Centro Fondo
VE **FREE CROSS-COUNTRY SKI LESSONS**
14:00 You will learn the techniques of cross-country skiing with
16:00 our ski instructors. Equipment rental for a fee. 0463 758200 - 0364 903838

Tuesday 20 FEBRUARY

MO **DIMARO FOLGARIDA** - Folgarida at the ticket office of Belvedere cable car
VE **EXCURSION TO RONZOLA FARMSTEADS IN FOLGARIDA***
09:45 Easy snowshoe hike along marked trails in the Adamello Brenta
12:00 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

MO **DIMARO FOLGARIDA** - Dimaro at the Tourist Information Office
VE **EVENING EXCURSION IN VAL MELEDRIO**
17:00 An easy hike into the winter nature of Dimaro Folgarida
19:00 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

Auvergne **Si** **COMMEZZADURA** - Mestriago at the Tourist Information Office
EXCURSION TO MALGHETTO DI ALMAZZAGO
09:15 Easy walk to discover Malghetto di Almazzago. You will arrive
12:30 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 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** **VERMIGLIO** - Vicolo Somacort, 31
DISCOVER THE SECRETS OF KNITTING*
10:30 Soft wool transformed into warm and comfortable tailor-
11:30 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

Auvergne **Si** **PASSO TONALE** - Tourist Information Office
ALTIPORTO*
14:00 An easy loop trail towards the altiporto (mountain landing strip)
16:30 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 LD **PEIO** - at the top of Doss dei Cembri chairlift
WATCH OUT FOR ANIMALS!
 On the slopes to observe the fauna in its natural habitat.
 10:30 Free activity. In case of bad weather, the activity will not
 14:30 take place.

FO OD **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

Auvergn **SI** **PEIO** - Peio Fonti at Piazzale Telecabina
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 21 FEBRUARY

MO VE **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 **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

Val di Sole **DIMARO FOLGARIDA** - Monclassico at Maso Toffe
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 OD **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

Auvergn **SI** **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

Val di Sole **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

KI DS **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.pontedilegotonale.com

Val di Sole **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

Auvergn **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 Covet, 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



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



Val 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.it

MO
VE

PEIO - Skiarea Pejo 3000
PEJO SKIALP UNDER A STARRY SKY

18:00
22:00 Let's practice ski mountaineering on Pejo 3000' slopes. Free access on Mezoli, Tarlenta and Doss dei Gembri slopes. Lo Scoiattolo Refuge and Doss dei Gembri Refuge are open for dinner! Headlamp is mandatory.

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
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 22 FEBRUARY

Val di Sole
WOW

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

Val di Sole
WOW

DIMARO FOLGARIDA - Dimaro at Trentino Wild
CYCLING ON THE SNOW IN VALPIANA

09:00
12:00 Riding an e-bike from Pellizzano to the Ossana alpine hut Malga del Doss. For a fee. Booking required by 12:00 of the previous day. 340 2175873 or on the website www.visitvaldisole.it

Val di Sole
WOW

COMMEZZADURA - Daolasa at Scuola Sci Val di Sole
SKIATE

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

Val di Sole
WOW

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

Val 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.it

MuoverSi

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

Val di Sole
WOW

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

PARADICE MUSIC
International Music

PASSO DEL TONALE - Presena Glacier
PARADICE MUSIC - PARADICE ORCHESTRA: MAKE ROCK NOT WAR

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

MO
VE

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



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

Friday **23** FEBRUARY



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. 347 9558401 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 - Skiarea Pejo 3000

TRENTINO SKI SUNRISE - PEJO3000

At sunrise

The magic of the first rays of sun shining on the snow crystals, the taste of a delicious breakfast at high altitude on the notes of a live concert and... the adrenaline-filled descent on the pristine slopes! 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



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 24 FEBRUARY



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

PARADICE MUSIC - PARADICE BAND: THIS IS ENGLAND

16:00
and 18:00

Info and tickets: www.pontedilegotonale.com



PEIO - Skiarea - Lo Scoiattolo

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 or on the website 0463 985048

Sunday 25 FEBRUARY

MOV DIMARO FOLGARIDA - Dimaro at the Tourist Information Office **VE** **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

