



LOCATION: OSSANA

19 OSSANA - VALPIANA - "SAS PISADOR" WATERFALL - MALGA DEL DOSSO

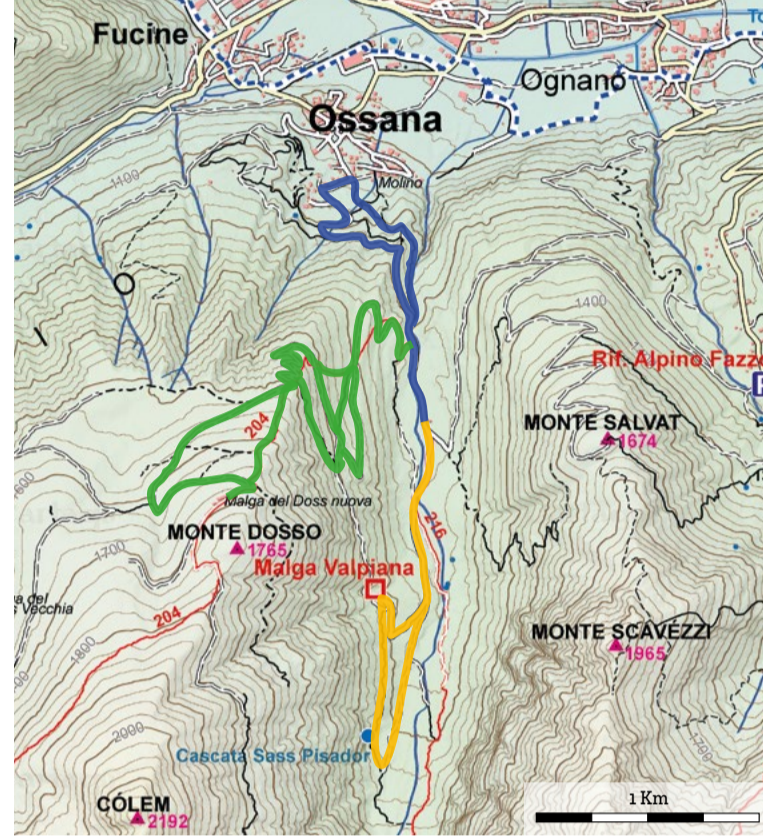
- 2 hours round trip NO
2 hours round trip NO
3 hours 30' round trip NO

This trail, called "Sentiero de la Ie", starts close to the first hairpin bend on the road up from Valpiana. Following it through an enchanting luxuriant pine copse you reach the valley of the same name. Return along the same route or complete the loop by continuing along the forest road.

Valpiana (1.221 m asl) can also be reached by car from Ossana. Continue along the forest road through the wide valley, alongside the River Foce. Once you get to Malga Valpiana mountain dairy, 1.311 m asl, continue along the trail for the "Sas Pisador" Waterfall and the nearby rock climbing wall. At the fork with the path for Biavico "Jack Canal", keep to the left and make your way back to Valpiana, completing in this way an interesting circular route.

In Valpiana there is also Malga del Dosso (mountain dairy), which can be reached by following Trail 20a, starting on the right immediately after the shrine to Saint Anthony. From here you can enjoy splendid views on Val di Peio. Return along an easy rough track.

Points of interest: River Foce di Valpiana, Shrine to Saint Anthony, "Sas Pisador" Waterfall, rock climbing wall, scenic viewpoint at Malga del Dosso (mountain dairy)



