

Val di Sole

Val di Non

TRENTINO



VAL DI SOLE VAL DI NON

— WOW —

EXPERIENCES
fall

EN

INDEX



The best experiences to have in Val di Sole and in Val di Non. Choose from 31 different activities: culture, wellness, bike, trekking, water sports and taste. Collect 2 experiences and win a gadget available to pick up at the information offices in Val di Sole and in Val di Non.

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TASTE



MELACOLGO



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



Every Friday, Saturday and Sunday

from September 13 through October 20
morning and afternoon



VAL DI NON AND VAL DI SOLE

Melinda Ambassador Farmhouses



Azienda per il Turismo Val di Sole

T. 0463 901280 - info@visitvaldisole.it

Azienda per il Turismo Val di Non

T. 0463 830133 - info@visitvaldinon.it



Prebook required
the day before by 12:00 pm



Adult €22

Children from 3 to 10 years old €10

Free for children up to 3 years old



1 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

Try the experience of picking apples from the tree like a true farmer.

VAL DI SOLE

CLOZ



*Agritur
Maso Tafol*

CALDES



*Agritur
Il Tempo
delle Mele*

TERZOLAS



*Agritur
Anselmi*

ROMALLO



*Az. Agricola
LasteRosse*

Lago di S. Giustina

COREDO



*Agritur
Rizzi*

*Agritur
Widmann*

SMARANO



*Agritur
Bella di
Bosco*

*Agritur
Cristina*

TASSULLO



*Agritur
Renetta*

FLAVON



*Agritur
La Crucola*

VAL DI NON

TOSS DI TON



*Agritur
Golden Pause*



FROM APPLES TO PRODUCTS



You will discover the origins and evolution of the Melchiori Company, cider producer. You will immerse yourself in the fascinating world of processing and transforming apples into unique products, from grinding and pressing to bottling and packaging of products. Final tasting of juice, cider and vinegar.



Every Monday

from September 2 through October 28
11:00 am



TRES

Melchiori Cidery



Sidreria Melchiori

T. 0463 466522
accoglienza@luciamaria.it



Prebook required
the previous Saturday by 5:00 pm



€15 per person



2 h

**BOOK
ONLINE**



THINGS TO KNOW

The Melchiori Company was the first in Italy to produce apple cider, did you know that?

CRAFT BEER TASTING



Discover the secrets behind the production of the excellent craft beer produced with the precious spring water of Val di Pejo. Taste the various types offered, combined with a selection of typical local products. How sophisticated is your palate? Will you be able to guess all the aromas?



Every Thursday

from September 5 through October 24
5:00 pm



COGOLO DI PEJO

Pejo Craft Brewery



Birrificio Artigianale Pejo

T. 377 4386829
info@birrapejo.it



Prebook required
the day before by 6:00 pm



€12 per person



Min 5



2 h

**BOOK
ONLINE**



THINGS TO KNOW

The beer is produced with the water from the Pejo spring together with hops, malt, yeasts and other products.

GROPPELLO SENSATIONS



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



Azienda per il Turismo Val di Non

T. 0463 830133

info@visitvaldinon.it



Prebook required
the day before by 5:00 pm



Adult €18

Children from 3 to 17 years old €12

Free for children under 3 years old




2 h

**BOOK
ONLINE**



ZEREMIA ANCIENT VINEYARD

 **September 7**
October 26

 2:00 pm


 El Zeremia Winery

 REVÒ

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

THE WINE MEETS THE “TORTÈL DI PATATE”

 **September 14**
October 5

 4:00 pm


 Maso Sperdossi Winery

 REVÒ

An immersion in the timeless atmosphere of our historic cellar, where we will learn to make the legendary tortèl di patate. We will taste it with the Groppello and another wine produced by us with local cured meats and cheeses.

WINE TREKKING WITH SILVIA

 **September 20**
October 11


 5:00 pm


 LasteRosse Winery

 ROMALLO


A unique walk among apple orchards and vineyards listening to the story of Silvia, the lady of Groppello. A return to the cellar that feels like home for a visit to the winemaking rooms and an exclusive wine tasting with traditional local products.

