



ACTIVE

Sunday

-  **10.00-12.00 Paneveggio** meeting point at the Visitor's Centre of the Natural Park Paneveggio, **THE FOREST OF THE VIOLINS** guided walk along the Naturalist Route and crossing of the fabulous ravine of Travignolo and visit to the deer area. (from 3/7 to 4/9)
-  **16.30-18.30 Panchià** meeting point at the Parish church **THE BATTLE OF LOWEN ZAHN** (3rd. 17th and 31st July, 14th and 28th August at 16.00)
alternated with:
21.00-22.00 Castello di Fiemme meeting point at Coop **THE FIGURES DON'T ADD UP** (10th, 24th July at 16.30 and 7th August)
SPECTACULAR TALES with the theatre company La Pastière



Monday

- **9.00-15.00 Pampeago MONTE AGNELLO TOUR** Trekking with Alpine guides. Departure at the Agnello chairlift (Pampeago). Easy path from the arrival of the Agnello chairlift towards Tresca. Once there, you may reach the peak of Monte Agnello at 2.358 m or follow the lower path towards Baita Valbona and reach the La Porta area in about 30 minutes. From here, in a short time, you will return to the arrival of the Agnello chairlift and then descend to Pampeago (from 4/07 to 29/08) – kids must be at least 8 years old
-  **9.30-12.30 Predazzo** meeting point at the sports field, walk to the **SOUNDING FOREST**, let's discover Stradivari's secrets. Guided walk along the spruces and resonance wood route by Sentieri in Compagnia. Possible lunch in malga (from 13/6 to 3/10)
-  **15.00-17.30 Tesero** meeting point at Maso delle Erbe - via Cavada **THE SECRETS OF THE BEEHIVE AT MASO DELLE ERBE** Guided walk "Walking with mum and dad" by "Sentieri in Compagnia" and visit to the herbal laboratory. (from 20/6 to 5/9)
- **16.00-18.00 Lavazè** meeting point at Hotel Bucaneve, **NORDIC WALKING** at the flatland Lavazè in meadows full of flowers and little fresh forests (from 13/6 to 3/10)


Tuesday

- **8.45-14.00 Cavalese – Alpe Cermis, BOMBASEL LAKES** Trekking with Alpine guides. Departure at Alpe Cermis lifts. In a silent hollow


framed by the peak Castel di Bombasel, surrounded by countless pastures with bushes and rocks here and there, you will find the Bombasel lakes, with their light emerald green glare; a special invitation to rest and reflect... Way back departing from Paion del Cermis (from 28/06 to 13/09)

- **10.00-13.00 Predazzo** meeting point at Bicigrill'Avisio **E-BIKE TOUR, DON'T MISS IT!!** Ride with us along the cycle route: guided tour and basics of e-bikes. E-bike rental € 9,00 for bike-hotels guests; € 15,00 for Trentino & FiemmeE-Motion Guest Card holders (from 14/6 to 27/9).
-  **15.30 Ziano di Fiemme** meeting point at the botanical garden, visit to the **BOTANICAL GARDEN** (from 21.06 to 13.09). Guided walk by Sentieri in Compagnia
-  **20.30 Tesero** loc. Zanon, meeting point at the observatory. **VISIT TO THE ASTRONOMICAL OBSERVATORY** and the planetarium of Tesero.
€ 5,00 per person


Wednesday

- **10.00-13.00 Alpe Cermis Cavalese** meeting point at Alpe Cermis cableway station at the bottom of the valley **MOUNTAIN BIKE GUIDED TOUR**. Departure from the cableway station at the bottom of the valley by bike, then by cableway to reach the half-way station. Minimum 4 pax. Tour suitable from 14 years old. (from 22/6 to 21/9) bike rental not included
-  **16.00 – 18.00 Tesero - Stava ON THE WALL LIKE SPIDER MAN** at the indoor climbing wall of Stava. Activity coordinated by the Mountain Guides (from 15/6 to 12/10)


Thursday

- **10.00-13.00 Cavalese** meeting point at the valley floor station of Alpe Cermis lifts. **E-FAMILY BIKE**. Ride with us along the cycle route: guided tour and basics of e-bikes. E-bike rental € 9,00 for bike-hotels guests; € 15,00 for Trentino & FiemmeE-Motion Guest Card holders. Family special (2 e-bikes + kids bike trailer) € 20,00 for bike-hotels guests; € 35,00 for Trentino & FiemmeE-Motion Guest Card holders (from 16/6 to 29/9).
-  **10.00-13.30 Tesero loc. Stava** meeting point at Fondazione Stava at 9.45 **THE MEMORY ROUTE** not to forget the disaster. Guided walk by

Sentieri in Compagnia and Tour Leaders Val di Fiemme. (from 30/6 to 1/9)

-  **14.30 – 16.30 Bellamonte** meeting point at Hotel Stella Alpina **CIACOLE AL TABIA' DI NONNO GUSTAVO**: Rinaldo's brilliant collection where you can live and relive our grandparents' world. (from 30/6 to 18/9)
SPECTACULAR STORIES by the theatre company La Pastière.
- **18.30 Passo Rolle THE ALPENGLOW OF THE MAJESTIC PALE DI SAN MARTINO**, walk at sunset with dinner at Capanna Cervino (menu à la carte not included) by "Sentieri in Compagnia" (from 16/6 to 6/10)

Friday

-  **8.30-13.00 Cavalese** meeting point at Alpe Cermis lower cableway station at the bottom of the valley. **THE WILD MOUNTAIN CHAIN OF LAGORAI**: guided trek to discover **Val Cadino**. A path at high altitude through a wood full of flowers and plants. Transfer € 8 adults; € 4 from 12 to 14 years old. Trek suitable for children older than 12. (from 1/7 to 2/9, not on 14/8) in German
- **10.00-13.00 Predazzo** meeting point at Bicigrill'Avisio. **BIKE TOUR SPORT**. For sport and bike lovers, guided tour on the amazing trails of Val di Fiemme. Mountain bike rental not included. (from 17/6 to 16/9)
- **15.00-18.00 Predazzo** meeting point at Bicigrill'Avisio. **E-FAMILY BIKE**. Ride with us along the cycle route: guided tour and basics of e-bikes. E-bike rental € 9,00 for bike-hotels guests; € 15,00 for Trentino & FiemmeE-Motion Guest Card holders. Family special (2 e-bikes + kids bike trailer) € 20,00 for bike-hotels guests; € 35,00 for Trentino & FiemmeE-Motion Guest Card holders (from 17/6 to 16/9).
- **14.30-17.30 Predazzo** meeting point at the elementary school's parking lot. **NORDIC WALKING** basics and walk in the nearby woods and to the little botanical garden (from 17/06 to 07/10)

Saturday

- **9.00-15.00 Ziano di Fiemme** meeting point at the firehouse **THE SHEPHERDS' WRITINGS alternated with THE GREAT WAR**
Discover two unique features of our valley: the shepherds' writings on the Cornon mount and in the pastures of Val di Sadole, and the traces of the First World War (from 2/7 to 27/8)

- **10.00 Val di Fiemme (all day) BIKE EXCURSION ON REQUEST.**
With MTB or E-bike, book now and you decide the tour of today! **TOP TOUR MOUNTAIN BIKE:** ride among the landscapes of the Latemar Tour. **TOP TOUR E-BIKE:** get to Malga Venegia riding through the Park of Paneveggio. Min. 4 persons. € 10 per person. Free for bike-hotels guests. Bike rental not included. You may bring your own packed lunch or eat at the mountain hut (from 18/6 to 24/9)