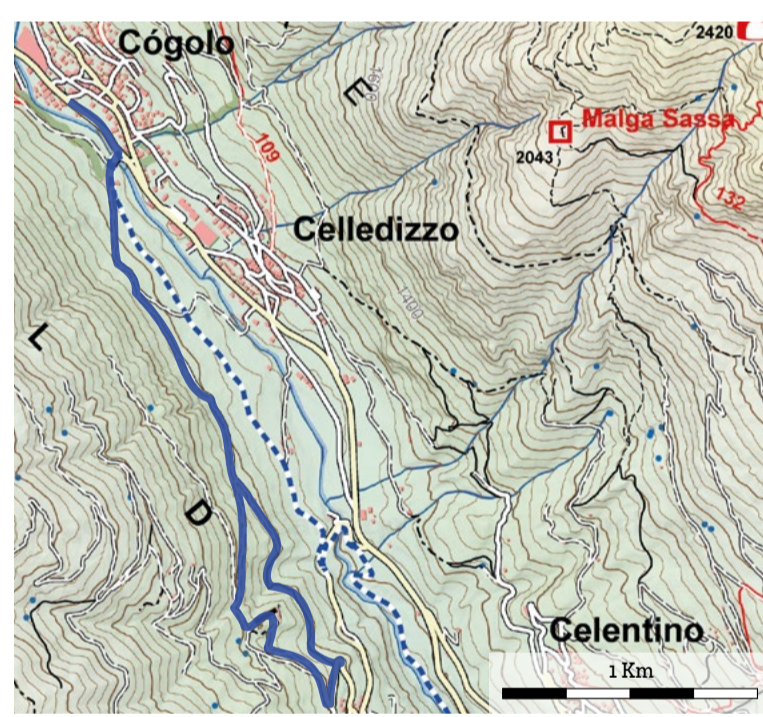
LOCATION: VAL DI PEIO

20 COGOLO - CHURCH OF S. LUCIA

- 2 hours 30' round trip NO
2 hours 30' round trip NO

Starting from the big car park near the bus stop in Cogolo (2.260 m asl), continue along the pavement on the SP 87 provincial road towards Celledizzo for about 50 metres, then take the pedestrian and cycle path on the right to Pize. At this point, turn right along the trail that goes up through the wood to the romantic little church of Santa Lucia (1.300 m asl), isolated on a hill outside Comasine, an ancient hamlet once home to miners. From the church, an easy-to-spot trail goes down to the shrine and then continues on the left through the meadows and again on the left there is a country road that brings you back to Pize.

Points of interest: church of Santa Lucia, scenic viewpoints



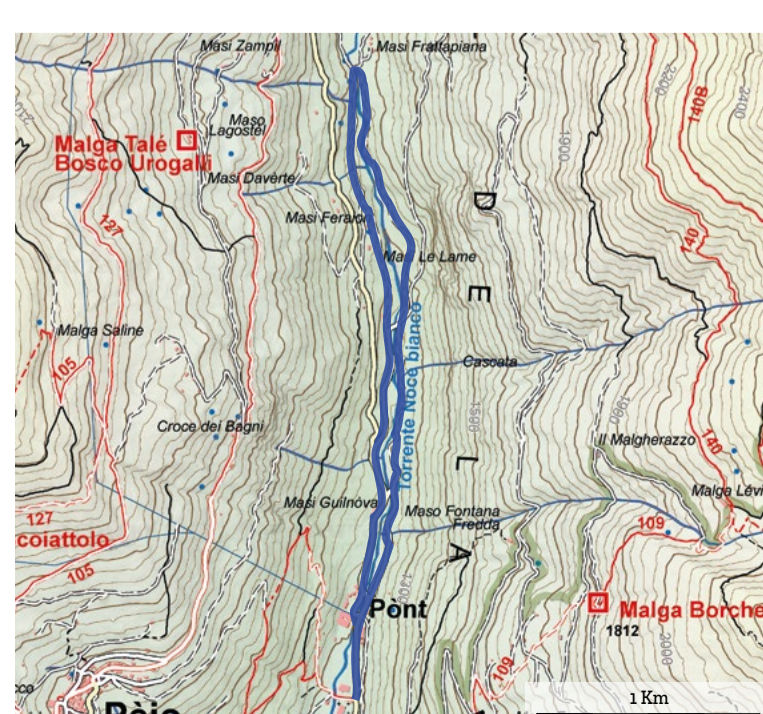
LOCATION: VAL DI PEIO

21 LOC. PEGAIA - LOC. FRATTA PLANA Farmhouse Tour

- 2 hours 30' round trip PARTIALLY

Starting from the car park near the little old church in Pegai, which can be reached from Cogolo (1.5 km from the centre), take the road to Malga Mare (mountain dairy) and continue to the historic Pont hydroelectric plant (1.170 m asl). Then continue along the trail on the right that will bring you to the Fratta Plana mast or farmhouses. For the return journey, take the path down on the other side of the river, over the bridge not far from the farmhouses. Once you reach the bridge in Polverera, stay on the left of the river and you will go past the Gullinova farmhouses and end up back in Pont. There are many typical farmhouses along this route, as well as panels with curious, curious explanations.

