


























DETAILED PROGRAM OF ACTIVITIES DOLOMEET GUEST CARD

DOLOMEET GUEST CARD

Tuesday Tuesday	Wednesday Wednesday	Thursday Thursday	Friday Friday	Saturday Saturday	Sunday Sunday
 Trotting in Val Rendena Porte di Rendena 	 Acroriver Val Daone	 E-MTB tour of the mountain huts Madonna di Campiglio		 Amolacqua, between bridges and crystal clear waters SA of Mavignola Val Nambrone 	 DNW route n.8 FAMILY NAMBINO 
 Admiring the Dolomites Madonna di Campiglio	 Val Gelada, boiling reality Madonna di Campiglio 	 DNW route n.5 NAMBRONE VALLEY Natural Kneipp		 DNW route n.2 CHESTNUT Barefoot walking	
 DNW route n.7 BRENTA VALLEY Bathing in the forest				 Rio Roldone Thematic Trail Val di Breguzzo 	

All activities must be booked by 5pm the previous day

DOLOMEET GUEST CARD SILVER

Monday Monday	Tuesday Tuesday	Wednesday Wednesday	Thursday Thursday	Friday Friday	Saturday Saturday	Sunday Sunday
History and culture in the center of Pinzolo 	 Trotting in Val Rendena Gates of Rendena 	 Acroriver Val Daone		 Discovering Val Genova Carisolo	 Trekking Val di Breguzzo 	 ART-pinistic path and Tibetan bridge Preor
	 Discovering the Doss del Sabion Pinzolo					

All activities must be booked by 5pm the previous day

FREE OUTDOOR WEEKS

Tuesday Tuesday	Wednesday Wednesday	Thursday Thursday	Friday Friday	Saturday Saturday
Canyoning SA of Mavignola - Val Brenta	Acroriver Val Daone	Discovering a via ferrata on the Dolomites	From the Dolomites to Lake Garda by E-MTB	Canyoning SA of Mavignola Val Brenta
E-MTB tour at Lake Valagola Pinzolo		Madonna di Campiglio		By E-MTB within sight of the Dolomites Pinzolo By E-bike within sight of the Dolomites

All activities must be booked by 5pm the previous day

MONDAY'

- History and culture in the center of Pinzolo

Walk in the town of Pinzolo to learn about the history and culture of the town and the entire region. Starting from the church of San Vigilio, home to the famous fresco of the Danse Macabre and passing through the church of San Lorenzo, we will learn about the art that has characterized the history of the community. The "emigrant's walk" located in the center of the town will then allow us to learn about the history of the great Trentino emigration of the late 19th century, and the professions traditional from our valleys; the route will end in the pine forest, where we can delve deeper into the morphology and flora of our territory

Recommended equipment	<ul style="list-style-type: none">• Clothing and shoes suitable for walking.
Services included in the price	<ul style="list-style-type: none">• Presence of medium mountain guide

Meeting time: from approximately 9.30 to 11.30

Meeting place: Pinzolo, at the cemetery car park (in front of the departure of the Pinzolo-Pra Rodont cable car) where there is the war cannon monument

Arrival Info: Possibility of parking at the meeting point.

Difficulty: easy

Elevation gain: none

Suitable for: adults and children

Activity duration: 2 hours

Age: From 8 years upwards (only accompanied minors)

Max participants: 40

TUESDAY'

- Trotting in Val Rendena

First approach to riding life and horse riding in the Villa Rendena - Porte di Rendena riding centre. Activity suitable for the whole family. The basics for a safe approach to riding a horse or pony will be illustrated, and there will be space for the "Baptism of the Saddle" with small children, while for the others the first time in the saddle will be carried out.

Necessary equipment	<ul style="list-style-type: none">• Trekking shoes required
Services included in the price	<ul style="list-style-type: none">• Horse care equipment• Horses• Lesson from the expert

Meeting time: Structured over four shifts (10 per shift):

• 9.00 – 10.00

• 10.00 – 11.00

- 11.00 – 12.00
- 12.00 – 13.00 (from 30 July to 27 August)

Meeting place: Porte di Rendena (Villa Rendena) c/o Gottardi Lara agricultural company

Suitable for: Families

Duration of the activity: approximately 1 hour per time slot

Age: from 3 years (Under 18 ACCOMPANIED)

Max participants: 30, 40 from 30 July to 27 August

- Admiring the Dolomites

Exciting excursion to Madonna di Campiglio in the company of mountain guides. At the arrival point of the 5 lakes cable car, take the path behind the refuge of the same name, which in about 40 minutes, halfway up the slope, leads to Lake Ritorto (2055 meters above sea level). From here you go up, keeping to the left of the lake, until you reach Passo della Falculotta (2295 m above sea level), continuing over the top and descending to Malga Valchestria . Return via alternative path to Lago Ritorto and descent with the lift.

