

ACTIVITY PROGRAMME

Weekly programme from 20th June to 10th September 2011

MONDAY

Andalo, 09.30 – 12.30: Orienteering and map-reading Walk

Educational walk in the forest of the Selvapiana of Andalo to find the correct path that takes us to the Tana dell'Ermellino refuge. This is an easy introduction to map-reading and orienteering in the mountains, for all the family. The walk takes us through the fir forests of Andalo upto the Tana dell'Ermellino returning along the banks of the small Andalo lake. Detailed maps are provided for all participants by Kompass.

How to book: hand in your voucher at the meeting point

Meeting point: Alpine Guides' hut (by the sports centre and climbing wall)

What to bring: Small rucksack with waterproof, water and snack, fleece. Walking/trekking boots or trainers with a good grip are recommended.

Difficulty: for everybody. Babies in baby carriers and children in pushchairs can also come.

How to get there: public or own transport

Accompanied by: Alpine Guide or Territorial Guide

Molveno, 15.00 – 17.30: Water and the Dolomites Walk

A walk for all the family through the Seghe valley, the entrance to the Dolomiti di Brenta range. The theme of this walk is water and how it's forces sculpt the Dolomiti rocks, model the valleys, form lakes and provide a source of energy for humans. The walk takes us from Molveno across the banks of the lake up to the Ciclamino refuge, passing the old Veneziana saw-mill and the "Molin dei Mori" waterfall, along the Rio Massò torrent.

How to book: hand in your voucher at the meeting point

Meeting point: Alpine Guides' hut in Piazza Marconi , Molveno.

What to bring: Small rucksack with waterproof, water and snack, fleece. Walking/trekking boots or trainers with a good grip are recommended.

Difficulty: for everybody. Children in pushchairs can also come.

How to get there: public or own transport

Accompanied by: Alpine Guide or Territorial Guide

TUESDAY

Molveno, 09,30 – 12,30: Adventure Park

Tibetan bridges, pulley systems, breath-taking rope ways all on an organized and secure circuit from tree to tree. Fun and safe with the use of safety harnesses. Briefing and supervision by an Alpine Guide.

How to book: Please book by 17:00 the day before at the "Dolomiti di Brenta" offices in Molveno or Andalo

Meeting point: at the bottom of the Pradel lifts.

What to bring: long trousers, fleece, bottle of water, water-proof. Walking/trekking boots or trainers with a good grip are recommended.

Difficulty: For 5 to 12 year olds

How to get there: public or own transport

Accompanied by: Alpine Guide

Costs: €10 which covers return journey on the Pradel lift and entrance to the Adventure Park.
Adults pay full price.

Fai della Paganella, 15,30 – 18,00: Ancient crafts and flavours

This is a simple walk that introduces us to old crafts and the discovery of local cultures, agricultural traditions and the flavours of long ago: the Agriturismo, the stable, the pastures, raising cattle and producing milk, and a chance to taste a home-made cheese produced where you can still breathe the perfume of “another time”.

How to book: Please book by 17:00 the day before at the “Dolomiti di Brenta” offices in Molveno or Andalo

Meeting point: Tourist office in Fai

What to bring: Trainers, fleece, water

Difficulty: For everybody. Babies in baby carriers and children in pushchairs can also come.

How to get there: public or own transport

Accompanied by: Alpine Guide or Territorial Guide

Costs: €5 which includes tasting of typical products. Children up to 5 years of age come free.

Andalo, 15.00 – 17.00: Nordic- walking

The art of walking! Nordic Walking offers a valuable alternative to a simple walk. It is a sport born in Northern Europe, which trains the whole body. The use of special carbon poles allows us to walk much more efficiently than normal. It is normally practiced on reasonably flat paths and is a way of working out aerobically and of improving coordination. No particular physical or technical preparation is required which makes Nordic Walking suitable for everybody. This is a great chance to walk amongst the Andalo pastures in the Lava area of the village.

How to book: Please book by 17:00 the day before at the “Dolomiti di Brenta” offices in Molveno or Andalo

Meeting point: “Dolomiti di Brenta” Ski School office in the village centre in front of the telecabine.

What to bring: Trainers, fleece, water

Difficulty: For everybody. Children from 10 years upwards. Younger children can take part without using poles, as long as they are old enough to walk independently.

How to get there: public or own transport

Accompanied by: Nordic-walking Instructor

Costs: €3 for pole hire.

WEDNESDAY

Andalo, 09.00 with return either at 12.30 or 16.00 – A Walk with flavour around the Paganella refuges

The Paganella mountain with its peak at 2125 metres dominates the Paganella high plain and offers breathtaking 360° views of the Eastern Dolomites, the Adige valley up to Lake Garda and the Dolomiti di Brenta range. We pass by many of the mountain refuges, the Malga Zambana, the ruins of the old Cesare Battisti refuge, the Malga Terlaga and La Roda, where a typical lunch awaits us. This is a walk within the reach of everybody. Whoever doesn't want to walk too much can take the telecabine up to the peak. Everyone else sets off from the village and climbs to the peak along winding paths through rocky passes and past mountain pines. Along the walk we'll also take a look at map-reading and orienteering. Detailed maps are provided for all participants by Kompass.