Points of interest: church of Pegai, hydroelectric plant, farmhouses in Gullinova, Lane and Fratta Plana



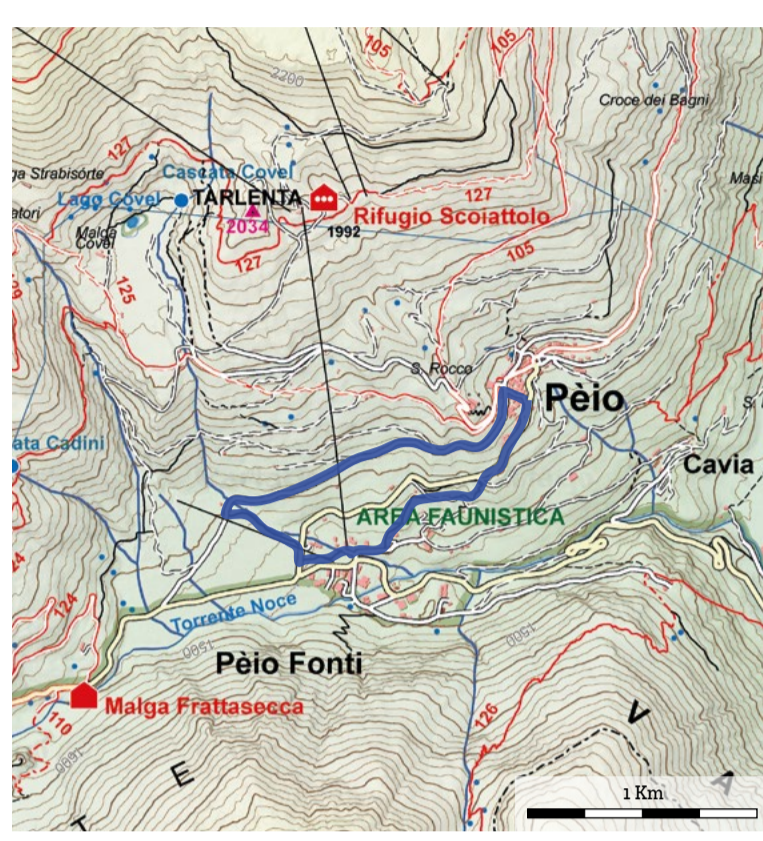
LOCATION: VAL DI PEIO

22 PEIO FONTI - WILDLIFE AREA

- 2 hours 15' round trip NO

From Peio Fonti, walking along Via dei Cauai, you will come to a trail on the left that in 15 minutes takes you to the Wildlife Area. This characteristic zone hosts not only stags and roe deers in semi-captivity but also the Selvaio National Park visitor centre. You can visit the centre and then take a trail that runs around the Wildlife Area fence, in front of a farm road, and then slightly uphill and down to the start of Peio Paese, where you cross the SP 87 provincial road, take an uphill road into the centre of the town. Here you can visit the Museo Peio 1914-1918 - La Guerra sulla Porta war museum, next door to the parish church. This building also houses the last shared ownership cheese factory in Trentino. Leaving the factory yard behind you, continue along Via Purta San Mattèe towards Casarone, Baita 3 Lant and back to Peio Fonti in a loop.

Points of interest: Wildlife Area, "Museo Peio 1914-1918 - La Guerra sulla Porta" war museum, "Caseificio Turmario" cheese factory



