

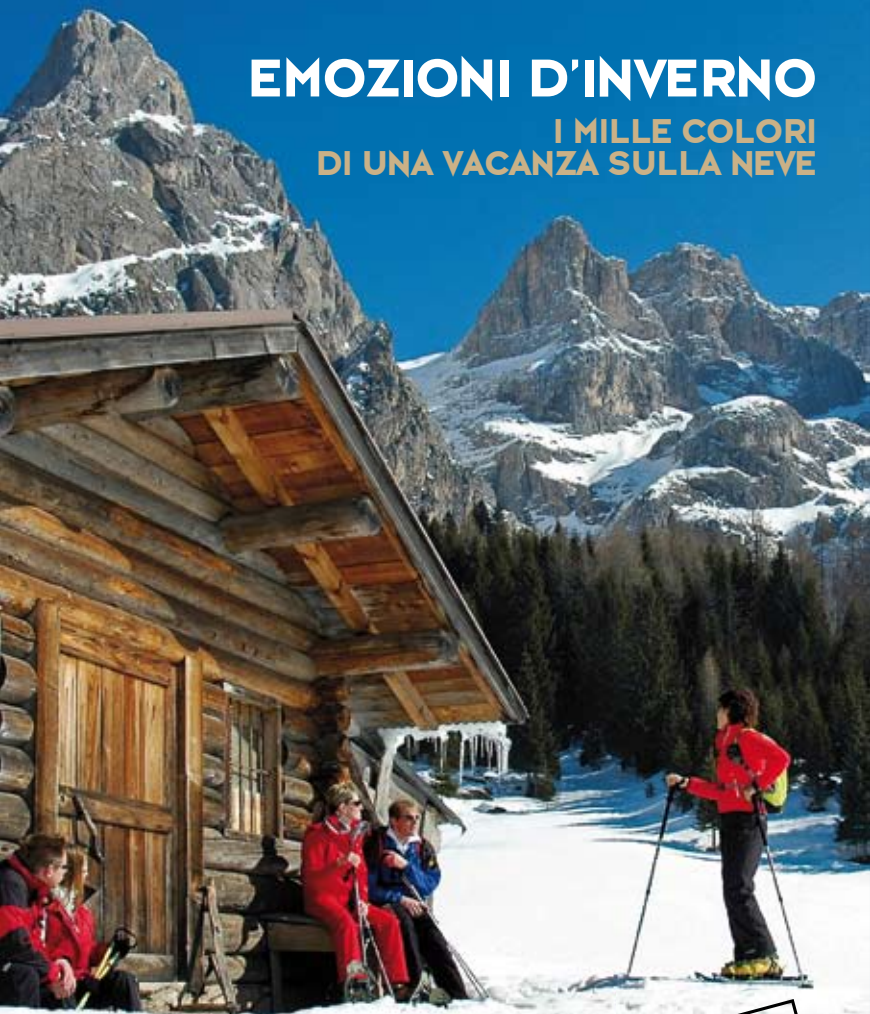
# TRENTINO

ESPERIENZE VERE

WINTER 2009/2010

## EMOZIONI D'INVERNO

I MILLE COLORI  
DI UNA VACANZA SULLA NEVE



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# ESSERCI



## TRENTINO A MULTICOLOURED EXPERIENCE

Sun and snow in a magical winter landscape amidst the Alps, in the heart of Europe, where the cuisine is special and the atmosphere is totally Italian, where hotels and ski facilities are modern and traditions ancient. This is Trentino. The perfect setting for mythical descents on groomed pistes, cross-country skiing through silent forests, snowboarding in fun parks,

walking in the snow, ski touring around the mountains, or simply lazing in the natural environment and being pampered in a well-being centre. Then the chance to explore the festive towns and villages, dine in restaurants serving local specialities, browse in the tempting shops and enjoy the lively nightlife. Trentino for a truly enthralling experience.

# SKIING ON THE SNOW



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The majestic Brenta Dolomites to the west, the harmonious Altopiano di Folgaria to the south, the soaring Pale di San Martino to the east and the magical Fassa Dolomites to the north. These are the four cardinal points of one of the most important ski circuits in the whole of the Alps. 800 kilometres of pistes, 300 ski lifts and electronic ski passes, almost all organised in two circuits, the Skirama and the Dolomiti Superski. In Trentino there are pistes for all levels,

from the easiest for beginners to the “black” ones with challenging and adrenalin packed slopes. But there is not only Alpine skiing. Cross country enthusiasts are catered for as well in a real snow paradise with about 500 km of trails and twenty or so equipped centres. The greatest attraction for cross country lovers is the Super Nordic Skipass, a circuit including 19 centres and a total 1,200 kilometres of tracks between Trentino, Veneto and the Modena Apennines.