How to book: Please book by 17:00 the day before at the "Dolomiti di Brenta" offices in Molveno or Andalo

Meeting point: At the bottom of the telecabine in the centre of the village

What to bring: Small rucksack with waterproof, water and snack, fleece. Walking/trekking boots or trainers with a good grip are recommended. You can bring a packed lunch or eat at the mountain restaurant (meal not included in price).

Difficulty: Various levels of ability. For everybody – tour of the peak and return via telecabine by 12.30 or stop for lunch in a refuge. Easy – Excursion to the peak and lunch in the mountain restaurant. Return to the village early afternoon.

How to get there: public or own transport

Accompanied by: Alpine Guide or Territorial Guide

Costs: Ticket for the telecabine and eventual lunch in mountain restaurant.

Bad weather alternative: Visit to the Bertagnolli distillery in Mezzocorona.

THURSDAY

Molveno, 08.30 – 16.00. Tour of the mountain refuges.

A classic and panoramic circuit takes us around the Seghe valley stopping at the Montanara refuge, the Altissimo hut and the Selvata. We descend through the Seghe valley to Molveno passing through the heart of the Dolomiti di Brenta mountains, named a "World Heritage Site" by Unesco. Either bring a packed lunch or eat at one of the mountain refuges.

How to book: Please book by 17:00 the day before at the "Dolomiti di Brenta" offices in Molveno or Andalo

Meeting point: At the bottom of the Pradel lift station in Molveno

What to bring: Small rucksack with waterproof, water and snack, fleece. Walking/trekking boots or trainers with a good grip are recommended

Difficulty: For experienced walkers. Children aged 8 years upwards.

How to get there: public or own transport

Accompanied by: Alpine Guide or Territorial Guide

Costs: Ticket for the chairlift and eventual lunch in mountain restaurant.

Bad weather alternative: Visit to the Museum of Trentino Culture and Traditions in S.Michele all'Adige.

Andalo, 15.00 – 18.00 – Mountain biking

Have fun on two wheels with this easy excursion on dirt tracks through the woods. A qualified instructor will teach you the tricks and techniques of biking in the mountains.

How to book: Please book by 17:00 the day before at the “Dolomiti di Brenta” offices in Molveno or Andalo. When booking please specify if you already have a bike or if you need to hire one.

Meeting point: “Dolomiti di Brenta” Ski School office in the village centre in front of the telecabine.

What to bring: Comfortable trousers, trainers.

Difficulty: For everyone. Children aged 8 years upwards.

How to get there: public or own transport

Accompanied by: Mountain bike instructor

Costs: Mountain bike hire €10

Fai della Paganella, 21.30 – 23.00 – The Lights of Civilisation

This is a magical walk through the forests of Andalo, under a full moon or in the dark, to admire the stars, discover the sounds of the forest and to view the Adige Valley and city of Trento from various panoramic points. Discover small villages and illuminated valleys from high up the mountain.

How to book: Please book by 17:00 the day before at the “Dolomiti di Brenta” offices in Molveno or Andalo. When booking please specify if you already have a bike or if you need to hire one.

Meeting point: Tourist office in Andalo

What to bring: Trainers, fleece and water

Difficulty: For everyone. Babies in baby carriers. No push-chairs.

How to get there: public or own transport

Accompanied by: Alpine Guide or Territorial Guide

FRIDAY

Molveno, 09.00 – 12.30 – Vie Ferrate

The Dolomites are famous for the “Vie Ferrate” routes, paths equipped with metal ladders, handles and cables which allow even the inexperienced to climb up rock faces. Using harnesses, helmets and hooks, we can cross in safety this spectacular route. Instruction and supervision by an Alpine Guide.

How to book: Please book by 17:00 the day before at the “Dolomiti di Brenta” offices in Molveno or Andalo. In the case of numerous participants the activity will take place at different times on the same day. This will be communicated to you on booking.

Meeting point: Alpine Guides’ hut in Piazza Marconi, Molveno.

What to bring: Small rucksack with waterproof, water and snack, fleece. Walking/trekking boots or trainers with a good grip are recommended.

Difficulty: For everyone. Children from 8 years old or taller than 1,20 metres.

How to get there: public or own transport

Accompanied by: Alpine Guide

Cost: Equipment hire €5

Andalo, 15.00 – 17.00 – Climbing wall

The 15 metre artificial climbing wall is for all ages, big and small. You can take your first steps in the vertical world with the advice and instruction of an Alpine Guide or Climbing Instructor. Ropes and harnesses allow you to practice in full safety and feel the exciting sensation and fun of free climbing.

Difficulty: For everyone.

Meeting point: Andalo Sports Centre.

Accompanied by: Alpine Guide

How to book: hand in your voucher at the meeting point