

SOME SUGGESTIONS OF HIKING ITINERARIES IN TRENTO (USING THE PUBLIC TRANSPORTATION)

➤ MONTE MARZOLA



From Trento, get the bus # 5 to Borino di Povo, and from here follow the path to Rifugio Maranza and then to Monte Marzola (m 1738), from which there is an amazing view on Trento and the Valsugana valley with its lakes. Ten minutes from the peak, there is the Bailoni *bivacco* (mountain hut) where you can spend the night after enjoying a sky full of stars! The bivacco is always open and can host around 4 people sleeping. Make sure to bring warm clothes and a good sleeping bag. To come back, you can get the path # **421** to reach Grotta di Villazzano, from where the bus # 6 will take you back to Trento.

➤ MONTE CALISIO



From Trento, get the bus # 9 to Villamontagna and from here the path # **403** to ex Forte Casara and the Calisio mountain (1.096 mt), from which you can enjoy a nice view on the area around Trento and its mountains. To go back, you may walk the same way or follow the path # **401** to Martignano-Montevaccino (from here, the bus # 10 will get you back to Trento).

Total: 4 hours

➤ LAGO DI SANTA COLOMBA



From Trento, get the bus # 9 to Villamontagna (m 565) and then the path # **421** to the Rifugio Campel and Lago Santa Colomba (m 922). You may come back along the path # **422** to Cortesano (from here, the bus # 3 will take you back to Trento).

Total: 5 hours

➤ MONTE CELVA



From Trento, get the bus # 5 to Oltrecastello (m 481) and take the path # **419** to Monte Celva (m 998) You will see some remains of the Austrian military forts. Then you will go down towards passo Cimirlo (m 805) and walk back to Oltrecastello along the main road.

Total: 3 hours

➤ MALGA SANT'ANNA



From Trento, get the bus # 6 to Sopramonte (m 624) and from there follow the signs to Sant'Anna (m 830). You will find a very good place for relaxing immersed in the nature.

Total: 1 hour

➤ VIGOLANA



From Trento, get the blue bus in the direction of Lavarone and get off in front of the Sindec bar, past Centa San Nicolo' (m. 1.120); then, follow the path # **442** to the Casarota mountain lodge (m. 1.570) and to the peak called Becco di Filadonna (m 2.150). You can come back through the same way.

Total: 5 hours.

➤ TRE CIME DEL BONDONE



This is the most popular hiking trip for the Trentini!

From Trento, get the blue bus to Viote (m. 1.600) and follow the path # **607** along the steepy “Costa dei Cavai” to Monte Cornetto (2.180), and then the path # **636** to Doss d’Abramo (2.140 m) and Cima Verde (2.102 m) to go back to Viote. Total: 4 hours.

This area is well known for its rich alpine flora: the botanical garden in Viote is well worth a visit, especially in June.

LAGO ERDEMOLO



From Trento, get a blue bus to Palu’ del Fersina (m 1400) in Val dei Mocheni, where the inhabitants still speak an ancient version of the German language. From here, take the circular path # **315** to Lake Erdemolo (m 2.036). You can come back along the same way or head to the Rifugio Sette Selle (m 1.990) to come back to Palu’ del Fersina.

Total: 5 hours.

In the nearby of the path to Palu’, there is an old silver mine (Grua Van Hardombl), to visit with a guide under reservation (Tourist Office: 0461/ 551440).

➤ MONTE MEZZOCORONA



From Trento, get the train leaving from the Trento-Male' railway station (just a few meters off the main railway station) to reach the station of Mezzocorona Borgata. You may decide to reach the park on the top of the Mezzocorona mountain on foot or by cablecar (which takes only a few minutes to go there). Total (on foot): 3 hours

➤ MONTE BALDO



From Trento, get a blue bus to Malcesine and from here get the cablecar to Monte Baldo: you will enjoy an amazing view on the Garda lake. From here there are many itineraries to choose among: for example, a relaxing walk in the nearby to reach the Prà Alpentina skilift and then the dairies where to taste the local cheese. In alternative, you may want to hike to monte Altissimo (2.40 hours), to Rifugio Telegrafo (ore 3.30), to Rifugio Bocca di Navene (ore 1.00) or walk down to San Michele (2.00 hours) and Prai (ore 0.45 hours).

❖ SENTIERO DELLE CASCATE DI VALLESINELLA



From Trento, get the blue bus to Madonna di Campiglio (m 1.514) and start walking towards the Vallesinella mountain lodge (5 km from M. di Campiglio)>path **317 bis** to Malga Vallesinella di Sopra (1681 m) as far as the Casinei mountain lodge (1825 m.) **

To go back to Madonna di Campiglio, follow the path # **317**. Total: 3 hours

** From here, you may want to make a deviation to Tuckett mountain lodge (2.270 m-path # **317**, tel. 0465-441226) or Brentei mountain lodge (2.182 m-path # **318**, tel. 0465 441244) and even decide to sleep there to come back to Madonna di Campiglio the morning after. The Tuckett lodge is in a very rocky area, in the nearby of an impressive glacier.

❖ SENTIERO DEI CINQUE LAGHI



From Trento, get the blue bus to Madonna di Campiglio (m 1.514) and then get the “Cinque Laghi cablecar” to Rifugio Pancugol (m. 2.123). Take the path # **232** towards the lakes Ritort, Lambin, Serodoli and Gelato (m 2.393). Then get the path # **217** that goes down to Lake Nambino (m.1766), where there is a bar-mountain lodge and from here you can go back to Madonna di Campiglio.

Total: 5 hours

Bring with you a cell phone (in case of emergencies), a very warm sweater, at least 1 litre of water and chocolate to restore energy

NEVER go hiking alone, and NEVER start hiking if the weather is not good (check www.meteotrentino.it for the weather forecast).

If you plan to sleep in a mountain lodge remember that:

- Usually the mountain lodges close at mid September (this may vary depending on the weather conditions)
- In the mountain lodges it is possible to have dinner and breakfast; after 10 pm everybody has to go to bed and switch off the lights. Hot water usually is not available
- Bring with you a sleeping bag!