With the facility closed (9 and 16 September):

Meeting point: 9.00 am at the 5 Laghi cable car, alternative itinerary towards Malga Ritorto via the path from the town centre.

Necessary equipment	<ul style="list-style-type: none"> ● No equipment is provided ● Trekking clothes and shoes, rain jacket and water bottle
Services included in the price	<ul style="list-style-type: none"> ● Presence of mountain guides

Meeting time: 9.00 am

Meeting point: at the 5 Laghi cable car, valley station

Arrival Info: There is no parking, possibility of leaving the car in the various car parks in the center of Campiglio

Difficulty: Medium

Difference in altitude: Approximately 300 meters of altitude difference uphill and downhill

Suitable for: Adults and teenagers

Duration of the activity: All day, from approximately 9.00 to 16.30

Age: From 10 years (minors accompanied only)

Max participants: 20 places, except the last two weeks of July 40 places, the first 3 weeks of August 60 places, the last two weeks of August 40 places

- DNW n.7 Bathing in the forest - Val Brenta

The medium difficulty circular route is very scenic and approximately 4 km long (100 m altitude difference uphill and 100 m altitude difference downhill). Val Brenta is the perfect place for seeking synchronicity with Nature.

Route : Prà de la Casa - Prà de Mez - Malga Fratte - Malga Brenta Bassa - Sentiero della Forra - Prà de Mez

*The program may undergo variations due to organizational needs

Necessary equipment	<ul style="list-style-type: none"> • Don't forget your k-way, sunglasses, hat, sunscreen, a bottle of water and a snack • Use mountain shoes • Check in advance how to access the various locations on the site: https://www.campigliodolomiti.it/en/pl an/summer-mobility
Services included in the price	<ul style="list-style-type: none"> • The fee includes accompaniment with expert guides

Meeting time: 09.30 am

Meeting place: Loc . Brenta Bassa, B&B Prà de la Casa, Val Brenta (S. Antonio di Mavignola)

Difficulty: medium

Suitable for: Adults, seniors and families with children over 12 years old.

Activity duration: 4 hours

Age: 12 years and up

Max participants: 15

- Discovering the Doss del Sabion

Half-day excursion to discover the Pinzolo area accompanied by mountain guides, ascent with the lifts from Pinzolo to Doss del Sabion , descent on foot to the locality Pra Rodont through itineraries differentiated according to the group. Free tasting with local products on the terrace of the Prà Rodont Refuge (possible aperitif for a fee). For the descent the use of the Pra Rodont - Pinzolo lift is foreseen.

With the lift closed (11.06, 18.06, 10.09, 19.09), always meeting at the departure of the Pinzolo cable car and alternative itinerary towards the town of Carisolo and the surroundings of Castagneto.

NOTE! In case you don't have the DoloMeet PASSion, PASSion Silver or Silver Plus we kindly ask you to purchase the ski lift ticket ahead of time.

Necessary equipment	<ul style="list-style-type: none"> • No equipment is provided • Trekking clothes and shoes, rain jacket and water bottle.
Services included in the price	<ul style="list-style-type: none"> • Presence of mountain guides • Tasting at the refuge

Meeting time: 2.00 pm

Meeting place: departure of the Pinzolo- Pra Rodont cable car(downstream)

Arrival Info: Presence of free parking at the departure of the Pinzolo - Pra Rodont cable car.

Difficulty: Medium - easy

Altitude difference uphill: Approximately 600 meters of altitude difference downhill

Suitable for: Adults and teenagers

Duration of the activity: 3 hours, from approximately 2pm to 5pm

Age: From 10 years (only accompanied minors)

Max participants: always 20 places (1 guide), except the last one in July and all of August 40 places (2 guides)

- **Canyoning**

Canyoning in Val Brenta means walking and sliding carried by the current, protected by diving suits and helmets; follow the course of the stream between narrow and deep rocky gorges; dive and be lowered into pools with crystal clear water; all in a context of extraordinary beauty. An exciting canyoning route, with dives, natural slides and abseiling from rocky walls. An experience to come into close contact with nature and discover uncontaminated and fairy-tale places with the professionalism of mountain guides.

Necessary equipment	<ul style="list-style-type: none">• What to bring: swimsuit, towel, trekking shoes, spare underwear, spare shoes or slippers.
Services included in the price	<ul style="list-style-type: none">• Presence of mountain guides• Canyoning wetsuit and helmet provided by the guides

Meeting time: 9.00am

Meeting place: Val Brenta at loc . Pra de La Casa

Arrival Info: **Possibility of free parking** in Val Brenta (Pra de La Casa or Piazzale delle Bore) with DoloMeet Guest Card

Difficulty: medium difficulty (a good level of athletic preparation is required)

Suitable for: Adults and teenagers

Duration of the activity: approximately 3 hours

Age: From 12 years (only accompanied minors)

Max participants: 7

- **E-MTB tour at Lake Valagola**

Pra Rodont cable car station (downstream) at 2.00 pm, briefing and explanation of the route by the guides. Departure towards the old road up to the town of Mavignola , continuing through Val Brenta until reaching Lake Valagola , accompanied by the professionalism of the MTB guides.