THE GRAPPA MEANING

 **September 28**
October 19

 5:00 pm

 Rossi d'Anaunia Distillery

 REVÒ

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

THE CASERADA: TRADITIONAL CHEESEMAKING



Have you ever seen how butter is made? The Casanova family will welcome you and tell you all about the life in a mountain farm. You will discover how milk is processed and how to churn butter. We promise that once the experience is over you will be able to recognize a good mountain butter! A cheese and meat tasting to conclude.



Every Wednesday

until October 2
11:00 am



PEIO

Casanova local farm



Azienda Agricola Casanova

T. 0463 753100
info@visitvaldisole.it



Prebook required
the day before by 6:00 pm



Adult €12
Children (from 4 to 12 years old) €7



Min 2 - Max 20



1 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

The tasting will be held inside a cave: you will smell the scent!

THE ANCIENT APPLES



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



September 21 and 28
October 5 and 12

10:30 am



CLES

At Bersaglio parking lot



Azienda per il Turismo Val di Non

T. 0463 830133

info@visitvaldinon.it



Prebook required

the day before by 12:00 pm



€15 per person

Free under 10 years old



1 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

A solidarity visit: all proceeds will be donated to charity to support the projects of the Ivo de Carneri Foundation.

AN AFTERNOON AS A FARMER



Walking among strawberries, raspberries and blackberries you will collect your fruit basket like a true farmer and then off to the fireplace! Thanks to the teachings passed down from Nonna Oliva you will transform the fruits into jam or juice to take home. Then, a real farmer's aperitivo in the farm cellar with speck, cheese and wine.



Every Wednesday

until September 25
2:00 pm



MONCLASSICO

Toffe local farm



Maso Toffe

T. 342 5529282
masotoffe@gmail.com



Prebook required
the day before by 5:00 pm



Adult €25
Children up to 13 years old €15



Min 2 - Max 13



3 h 30 min

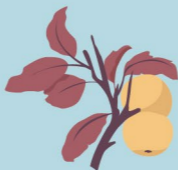


THINGS TO KNOW

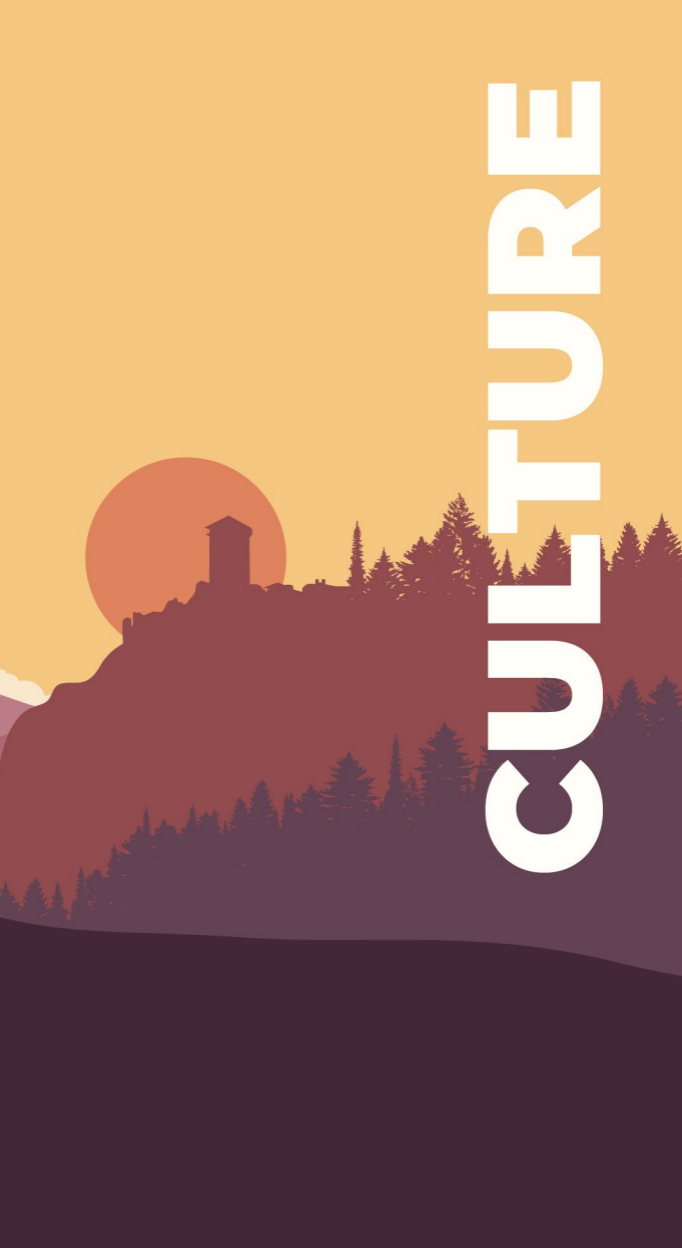
To welcome you, in addition to Leonardo, you will find his loyal 4-legged friend and other cute animals.