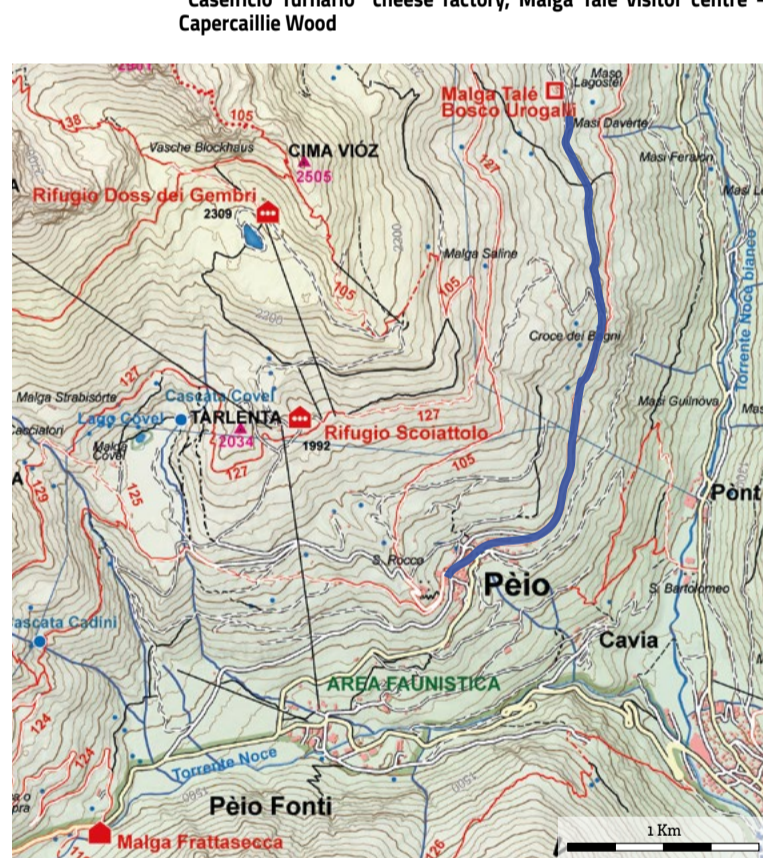
LOCATION: VAL DI PEIO

23 PEIO PAESE - BOSCO DEGLI UROGALLI

- 3 hours round trip NO

Starting from the car park in Peio Paese (1.584 m asl), walk up beside the shrine along the little road that leads to the town's playground; from here take the panoramic rough track that leads to the so-called Croce dei Bagri (1.680 m asl). At this point, after a short uphill stretch to the left, follow signs for Malga Tale (mountain dairy, 1.723 m asl), which you will reach after about 45 minutes. The mountain dairy has been turned into an educational and information centre by the Selvaio National Park, dedicated to grouse and called "Il Bosco degli Urogalli" (Capercaille Wood). The route has recently seen the addition of various wooden installations and panels that explain different aspects of the lives of woodland birds and help visitors enjoy learning about their characteristics and habits thanks to birdwatching. Return along the same route.

Points of interest: "Museo Peio 1914-1918 - La Guerra sulla Porta" war museum, "Caseificio Turmario" cheese factory, Malga Tale visitor centre - Capercaille Wood



LOCATION: VAL DI PEIO

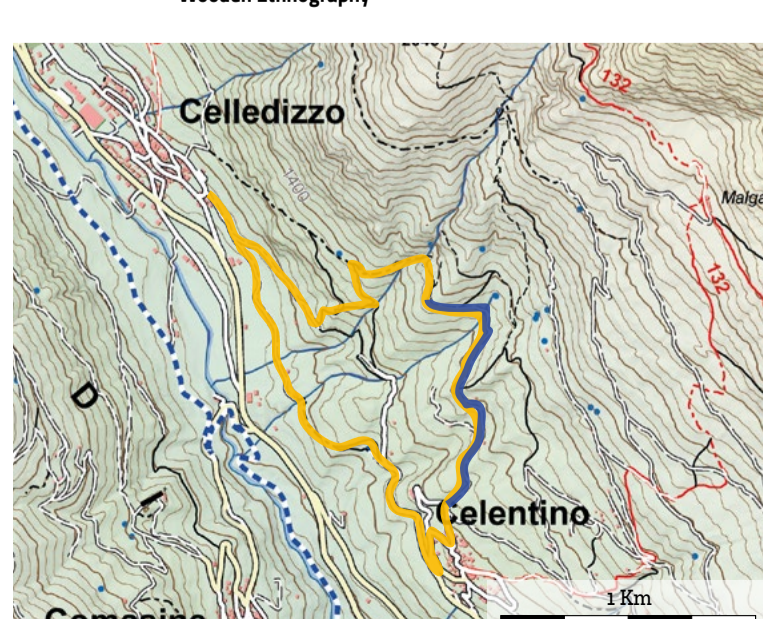
24 PIZ DEL PAI WATERFALL

- 1 hour 40' round trip NO
2 hours 15' round trip NO

Above Celentino (1.342 m asl) take the road to Malga Campo (mountain dairy). The road is tarmacked for about 400 m and, just before it turns into a rough track, leave your car in the small car park. This is the starting point for a fairly steep little road, which after a short distance becomes easier and alternates apparently flat stretches with gentle rises. At the end of the rough track, you take a simple path through the wood that after 5-10 minutes brings you to the waterfall (1.535 m asl). This route is very pleasant, surrounded by meadows and woods and enjoys the best sunshine in the late morning and early afternoon. This trail is well signposted but has no drinking fountains so you must bring a bottle of water with you.

Alternatively, there is a loop that starts in Celledizzo along the rough track to Celentino and after 300 m it forks to the left, following signs for Malga Sassa and Cascata Piz del Pai. From the waterfall, follow the trail to Celentino, then take the "Le Penagiole" little rough track on the right to Celledizzo.

