

- Guaranteed activities even with poor weather (not too bad).
- Booking is mandatory within 5pm the day before the activity, except from Monday's activities, which can be booked within 22pm the day before the activity. After that, booking is possible only through our new app.
- Trekking clothes and shoes are always needed. It is better to have a backpack with water, snack and a waterproof jacket.

## MONDAY

### **ANDALO 9.00/15.00** Paganella caves

#### FREE TREKKING!

Geological trekking visiting the cave in Paganella and its most scenic spots. The trekking is about 10km with 500m of ascent.

**Technical details:** children 10+, trekking shoes, waterproof jacket, water.

**Meeting point:** 9.00 Andalo, 2001 cable car departure

**Price:** cable car ticket, lunch for those who are interested at the refuge

**Energy expenditure:** 1000 calories.

### **MOLVENO 16.00/19.00** E-MTB tour

Tour around Molveno and Nembia lakes, ending with an aperitif on the beach during the sunset.

**Technical details:** adults only, able to ride a bike offroad

**Meeting point:** 16.00 Molveno, chalet activity on the beach

**Price:** 5€ + 20€ nolo e-bike full suspended + aperitif

**Energy expenditure:** 600 calories.



**ANDALO 16.30/18.00**

**I lost my compass**

**Activity Kids – only kids 5+**

With a young and qualified guide, we discover how to find our bearings using the sun position, moss and some helpful plants.

**Technical details:** kids only 5+, waterproof jacket.

**Meeting point:** 16.30, Andalo Activity Chalet, Sport Centre.

**Price:** 5€

## TUESDAY

**MOLVENO 8.30/15.00**

**Geotrekking, Croz Altissimo and Selvata refuges**

The traditional trekking to admire the Brenta Dolomites.

**Technical details:** kids 10+, suitable for people used to walking, 13km 500m of ascent.

**Meeting point:** 8.30 Molveno cable car departure.

**Price:** 10€ + cable car ticket

**Energy expenditure:** 1000 calories.



**SAN LORENZO DORSINO 15.00/17.00**

**Secrets and virtues of plants, “Il Ritorno farm”**

Visit to the biodinamic local farm “Il Ritorno” and laboratory with aromatic plants. San Lorenzo Dorsino village is member of the club “The best Italian rural villages”.



**Technical details:** small children in stroller or backpack

**Meeting point:** 15.00 San Lorenzo Dorsino, “il Ritorno farm”

**Price:** €5

# WEDNESDAY

**ANDALO 9.00/15.00**

**Canfedin, among marmots and edelweiss**

This trekking winds along the path running on the wild South ridge of Paganella mountain, crossing alpine meadows, the ideal habitat for marmots and edelweiss.

**Technical details:** kids 10+ suitable for trained walkers, 12km and 500m of ascent

**Meeting point:** 9.00 Andalo 2001 cable car departure.

**Price:** 10€ + cable car ticket, lunch at the refuge if required.

**Energy expenditure:** 1000 calories.



**SAN LORENZO DORSINO 10.00/12.00 (from 15<sup>th</sup> July)**

**Secrets and virtues of plants, “Il Ritorno farm”**

Visit to the biodinamic local farm “Il Ritorno” and laboratory with aromatic plants. San Lorenzo Dorsino village is member of the club “The best Italian rural villages”.



**Technical details:** small children in stroller or backpack

**Meeting point:** 10.00 San Lorenzo Dorsino, “il Ritorno farm”

**Price:** €5



**ANDALO 14.00/16.00**

**Climbing, what a passion, and balance games**

**Activity Kids – only kids 5+**

Try to climb on the artificial climbing wall in Andalo and learn how to keep your balance with some fun exercises.

**Technical details:** sport shoes

**Meeting point:** from 14.00 to 16.00, climbing wall, Andalo Activity Chalet, Sport Centre.

**Price:** €5

# THURSDAY

**MOLVENO 7.00/17.00**

**Brenta traverse and Pedrotti refuge (2500m)**

A new and satisfying traverse into the wilderness. True hikers cannot miss this opportunity! Starting from Molveno we go up to reach Pedrotti refuge.

**Technical details:** kids 14+, suitable for trained hikers, 1200m of ascent; waterproof jacket, snack and water

**Meeting point:** 7.00 Molveno, Chalet Activity

**Price:** 10€ + taxi refuge transfer

**Energy expenditure:** 2000 calories.

**ANDALO 16.30/18.00**

**Trace the track**

**Activity Kids – only kids 5+**

Challenge your friends to find as many as footprints of animals living in the forests as you can. We are going to have the explorer's backpack with telescope and map.

**Meeting point:** 16.30 Andalo Activity Chalet, Sport Centre.

**Technical details:** children only 5+, trekking shoes

**Cost:** 5€

**CALDES, VAL DI SOLE 10.00 or 13.00**

**Family rafting**

Try two hours of rafting on Noce river in Val di Sole, and then relax with an easy MTB tour, enjoy an adventure park, or have fun with paintball, you have plenty of options!

**Technical details:** kids 6+, swimsuit, spare shoes, showering items

**Meeting point:** 10 or 13 Rafting centre TrentinoWILD, Caldes

**Price:** 35€



# FRIDAY

NEW

**MOLVENO 10.00/16.00**

**The forgotten wall, family climbing**

Learn how to climb in a stunning place with everything you could dream of, a stream, a beautiful lawn and one of the best climbing wall of Italy.

**Technical details:** kids 8+

**Meeting point:** 10.00 Promeghin sport centre, San Lorenzo in Banale

**Price:** 5€

**MOLVENO 15.30/17.00 or 17.00/19.00**

**Nordic Walking – the art of walking**

Easy trekking with Nordic Walking poles, to learn this walking technique.

**Technical details:** kids 8+, trekking or running shoes

**Meeting point:** Molveno, chalet Activity on the beach

**Price:** €7 poles' rental included

**Energy expenditure:** 600 calories.

**ANDALO 16.30/18.00**

**The little geologist**

**Activity Kids – only kids 5+**

We go in search of fossils and learn the different rocks that belong to these mountains.

**Technical details:** sports clothes

**Meeting point:** 16.30 Andalo Activity Chalet, Sport Centre

**Price:** 5 €



# SATURDAY

**ANDALO 8.00/16.00**

## **Malga Spora – into the Dolomites**

A tough but stunning trekking leads us between the Croz dell'Altissimo and Piz Galin peaks where the landscape is breathtaking.

**Technical details:** kids 14+, suitable for hikers, 1200m of ascent. Trekking shoes, backpack with water snack and packed lunch, waterproof jacket, spare t-shirt.

**Meeting point:** 8.00 Andalo Activity Chalet, Sport Centre

**Price:** 10€ + taxi refuge transfer to Dagnola Alm.

**Energy expenditure:** 2000 calories.

## **ACTIVITY EXTRA**

Do you want more? Here what we can offer on demand:

- vie ferrata
- climbing in Dolomites and Adamello
- trekking
- e-mtb tour in Tovel lake, Stenico castle, ...
- enduro experience
- canyoning
- paragliding above Molveno lake