**BOOK
ONLINE**









CULTURE

TREASURE HUNT AT CASTEL VALER



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



Every Sunday
until October 20
10:00 am



TASSULLO - VILLE D'ANAUNIA
Castel Valer



Azienda per il Turismo Val di Non
T. 0463 830133
info@visitvaldinon.it



Prebook required
the day before by 5:00 pm



Family: €30



1 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

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

EVENING RIDDLE AT CASTEL COREDO



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



Every Saturday

September 7, 21 | October 5, 19
November 1 - 08:30 pm



COREDO - PREDAIA

Information office



Azienda per il Turismo Val di Non

T. 0463 830133
info@visitvaldinon.it



Prebook required
the day before by 5:00 pm



€15 per person



2 h



THINGS TO KNOW

By following the clues, you will be the one to solve the mystery and shed some light on what happened!

**BOOK
ONLINE**



THE YELLOW GOLD OF THE ALPS



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



Every day

until September 30
Prebook required



CROVIANA

MMape



Museo Mulino dell'ape

T. 328 3285780
info@mmape.it



Prebook required



Minimum 2 people €60
For each additional person €10



Min 2 - Max 6



2 h

**BOOK
ONLINE**



THINGS TO KNOW

Learn more about the bees by visiting the museum.

PALAZZO LAB CREATIVE WORKSHOP



A simple and interactive guided tour for children and families to discover the history of Palazzo Assessorile, its frescoes and the characters who lived here. At the end of the experience, a creative workshop for the young visitors in the new "Batibōi Gallery" exhibition space.



Every Saturday
until November 2
10:00 am



CLES
Palazzo Assessorile



Azienda per il Turismo Val di Non
T. 0463 830133
info@visitvaldinon.it



Prebook required
the day before by 5:00 pm



Adult €12
Children from 3 to 13 years old €10
Family (2 adults + from 1 to 3 kids) €28



1 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

Activity suitable for children from 3 to 13 years old. Children can also participate unaccompanied.

A THIN LINE OF SHADOW



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



Every Wednesday

until September 18
4:00 pm



MONCLASSICO

Parco Biologo



Consorzio Dimaro Folgarida

T. 0463 986608

info@visitdimarofolgarida.it



Prebook required

the same day by 12:00 pm



€10 per person

Children under 12 years old €5



Min 2 - Max 20



2 h

**BOOK
ONLINE**



THINGS TO KNOW

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

VISIT AND CHESTNUTS AT CASTEL NANNO



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



Every Saturday

from September 28 through November 2
2:30 pm



NANNO - VILLE D'ANAUNIA

Castel Nanno



Azienda per il Turismo Val di Non

T. 0463 830133
info@visitvaldinon.it



Prebook required
the day before by 5:00 pm



Full price €10
Special price 5-12 years old €8



2 h 30 min



THINGS TO KNOW

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

**BOOK
ONLINE**







TREKKING

ANDAR PER MONTI



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



Adult €20

Children €10

Family package 2 adults + 2 kids €55
(kid add-on €5)

Consortium prices:

Adult €16

Children €8

Family package 2 adults + 2 kids €44
(kid add-on €4)



ANDAR PER
— MONTI —

**BOOK
ONLINE**



TREKKING DEI FORTI



Monday
September 2



8:45 am



120 m
Easy - family



PASSO TONALE
Information office

Trekking dei Forti is suitable for history enthusiasts. A guide will take you on a loop trail that winds through the forts of the First World War, offering views of the Presanella Massif.