Points of interest: Piz del Pai Waterfall, views of the Cevedale and Presanella mountain groups, former San Cesare mine, Digniana farmhouses, Museum of Wooden Ethnography



LOCATION: VAL DI PEIO

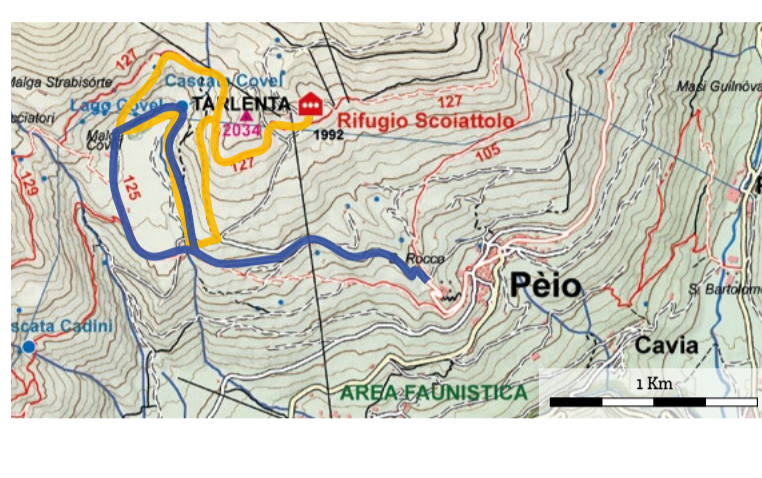
25 PEIO PAESE - LAKE COVEL

- 3 hours round trip PARTIALLY
2 hours 30' round trip NO

From Peio Paese (1.584 m asl), a steep tarmacked road near the church leads up to the characteristic hillock of San Rocco. From here, pick up the easy-to-spot forest road, with typical farmhouses visible below the road. After crossing the winter ski slope, take the narrow mule track near an oil farmhouse on the right. This easy route that avoids the meadows soon brings you to a climbing wall and after that the small Covell waterfall. After crossing a tiny wooden bridge, you will come to the biotope and to Malga Covell (mountain dairy) at 1.856 m asl (1 hour 45 minutes). For the return journey, go past the mountain dairy and then the picnic area, around the fields through the clearing in the larch copse and then continue along the SAT 125 trail, an easy-to-spot rough track, leaving the marshlands to your left, together with a few lovely farmhouses. After a small hillock you will come back to the ski slope. Above this you will reach the forest road you walked up on the outward journey. This route is pushchair-friendly (from San Rocco to Malga Covell (mountain dairy), and then return along the same route.

You can also reach the lake from here, taking the cable car up to Tarlenta. Below the ski lift take Trail 127 and follow signs for "Cros dei Cacciatori" and then take the steep left-hand fork downhill. After the lake and the Rio Vioz waterfall, continue along the trail past a rock climbing wall. After about 20 metres of rough track uphill, take the Via dei Monti on the left, which after about 15 minutes meets up with Trail 127 and takes you back to Tarlenta, completing the loop.

Points of interest: former Austro-Hungarian cemetery of San Rocco, waterfall, Lake Covell, Pejo Kinderland in Tarlenta