# WALKING IN WINTER

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You can go hiking in the mountains and discover enchanting places even in winter, using snowshoes, the so-called “ciaspole”, or the poles for Nordic walking, on the many prepared paths. Everyone can do snowshoeing, from children to the elderly, and it is an enjoyable way to get some exercise in the open air. Alternatively, there is Nordic walking, the new trend for fitness in the open that can be practised in areas with groomed snow, or at high

altitudes near the refuges, where many excursions are organised by the mountain guides. Among the best places for these sports are the Adamello Brenta Nature Park, the Paneveggio Pale di San Martino Nature Park and the Trentino section of Stelvio National Park, which all together cover about 1,000 square kilometres of the province. In winter, these three green lungs of Trentino offer many opportunities to be in natural surroundings.



# HAVING FUN

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Snowboarding is the symbol of freedom and fun, a young sport that in Trentino finds an ideal arena, not only due to the type of pistes, the natural environment and the opportunities for “apres ski” and entertainment, but also to the areas planned for snowboard enthusiasts. There are ten modern and equipped snow parks in seven qualified ski districts. The winter holiday featuring relaxation, well-

being and exercise is called “Fitness in Nature”. Some of the best ski resorts in Trentino, such as Val di Fiemme, Val di Fassa, San Martino di Castrozza and the Altipiani di Folgaria, Lavarone and Luserna, besides facilities and lifts of the latest generation, offer free of charge organised outdoor activities, like as snow-shoeing, Alpine skiing, Nordic Walking and ski mountaineering.





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What could be better, after a few ski descents, than a break to relax and sunbathe? In Trentino there are plenty of opportunities, perhaps during the warmest time of the day, on the wonderful terraces, where you can admire the enchanting scenery of snow-covered peaks and spires. Having taken off your skis, loosened your boots, put your ski jacket, gloves and hat in your rucksack, you can lie completely relaxed in the sun.

You can also regenerate your body and mind in one of the 45 'Vita Nova - Trentino Wellness' club establishments. At the end of a day in the open

air, it is wonderful to spend some time in a warm and friendly atmosphere being pampered by the skilful hands of qualified staff.

Relaxation and body treatments are a must in the Trentino spa centres. The Terme Dolomia in Val di Fassa, the Terme di Comano in the Giudicarie, the Terme di Pejo in the valley of the same name in Stelvio National Park and the Terme Val Rendena Fonte di Sant'Antonio are all situated in natural surroundings, at an altitude between 500 and 1,400 metres, with a healthy and bracing mountain climate.



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Winter holidays in Trentino are tailor-made for families. The tourist resorts offer plenty of activities for both young and old to enjoy. There are pistes and lifts suitable for beginners, entertainment and baby-sitting on the snow and many accommodation establishments provide special menus and services for children. For three year olds and over who, besides skiing, want to play in the snow, there are kindergartens, where qualified

staff organise games and entertainment. Then there are the winter play parks with slides, rubber rings for sledging, ice tunnels, trampolines and much more. Families with children should look for the hotels with the sign "Giocovacanza", a club of 17 hotels that specialise in accommodating families and offer guests a series of activities for adults and children to have fun together.



# STAYING OUT LATE



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The fun does not stop at night. When darkness falls in Trentino you can still ski or spend the evening with friends in a mountain refuge. Night skiing is a thrill everyone can enjoy. The experience of descending a floodlit run, in the absolute silence of nature under a starlit sky, is really incomparable. Just as unforgettable is reaching a refuge on a snowmobile, or with snowshoes, or on foot, in the silence while the mountains blaze with the colours of the 'enrosadira', the red glow assumed by the rocks of the Dolomites at sunset. In the refuge you

can enjoy the special atmosphere of an evening in the high mountains, round the fireside, with the delicious flavours of the Trentino cuisine and, afterwards, return to the valley on a sledge by torchlight. The dinners in the refuges are special, an journey among the flavours of bygone recipes, an occasion to taste polenta with mushrooms or grilled cheese, strangolapreti with melted butter, barley soup, venison and various kinds of salami and local cheeses, delicious desserts, wines and the grappa that traditionally ends a mountain meal.