LAGOSTIEL



Monday
September 9 and 16



8:45 am



780 m
Intermediate



PEIO FONTI
Information office

Lagostiel is a small alpine lake, a peaceful oasis in Val di Pejo. With a guide you will reach an altitude of 2.600 meters. As you ascend, the vegetation and the landscape will change, leading you to this hidden gem with unparalleled views.

LAGO DI SOPRASASSO



Tuesday
September 3 and 17



8:15 am



930 m
Intermediate



SAN BERNARDO
Information office

Lago di Soprasasso is a small alpine lake located above the Valorz Waterfalls. With a guide you will venture into the Valorz Valley. You will reach the waterfalls first, then passing through a sparse and pleasant larch forest you will reach this small body of water.

BAIT DE LE BECE



Tuesday
September 10



8:45 am



700 m
Intermediate



MESTRIAGO
Information office

Bait de le Bece, a historic alpine shelter recently renovated, is located just below Camocina Summit at an altitude of 2.233 meters. With a guide you will cross vast meadows and high-altitude forests while enjoying wide open views of the Brenta Dolomites.

LAGO DI ORTISÉ



**Wednesday
September 4**



8:45 am



650 m
Intermediate



MEZZANA
Information office

Lago di Ortisé at 2.450 meters, is a charming hidden lake located in the Vegaia - Tremenesca Massif. With a guide you will reach Lago di Ortisé passing through Malga Stabli and Bronzolo. The Val di Sole, the Brenta Dolomites, and the Presanella in front of you.

CIMA MONTE TONALE E CITTÀ MORTA



**Wednesday
September 11 and 18**



8:45 am



600 m
Intermediate



PASSO TONALE
Information office

While enjoying the view of the Presanella and the Alta Val di Sole you will reach the summit at 2.696 meters with a guide. You will then descend to Città Morta, a First World War outpost. Keep your eyes open, as you may spot chamois and ibexes.

LAGO DELLE MALGHETTE E 3 LAGHI



**Thursday
September 12 and 19**



8:45 am



550 m
Intermediate



MESTRIAGO
Information office

3 Laghi are 3 gems nestled among rocks, located above Lago delle Malghette. A guide will lead you through forests of larch and Swiss pine, offering stunning views of the Brenta Dolomites, a UNESCO World Heritage Site.

CROZ DE LA LUNA



**Friday
September 6**



8:45 am



1.160 m
Difficult



VERMIGLIO
Information office

Croz de la Luna is a rocky peak located at 2.345 meters. With a guide you will reach the summit facing the Presanella by descending mountain slopes and learn about the Vermiglio legend inspired by this unknown place.

ALTA VIA DEGLI ALPEGGI



Friday
September 13 and 20



8:45 am



450 m
Easy - family



PELLIZZANO
Stal Brewery

A loop trail that crosses areas rich in culture and traditions, where the cattle is still taken to the mountain pastures. While walking with a guide among mountain huts you will admire spectacular views of the Brenta Dolomites and the Presanella.

LAGO AZZURRO



Saturday
September 7



8:45 am



970 m
Difficult



PELLIZZANO
Information office

Lago Azzurro is a small alpine lake nestled just below the Artuick Summit in Val Gelada. During the excursion the guide will reveal the hidden secrets of this body of water, where the surrounding mountains are reflected.

MALGHE PALÙ E CALDESA



Saturday
September 14



8:45 am



760 m
Intermediate



SAN BERNARDO
Information office

Malghe Palù and Caldesa Alta alpine dairy farms, are surrounded by the mountain pastures of the Stelvio National Park. With a guide you will reach these mountain pastures in a unique position between the forests and the mountain meadows of the Val di Rabbi.

CIMON DE BOLENTINA



Sunday
September 8 and 15



8:45 am



942 m
Intermediate



MALÉ
F. Guardi Square

From the summit, you'll be able to see the Brenta Dolomites, the peaks of the Adamello Presanella, and the Maddalene. With a guide you will pass through forests of red fir and larch to the high mountain pastures of Plaza della Merendaia and Malga di Bolentina Alta.