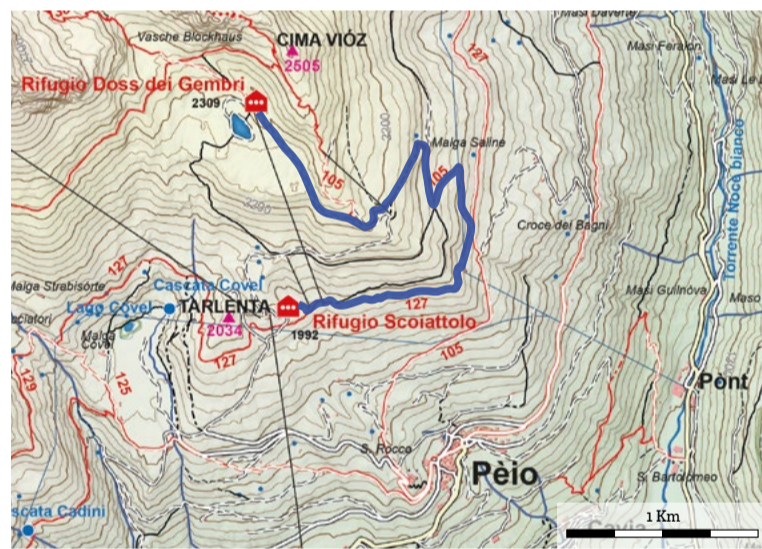
LOCATION: VAL DI PEIO

26 RIFUGIO SCIOATTOLO - MALGA SALINE - RIFUGIO DOSS DEI GEMBRÌ

- 2 hours 15' round trip PARTIALLY

From the top station of the Tarlenta cable car, go down the forest track on the left to the start of the Doss dei Gembrì chairlift, keeping it on your left as you enter the wood. Follow signs for Malga Saline (mountain dairy), you pick up a very pleasant, slightly uphill trail and after about 30 minutes, the forest road that leads to the mountain dairy. Next to it, there is the start of SAT Trail 105 Rifugio Vioz "Mantova" (mountain refuge), a very steep but not particularly long route that takes you to Sardon, near Sassa de Strè. From here you can continue along the more difficult SAT Trail 105 towards the "Filon dei Gembrì" until it meets Trail 129 and an uphill stretch that leads to the Rifugio Doss dei Gembrì (mountain refuge) or follow the easier route along the winding forest path with just a couple of uphill parts to the mountain refuge. To complete the loop, go to the splendid little artificial lake at Pian del Vioz with its unique views, just a short distance from the refuge. From the lake, continue along an easy trail that is initially fairly level and then goes downhill and back to Rifugio Scioatolo (mountain refuge) in Tarlenta. You can also return using the Doss dei Gembrì cable car.

Points of interest: Rifugio Scioatolo (mountain refuge), Malga Saline (mountain dairy), Rifugio Doss dei Gembrì



LOCATION: VERMIGLIO

27 SAN LEONARDO LAKES Valley Bottom Trail 15

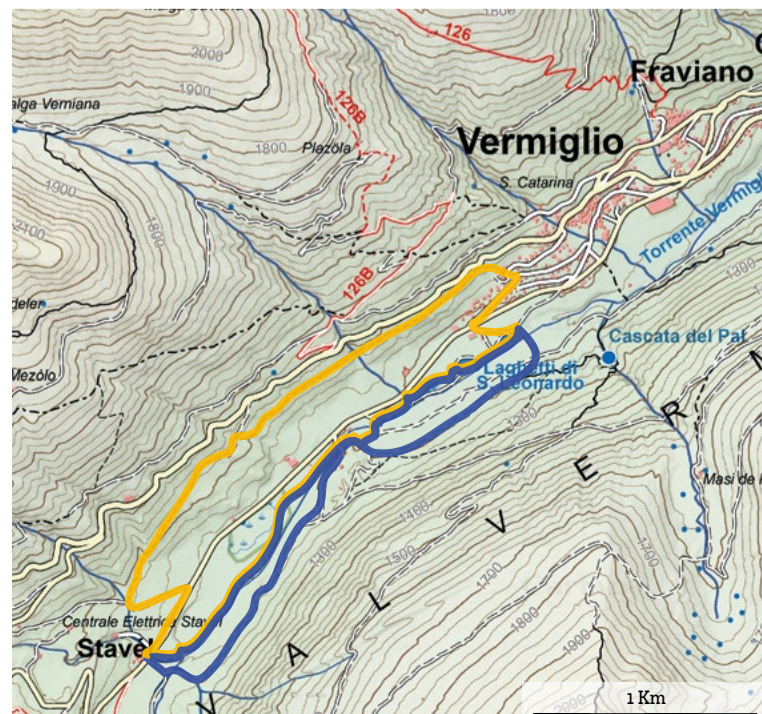
- 2 hours 15' round trip PARTIALLY
2 hours 50' round trip NO
30' round trip YES

Starting from the little San Leonardo Lakes, where you can park your car, follow signs for Trail 15. An enjoyably cool walk that follows the River Vermigliana from Volpola, passing close to the farmhouses in Stavel (pushchair-friendly to here and then turn back and retrace your steps or follow the tarmacked "Via dela Prada" road to the starting point). Here the loop turns left, after the bridge over the River Vermigliana, back towards Vermiglio along the rough track that rises steeply for a short stretch and then continues downhill until it levels out.

For the complete loop, follow the provincial road for about 300 metres and then cross over. After a short but steep uphill stretch, the trail continues in a pine wood and goes past Le Ghiane farmhouses. From here you go through a broad-leaved wood, over a suspension bridge and come to Vermiglio in Via di Doss, then back again to the little San Leonardo lakes.

For those wanting a quiet pleasant half-hour walk, we recommend a trip around the lakes, three lovely artificial stretches of water, the happy home to playful ducks. There are various picnic areas, a ground for little ones, a bar that sells sandwiches, a five-a-side football pitch and various pieces of park equipment for keen Bike Trail enthusiasts. Thanks to illumination, it is perfect for a romantic night-time walk.