FUN **MARILLEVA 1400** - Campo scuola **N★** **APRÈS-SKI**

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

FUN **PEIO** - Skiarea - Doss dei Gembri **N★** **MUSIC AND FUN AT HIGH ALTITUDE -** **STRAUBEN FEST**

11:00 For an exciting sunday
15:00

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

09:00 A pleasant walk through the woods to discover all of the
12:00 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 Ragaiole 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 26 FEBRUARY

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

14:00 A ski lesson with a national or federal certified coach, who
15:00 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 of Sole **DIMARO FOLGARIDA** - Monclassico at Parco Biologo **WOW** **THE SHADOW LINE**

15:00 Walking through the narrow streets of Monclassico and
17:00 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

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

17:00 Night walk to discover Malghetto di Almazzago. You will arrive
19:00 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 of Sole **MEZZANA** - Ortisé at Casa dell'Ape **WOW** **FROM THE WOODS...TO A BEEHIVE***

14:00 A lab to know the world of bees, how to build a beehive and how
16:00 it works. Together with you 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 - Malga Panciana departure **N★** **APRÈS-SKI**

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

Auover **PELLIZZANO** - Tourist Information Office **Sf** **CAPRIOLI LAKE - VALPIANA***

09:15 Surrounded by fir trees and magical snowy landscape, you
12:30 will start your walk from the picturesque Caprioli Lake to reach Valpiana, a stunning alpine valley. Elevation gain: 100 m. Hiking difficulty: easy. For a fee. Booking required at Tourist Information Offices or on the website www.visitvaldisole.it

MOV **VERMIGLIO** - Centro Fondo **VE** **FREE CROSS-COUNTRY SKI LESSONS**

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

Tuesday 27 FEBRUARY

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

09:45 Easy snowshoe hike along marked trails in the Adamello
12:00 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 **VE** **EVENING EXCURSION IN VAL MELEDRIO**

17:00 An easy hike in to the winter nature of Dimaro Folgarida
19:00 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 Almazago. 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 you 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** - Cogolo at Centro Fondo Biancaneve
CROSS-COUNTRY SKI LESSONS*

10:00
12:00
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. 0463 754345 - 0463 753100



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



Wednesday **28** FEBRUARY

 **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** - Monclassico at Maso Toffe
NONNA OLIVA'S POLENATA

16:30
20:30
Help Leonardo light the fire and prepare the typical 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



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



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

09:15
12:30
Starting right in the heart of the Skiarea Campiglio Dolomiti 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



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 - Valena chairlift **FUN KIDS**

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



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

10:00
13:00
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. For a fee. 0463 753226 or on the website www.visitvaldisole.it



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.it



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.it



PEIO - Skiarea Pejo 3000 **PEJO SKIALP UNDER A STARRY SKY**

18:00
22:00
Let's practice ski mountaineering on Pejo 3000' slopes. Free access on Mezoli, Tarlenta and Doss dei Gembrì slopes. Lo Scoiattolo Refuge and Doss dei Gembrì Refuge are open for dinner! Headlamp is mandatory.



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 **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 **29** FEBRUARY



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

Val di Sole
WOW

DIMARO FOLGARIDA - Dimaro at Trentino Wild
CYCLING ON THE SNOW IN VALPIANA

09:00
12:00
Riding an e-bike from Pellizzano to the Ossana alpine hut Malga del Doss. For a fee. Booking required by 12:00 of the previous day. 340 2175873 or on the website www.visitvaldisole.it

Val di Sole
WOW

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

Val di Sole
WOW

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

Val di Sole
WOW

MEZZANA - at the train station
A TRAINLOAD OF TASTE*

09:15
17:30
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

Mugger
Si

PELLIZZANO - Birreria Tal
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

Val di Sole
WOW

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:
CINEMA NIGHT: GIANNA E LE ALTRE

16:00
17:00

Info and tickets: www.pontedilegnotonale.com

MO
VE
20:30
23:00

PASSO TONALE- Valena slope
NIGHT SKIING

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

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



PARCO
NAZIONALE
DELLO
STELVIO

NATIONAL
PARK
STILFSEER
JOCH



winter ❄️ 2023_24

EVE NT