IN COLLABORATION WITH THE STELVIO NATIONAL PARK

VIE DELL'ACQUA



**Wednesday
September 4**



9:00 am



700 m
Intermediate



COGOLO
Park Visitors Center



Adult €18
Children €9
Family €49
2 adults + 2 kids
(kid add-on €4)

Water, more precious than gold. It is the habitat of countless species, the element that gives life and supports biodiversity in both aquatic and terrestrial environments. In these excursions, guided by Park rangers and experts, we will explore the environments, their many functions, and the traces left by this transparent yet strong resource.

RIFUGIO VIOZ



**Thursday
September 5**



7:45 am



1.330 m
Difficult



PEIO FONTI
Gondola entrance



Adult €25
Children €12,50
Family €67,50
2 adults + 2 kids
(kid add-on €6)

Together with an alpine guide you'll ascend to an altitude of 3.645 meters, reaching the Rifugio Vioz Mantova in the Stelvio National Park. You'll enjoy a landscape of glaciers, the stage of the highest mountaineering-military combats in history, the Ortles-Cevedale Group, and the Adamello-Presanella. In these areas you might be lucky enough to spot eagles.



BARBA DI FIOR BY VIA FERRATA!



The adrenaline builds as you see the emptiness underneath. Attach the carabiners to the metal rope, climb the rock and reach Forte Barba di Fior with a mountain guide. Tackle 3 activities in one: via ferrata, 30 meter abseil and 70 meter zipline.



Every Thursday

until September 19
9:00 am



PEIO FONTI

Malga Frattasecca parking lot



Guide Alpine Val di Sole

T. 347 7457328

info@guidealpinevaldisole.it



Prebook required

the prior Tuesday by 6:00 pm



€60 per person

equipment included



Min 4 - Max 8



3 h 30 min



THINGS TO KNOW

Conclude the experience with a tasty aperitivo at Malga Frattasecca with local products.

**BOOK
ONLINE**



THE BELLOW OF THE STAG



Experience the romantic nature of the stag in the Stelvio National Park. While dining in a mountain hut, the stags, their habits and their courtship rituals will be explained to you. Followed by a night excursion in the woods that will make you experience the atmosphere of deer in the company of the Park guides and use of an infrared thermal camera. The silence and darkness of the night will captivate your senses and allow you to capture the experience of the most compelling of animals in the wilderness.

THINGS TO KNOW

Listening to the stag bellowing is already a unique experience. Experiencing it at night, your senses will capture the forest in an amplified manner, will make you grasp the true wild soul of the Park.

**BOOK
ONLINE**





Every Friday and Saturday

from September 20 until October 5
7:00 pm



PEIO - RABBI

Stelvio National Park



Parco Nazionale dello Stelvio

T. 0463 909770

parcostelvio@provincia.tn.it



Prebook required
two days before the activity



Adult €50 | Children 8-11 years old €40

Dinner included

Transfer by own vehicle



Min 2 - Max 25



4 h



DREAMY ALPINE DAIRIES



Excursion suitable for everyone, with you there will be an expert guide who will show you the best fall views in Val di Sole until you reach an alpine dairy where you will discover the secrets of the mountain pasture while listening to the notes of mountain choirs. After the experience, a tasty aperitivo or a snack with typical products.



**From September 13
through October 19**

morning or afternoon



VAL DI SOLE

may vary



Azienda Turismo Val di Sole

T. 0463 901280

info@visitvaldisole.it



Prebook required

the day before by 6:00 pm



Adult €25

Children from 5 to 12 years old €15

Free for children 0 to 5 years old



Min 2 - Max 20



4 h

**BOOK
ONLINE**



THINGS TO KNOW

Immersive experience that combines nature, tradition and music in the most evocative corners of Val di Sole.

CANTORI SOLANDRI

A male vocal quartet with an alpine folk repertoire, including mountain songs, songs from the Great War, and miners' songs. Simple music, straight to the heart, combined with profound words.