Points of interest: typical alpine farmhouses, Coredol Biotope, suspension bridge, little San Leonardo lakes



LOCATION: VERMIGLIO

28 CORTINA - OSSANA Via delle Pendege

- 1 hour round trip YES
3 hours round trip NO

Park your car in Cortina where, just after the church of San Pietro (1.213 m), a hairpin bend marks the start of the "Via delle Pendege", which winds up the sunny slope through the meadows to the shrine of San Giorgio (1.070 m asl); from here you can enjoy generous views of the upper Val di Sole through to the Tonale Pass. Retrace your steps for the return journey.

If, on the other hand, you want to continue along the forest path, it takes about 30 minutes to reach Fucine-Ossana. You can return by retracing your steps or on the other side of the river, crossing the state road and following the course of the River Vermigliana along a forest road that, through the wood and gently rolling meadows, brings you back to Vermiglio (8.5 km in total).

Points of interest: Cortina Watermill, church of San Pietro, scenic viewpoint, Peola farmhouses



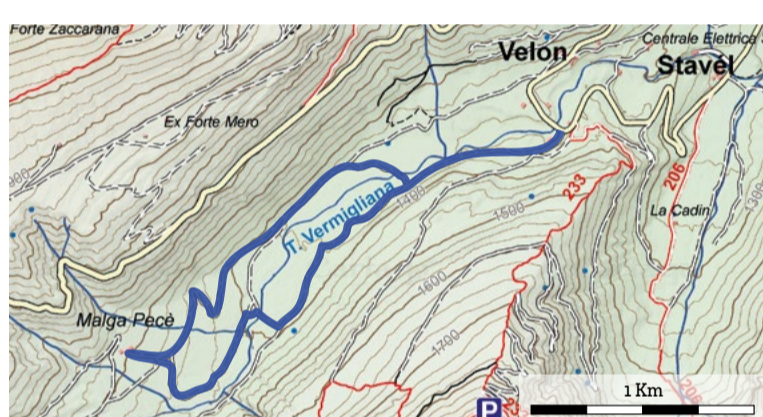
LOCATION: VERMIGLIO

29 BAITA VELON - MALGA PECÉ Viscele Walk

- 2 hours 15' round trip PARTIALLY

After Hotel Baita Velon (1.346 m asl), where you can park your car, take the little road signposted "Passagata delle Viscele" (Viscele Walk, 1.432 m asl) and follow the river to a picnic area by a cool stream. Turn right and, after crossing the bridge, turn left along the little road to reach the "prado del Pecé" (with a pushchair continue along the rough track to Velon) and then up through the meadow to the mountain dairy of the same name (1.503 m asl). You can return on a forest road, keeping to the left bank of the river for a while, then crossing on a bridge on the right and completing the loop.

Points of interest: entrances to World War One tunnels, Malga Pecé (mountain dairy)



LOCATION: PASSO TONALE

30 PRESENA GLACIER

- 1 hour 30' round trip NO

From Tonale Pass (1.883 m asl) take the Paradiso cable car up to Paradiso Pass where you can visit "Galleria Paradiso", a long cavern dug out of the granite that was used as a shelter by soldiers. Today it houses a multi-media display entitled "Sounds and voices from the Great War", an exhibition of war relics and brief reports on the lung conditions and wessudes of soldiers at the glacier front. The audio installation that merges sounds and noises, fragmented and decontextualized, just as the soldiers hiding in the cavern would have heard them, is a very moving experience. Once you have visited the Galleria, take the road that goes from the top station of the cable car up to the Monumento alla Fratellanza memorial, erected to commemorate the fallen in World War One. Then continue around Lake Morticello to the Capanna Presena mountain refuge (2.738 m asl), which has been completely renovated. From here, take the Presena cable car up to Presena Pass at 3.000 m asl, from where you can enjoy generous views of the surrounding peaks. Return along the same route.

Points of interest: Galleria Paradiso, Monumento alla Fratellanza war memorial, scenic viewpoints



LOCATION: PASSO TONALE

31 RASEGHE - TONALE BEACH

- 1 hour 30' round trip NO

About 6 km above Vermiglio, leave the car in the car park at the picnic area on the left of the SS 42 state road, after the "Casa Cartoniera", the red building formerly used by road maintenance staff. The Tonale Pass is about 2 km away. Take the only trail here, which after a few meters is signposted "Raseghe" (1.750 m asl), a large grassy hollow with facilities for picnics and barbecues. Continuing along the rough track and taking the first trail on the right you will reach the so-called "Tonale Beach" (1.650 m asl), a sandy area formed by the erosive action of the river that flows from Alveo del Presena down through the hamlets and villages, forming small pretty bays of crystal clear water. Crossing several little bridges will bring you to the "Bait de Caccatori". Return along the same route.