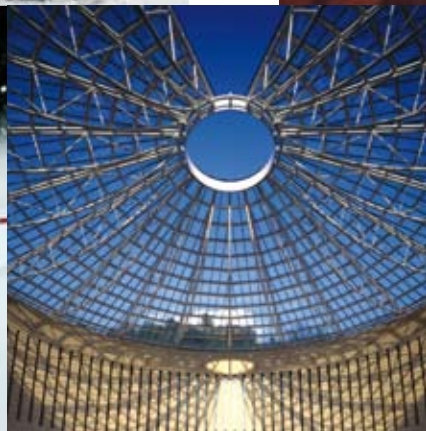
## XXXXXXXXXXXXX

On skis, then in a well-being centre and, finally, a good dinner with the family and friends. There is nothing better to end the day than the typical, tasty and genuine products of the region. The long standing culinary traditions, either classical, or with a modern touch, recalling the country fare of the past, can be enjoyed in restaurants with the sign «Osteria tipica trentina» in every val-

ley. There are also the Wine and Flavours Routes, where you can find the best of the local agricultural food, without forgetting the cultural and historical features of the valleys, plateaus and mountain areas. The seven tasting routes extend throughout the province and unite producers, institutions and tourist operators mindful of quality and observant of strict regulations.



# THRILLING EVENTS



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There are many sports events in the calendar giving you the opportunity to observe great champions in action. You can also participate in many of them, without of course aspiring to a place on the podium, but just for the satisfaction of saying "I did it". These events include the mythical Marcialonga, the long distance cross-country ski race of seventy kilometres through the valleys of Fiemme and Fassa, and the Ciaspolada, the snowshoe race of seven kilometres through the villages of Upper Val di Non. There are also races reserved for

champions only, like the stages of the Tour de Ski in Val di Fiemme, or the Ice Master of Daone. However, there is not only sport and outdoor activities, but also art and culture in Trentino. Apart from the historic centres of Trento and Rovereto, where a visit to Buonconsiglio Castle and the Mart is an absolute must, there are castles, picturesque villages, Alpine churches, monuments and museums in every corner of the province. And, if you are looking for a constantly mild climate, Lake Garda is ideal for walks and relaxation even in winter.





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## TRENTINO ON-LINE

Trentino has so many locations, events and offers it is virtually impossible to mention them all in a single publication and so there are numerous brochures describing individual aspects and offers. You can download any of the Trentino S.p.A. publications from the site [www.visittrentino.it/brochures](http://www.visittrentino.it/brochures). Complete and updated information can be found on the official site of tourist Trentino [www.visittrentino.it](http://www.visittrentino.it) at any time: a complete calendar of events, fact files on the locations, itineraries, photos, maps, curiosities, snow bulletin, webcam on the pistes, specialist hotel groups, restaurants, accommodation and package offers. The section on holiday packages is updated every week and contains many offers, inclusive of accommodation and ski-pass, on the site [www.visittrentino.it/offers](http://www.visittrentino.it/offers) where you can also make a reservation.

## WEEKLY NEWS ON THE WEB

To keep abreast of the multitude of opportunities Trentino offers today there is a new on-line magazine updated weekly. By clicking on [www.intrentino.to](http://www.intrentino.to) you will find news on Trentino ranging from culture to sport, from well-being to food and wine. This web site, designed to integrate with the tourist portal [www.visittrentino.it](http://www.visittrentino.it), gives an account of all the most interesting and particular features of Trentino bearing in mind an attentive traveller. The site also allows you to download the magazine in pdf format, and you can subscribe to the newsletter to receive the news by email.

# THE HOSPITALITY CLUBS

Trentino provides accommodation for approximately 470 thousand guests: 94 thousand in about 1600 hotels (from 1 to 4 stars), 176 thousand in residence apartments, campsites, agriturs, B&Bs and another 200 thousand in second homes. Some of these are grouped in product clubs and establishments selected for their quality and sectors.



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[www.vitanova.to](http://www.vitanova.to)



**AGRITURISMO**  
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**GIOCOVACANZA**  
[www.giocovacanza.it](http://www.giocovacanza.it)



**CUORERURALE**  
[www.visittrentino.it/cuorerurale](http://www.visittrentino.it/cuorerurale)



**DOLOMITI WALKING HOTEL**  
[www.dolomitiwalkinghotel.it](http://www.dolomitiwalkinghotel.it)



**VACANZE IN BAITA**  
[www.trentino.to/vacanzeinbaita](http://www.trentino.to/vacanzeinbaita)

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#### **GETTING TO TRENTINO**

You can reach Trentino from the north and south either by rail (Verona-Brenner-Munich) or on the A22 Brenner motorway.

The nearest airports to Trento are the "Dolomiti S. Giacomo" in Bolzano (57 km), the "Valerio Catullo" in Verona (90 km), the "Gabriele d'Annunzio" in Brescia (135 km), the "Marco Polo" in Venice (163 km), the "Orio al Serio" in Bergamo (180 km) and the "Linate" and "Malpensa" airports in Milan (about 250 km).

Local transport includes bus services run by the Trentino Trasporti and two minor railways, the Trento-Venice through Valsugana and the Trento-Malé serving Val di Non and Val di Sole.