MISCELE D'ARIA

Emotional and immersive events with the use of wireless headphones to find the alchemy between various artistic elements and create shows to enhance the deepest and most authentic essence of a territory.



MALGA PONTEVECCHIO



**Friday
September 13**



1:15 pm



Armonici Cantori
Solandri



COGOLO
Information office

MALGA POLINAR



**Friday
September 20**



8:30 am



Armonici Cantori
Solandri



RABBI - San Bernardo
Information office

MALGA MONDENT



**Friday
September 27**



1:15 pm



Armonici Cantori
Solandri



RABBI - Pracorno
Church

MALGA STABLI



**Saturday
October 5**



8:30 am



Miscele
d'Aria



PELLIZZANO
Stal Brewery

MALGA FRATTE



**Saturday
October 12**



8:30 am



Miscele
d'Aria



RABBI - San Bernardo
Information office

MALGA STABLASOLO



**Saturday
October 19**



8:30 am



Miscele
d'Aria



RABBI - San Bernardo
Information office

CRIME AT THE PARK



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



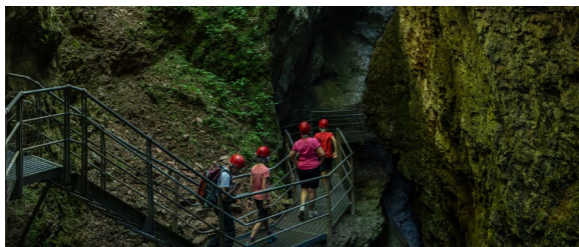
Every Saturday

from September 7 through October 26
3:00 pm



ROMALLO

Novella River Park - at S. Biagio area



Parco Fluviale Novella

T. 0463 432064

info@parcofluvialenovella.it



Prebook required

the day before by 5:00 pm



€15 per person > 15 years old



2 h 30 min



THINGS TO KNOW

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

**BOOK
ONLINE**



RIO SASS: CANYON OR BEER?



Below the oldest houses in the village of Fondo there is the deep Rio Sass Canyon. You can visit it with a guide walking on a metal walkway. On the way back, stop at the Croce Bianca Bar to taste their craft beers: the guys from the brewery will tell you the value of their products.



Every Friday

from September 13 through October 25
2:30 pm



FONDO

San Giovanni square - Canyon Rio Sass Office



Azienda per il Turismo Val di Non

T. 0463 830133
info@visitvaldinon.it



Prebook required
the day before by 4:30 pm



Adult €18
Children under 13 years old €13



3 h



THINGS TO KNOW

You can only visit the Canyon with a guide. At the end of the experience, craft beer tasting.

**BOOK
ONLINE**



SUNRISE EXPERIENCE



Backpack, headlamp and set off to admire the sunrise in the mountains at 2.000 m. Enjoy the special moment when the sun rises through the mountains and lights up your face. Celebrate it with coffee, bread, butter and jam. Behind you a fort from the Great War, Forte Zaccarana.



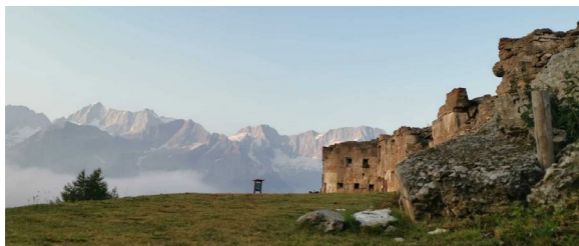
Every Wednesday

until October 30
6:00 am



PASSO TONALE

Hospice San Bartolomeo



Experience Val di Sole

T. 327 8512910

info@experiencevaldisole.com



Prebook required

the day before by 6:00 pm



Adult €30

Children (6-11) €15

Free for Children (0-5)



Min 5 - Max 20



3 h

**BOOK
ONLINE**



THINGS TO KNOW

For you and the whole group, a simple and local breakfast with coffee, hot tea, bread, butter and jam.