Points of interest: Tonale Beach, scenic viewpoints on Busazza and the Presena Glacier



LOCATION: PASSO TONALE

32 TONALE PEAT BOG BIOTOPE Fitness Trail

- 1 hour 30' round trip PARTIALLY

An easy-access trail that starts via the "Paradiso" motorhome service area at Tonale Pass (1.883 m asl). Once you get to the end of the "rhododendron trail" (pushchair-friendly to here and then retrace your steps), follow the rough track down to the purifier after the bridge over the River Vermigliana. At the purifier, cut through the meadows towards Tonale to the peat bog info point and again over little bridges to the last of the three towers. This zone has a wealth of micro-environments in the range from almost drylands to true miniature lakes, plus fast running and still water, with a complexity and wealth of decidedly unique vegetation.

Points of interest: peat bog info point, protected area



LOCATION: PASSO TONALE

33 TONALE PASS - MALGA VALBIOLO Groundhog Trail

- 2 hours round trip NO

Leave your car in the car park at the Valbiolo chairlift (1.884 m asl) and take the tarmacked road on the right to the Ospizio San Bartolomeo or Hotel La Mirandola (1.971 m asl). To the left of the hotel, take SAT Trail 111 that goes up steadily to Malga Valbiolo (mountain dairy, 2.244 m asl), past the wonderful little new artificial lake. This scenic route winds through meadows filled with mountain plants and groundhog burrows. Close to the top station of the Valbiolo chairlift is the Groundhog Village, an educational play course with wooden toys and equipment of various kinds for kids to have fun with. This village can also be reached using the Valbiolo chairlift, open from the end of June to the end of September. You can return along the rough track that starts at Malga Valbiolo (mountain dairy).

Points of interest: points where you might spot groundhogs, little artificial lake, "Villaggio delle Marmotte" (Groundhog Village) playground, views of the Adamello Presanella mountain range



LOCALITÀ: PASSO TONALE

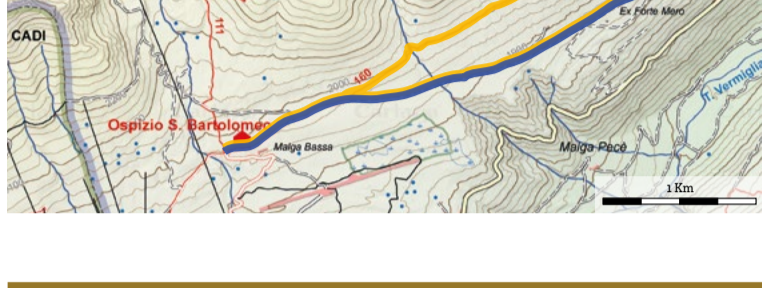
34 TONALE PASS - FORTE MERO - FORTE ZACCARANA

- 2 hours 30' round trip YES
3 hours 30' round trip NO

From the car park at the historic Ospizio San Bartolomeo (1971 m asl), continue on the rough track along the scenic Tonale high plateau, with its wealth of high altitude flora, until you reach Forte Mero (fort) at 1.840 m asl; the former Austro-Hungarian fortification built between 1911 and 1913. There is a picnic area here with tables and benches. From Forte Mero (fort), you can continue to the fork where, a little further on, there are the ruins of an Austro-Hungarian military village, at the time made up of a barracks, storehouses and a field hospital. This is Strino Baracks, recently recuperated and restored. There are picnic tables here. You can retrace your steps for the return journey.

To complete a loop, just before the Strino Baracks, take the rough track that goes up to Forte Zaccarana (fort) at 2.026 m asl, which offers a wonderful large scenic point, and from here towards the Tonale Pass following the lovely SAT Trail 160 and then picking up the rough track again back to your starting point.

Points of interest: Forte Mero (fort), Strino Baracks, Forte Zaccarana (fort), scenic viewpoint



Legend for hiking pushchair, suitable with hiking baby carrier, also possible off season, tarmacked road and/or rough track, trail, trail can be reached using lifts, return journey possible with public transport, picnic area, food, drinking fountain, difficulty scale (EASY to VERY DIFFICULT), difference in altitude scale (<100m to >1100m).

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