VISIT TO THE RUMO SILVER MINE



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

Every Saturday



September 28 through October 12 - 2:30 pm
+ Special day Pomaria: October 13



RUMO

Corte Inferiore - at Tre Strade area



Azienda per il Turismo Val di Non

T. 0463 830133
info@visitvaldinon.it



Prebook required
the day before by 12:00 pm



Adult €10
special price for kids 8-17 €6
Free for kids under 8 years old



1 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

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





WELLNESS

HORSEBACK RIDING TO LAGO DEI CAPRIOLI



A half-day excursion to Lago dei Caprioli located at almost 1.300 m. Horseback riding for 4 hours with views that will last. We start from the stables riding towards the lake, a stop at Malga Bassa and return. An experience to live and tell.



Every day

until October 20
8:30 am



PELLIZZANO

Agritur Bontempelli



Agritur Bontempelli

T. 348 4876411
info@maneggio.net



24 h prebook required



€90 per person



Min 2 - Max 8



4 h



THINGS TO KNOW

4 hours of nature, walking, trotting, surrounded by unforgettable views!

**BOOK
ONLINE**



BAREFOOTING IN THE RABBI VALLEY



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



Every Friday

from September 6 through October 25
10:00 am



RABBI

San Bernardo - Kneipp path



Rabbi Vacanze

T. 0463 985048
info@valdirabbi.com



Prebook required
the day before by 12:00 pm



€20 per person



Min 2 - Max 20



2 h



THINGS TO KNOW

The fresh water beneath your feet is the one of the Valorz River which flows from the waterfalls to the Kneipp path.

**BOOK
ONLINE**



PLUNGE INTO WELLNESS AT THE STELVIO NATIONAL PARK



Nature has infinite powers: take the time to experience the environment around you. Together with a holistic guide you will discover the benefits of walking barefoot in the woods and hugging ancient trees. After the park therapy in the Coler area you can relax at the thermal spa and have an aperitivo with local products.



Every day

until September 29
2:00 pm



RABBI FONTI

Rabbi Spa



Terme di Rabbi

T. 0463 983000
info@termedirabbi.it



Prebook required
the day before by 6:00 pm



€65 per person



Min 4 - Max 10



6 h



THINGS TO KNOW

The iron of the Val di Rabbi thermal water enhances the treatments, making them more effective.

**BOOK
ONLINE**



EDELWEISS ECO-WELLNESS PATH



Breathe, observe, listen and set off to discover the scents, colors, shapes, consistencies and properties of the main mountain healing plants. Through a well-being and sensory experience such as breathing, meditation and a barefoot practice, you will experience their beneficial power.



Every Thursday

until September 20
2:00 pm



PEIO FONTI

Alpine Botanical Garden Olga Casanova



Azienda Agricola Olga Casanova

T. 329 3771335

info@olgacasanova.it



Prebook required

the day before by 12:00 pm



€18 per person



Min 2 - Max 15



2 h



THINGS TO KNOW

You will spend a relaxing and regenerating afternoon taking away an ancient knowledge with you.

**BOOK
ONLINE**



A SOOTHING HUM



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



Every Monday, Tuesday and Thursday

until October 3

Mon/Tue 4:00 pm | Thu 9:00 am



ORTISÉ

Bee House



Casa dell'Ape

T. 333 3509094

francotripodi83@gmail.com



Prebook required

the day before by 6:00 pm



Adult €18 | Children up to 13 years y.o. €8

Couples €33

Family package (2+2) €40



Max 25



2 h

**BOOK
ONLINE**



THINGS TO KNOW

Not just bees: you will meet the cute sheep Nerina and Desiré, together with the ducks and the bunnies.

MOUNTAIN WELLNESS AND GOODNESS



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

Wednesday and Friday



until October 4

Wed 10:00 am | Fri 7:30 pm



PEIO FONTI

Pejo Spa



Terme di Pejo

T. 0463 753226

info@termepejo.it



Prebook required

the day before by 12:00 pm



Wow experience (Wednesday) €110

Wow experience deluxe (Friday) €130



Min 2 - Max 4



3 h



THINGS TO KNOW

In addition, you can treat yourself with a relaxing alpine massage with pine oil.

**BOOK
ONLINE**





WATER SPORTS



KAYAKING THROUGH RIO NOVELLA CANYON



Narrow canyons lead to Lago di Santa Giustina, try the exciting kayak excursion to admire the canyons. An instructor will take you on a safe adventure among the wild Novella gorges up to 50 meters deep and carved by the stream over the millenia.



Every day

Prebook required



Meeting point based on the chosen kayak center



APT VAL DI NON

T. 0463 830133

or online su visitvaldinon.it/kayak



Adult starting at €55

Children 5 to 17 years old starting at €40



3 h

**BOOK
ONLINE**



THINGS TO KNOW

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



Parco Fluviale Novella

From September 15th through October 6th

REVÒ

CLES

Lago di S. Giustina

BANCO

Trentino Wild

From September 15th through October 6th

XRaft

From September 15th through October 6th

DERMULO

Ursus Adventures

From September 15th through October 6th



RAFTING IN VAL DI SOLE



Are you looking for something exciting? Rafting along the 28 km Noce River is a must! Increase your team building and share the experience with your family, friends or colleagues. Unleash your desire for the outdoors and enjoy a day in nature.



Every day

Prebook required



Meeting point based on the chosen rafting center



Ursus Adventures - T. 0463 636175

X Raft Outdoor Experience - T. 347 7448137

Extreme Waves - T. 0463 970808

Trentino Wild Rafting & Outdoor -
T. 0463 973278



Prices for 2 hours:

Adult starting at €39

Children from 6 years old starting at €29



Min 2



starting from 2 h

**BOOK
ONLINE**



THINGS TO KNOW

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

XRaft
Until
September 15th

CUSIANO

Ursus Adventures
Until
September 15th

MEZZANA

Extreme Waves
Until
September 15th

COMMEZZADURA

Torrente Noce

DIMARO

Trentino Wild
Until
September 15th

CALDES







BIKE

E-BIKE AND AUTHENTIC FLAVORS: TOUR AND LUNCH AT THE MALGA



An experience on an E-bike among nature, culture and food in Val di Pejo in the Stelvio National Park. Discover the hidden gems of Val di Pejo with an expert MTB guide, treat yourself in an enchanting local farm and recover your energy by refueling with the typical dishes of Malga Frattasecca.



Every Friday

until September 27
9:30 am



MEZZANA

Ursus Adventures



Ursus Adventures

T. 0463 636175

info@ursusadventures.it



48 h prebook required



€ 125 per person



Min 4 - Max 8



7 h



THINGS TO KNOW

You will enjoy a lunch with local products in one of the mountain huts in the Stelvio National Park.

**BOOK
ONLINE**



ALL RIDING AT LAGHETTI DI SAN LEONARDO



An excursion on an E-Bike suitable for everyone. We start from Marilleva 900 until reaching Vermiglio. High peaks, woods, rivers and streams will accompany you on a natural and historical tour. Are you worried that it is going to be too demanding? Don't worry, you will ride on a cycle path with a relaxing aperitivo after the ride.



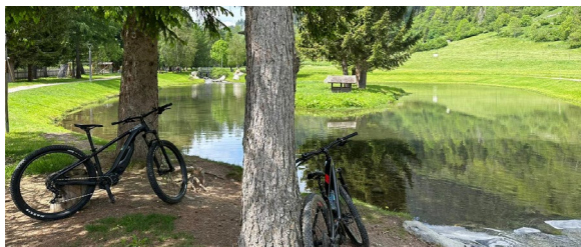
Every Monday

until September 23
2:30 pm



MARILLEVA 900

Skiarea Sport Shop



Skiarea Sport Shop

T. 375 5249652

info@skiareasportshop.com



Prebook required

the day before by 12:00 pm



Adult €69

Junior (height between 130-150 cm) €55



Min 4 - Max 15



4 h



THINGS TO KNOW

You will travel along the stretch of a new path that goes from Ossana to Vermiglio, inaugurated this year!

**BOOK
ONLINE**







STAMPS

Write here the experience's name

Write here the experience's name

Write here the experience's name

Write here the experience's name

WIN THE BACKPACK

Collect at least **2 experiences**

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

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



COLLECTED:

ON _____

AT _____

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2024



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