Not accessible with trolley

Necessary equipment	<ul style="list-style-type: none">• Trekking shoes, rain jacket and water bottle• Helmet, sunglasses• No equipment is provided (BIKE NOT INCLUDED)
Services included in the price	<ul style="list-style-type: none">• Presence of the mtb guide

Meeting time: from 2.00pm to approximately 5.00pm

Meeting place: outside the Pinzolo- Pra Rodont cable car station (downstream)

Arrival Info: There is a car park at the meeting point, possibility of leaving the car at the Pinzolo - Pra Rodont - Doss del Sabion lift's car park (free)

Difficulty: Medium

Difference in altitude: approximately 700 meters both uphill and downhill

Suitable for: adults and children with good technical-athletic preparation

Activity duration: 3 hours

Age: From 12 years (minors only if accompanied)

Max participants: 8

WEDNESDAY'

- Acroriver

Let yourself be fascinated by the spectacle of nature from a new perspective, in the company of the Mountain Friends Alpine Guides. Having put on your helmet, harness and via ferrata kit, you enter the gorge along an equipped route a few meters from the foaming waters, and then descend from a bird's eye view along the waterfalls with a sequence of ziplines. Meeting time 9am or 11am, the activity is structured over several shifts. The guide will contact the participants the day before to provide the exact time.

Necessary equipment	<ul style="list-style-type: none">• Trekking clothes and shoes, rain jacket and water bottle.
Services included in the price	<ul style="list-style-type: none">• Presence of the mountain guide• The technical equipment (via ferrata kit, helmet) is provided by the Alpine Guides

Meeting time: from 9 am (based on the time communicated by the guides the previous day)

Meeting place: Loc . Limes - Val di Daone,

Arrival Info: Loc . Limes - Val di Daone - near the climbing structure

Difficulty: medium

Suitable for: adults and teenagers

Duration of the activity: approximately 2 hours

Age: From 10 years old and up

Max participants: 12

- Val Gelada , boiling reality

Naturalistic excursion accompanied by the expert of the Adamello Brenta Natural Park. The privilege of walking in uncrowded areas will allow you to enjoy exclusive glimpses of the Park. Along changing paths we will stop to observe the evolution of landscape, driven by an ever-changing climate. Understanding the signs of change to try to reduce our footprint on planet Earth. Know to protect.

Necessary equipment	<ul style="list-style-type: none"> • No equipment is provided • Trekking clothes and shoes, rain jacket and water bottle.
Services included in the price	<ul style="list-style-type: none"> • Presence of the PNAB expert and companion

Meeting time: 09.00 am

Meeting place: Grostè cable car ticket office

Arrival Info: Possibility of parking at the Grostè cable car (for a fee), there is a stop for the extra-urban bus

Difficulty: Medium (due to uphill altitude difference)

Difference in altitude: approximately 500 meters uphill

Suitable for: adults and teenagers

Duration of the activity: approximately 6 hours

Age: From 8 years upwards (only accompanied minors)

Max participants: 25

THURSDAY'

- E-MTB mountain hut tour

Meeting in Campiglio outside the Madonna di Campiglio ApT office at 2.00 pm, briefing and explanation of the route by the guides. Departure along the paths in the surroundings of Madonna di Campiglio, accompanied by the professionalism of the mtb guides.

Not accessible with trolley

Necessary equipment	<ul style="list-style-type: none"> • No equipment is provided (BIKE NOT INCLUDED) • Trekking shoes, rain jacket and water bottle. • Helmet, sunglasses
Services included in the price	<ul style="list-style-type: none"> • Presence of the mtb guide

Meeting time: from 2.00pm to approximately 5.00pm

Meeting place: outside the Madonna di Campiglio ApT office in Via (street) Pradalago 4

Arrival Info: There is no parking at the meeting point, possibility of leaving the car in the various car parks in the center of Campiglio

Difficulty: medium

Difference in altitude: approximately 450 meters both uphill and downhill

Suitable for: adults and children with good technical-athletic preparation

Activity duration: 3 hours

Age: From 12 years (minors only if accompanied)

Max participants: 8 places (1 guide) in June and until 11 July, from 18 July to 29 August 16 places (2 guides), September 8 places (1 guide)

- DNW n.5 Natural Kneipp - Val Nambrone

The activity will be carried out accompanied by specially trained expert guides. The circular route of medium difficulty (difference in altitude 26 meters uphill and 35 meters downhill, approximately 1.7 km) presents an alternation of holistic activities and walking. Val Nambrone, wild and rich in water, is the ideal place to experience different elements of Dolomiti Natural Wellness, discover them all for a total immersion in nature.

<p>Necessary equipment</p>	<ul style="list-style-type: none"> ● Bring a small towel with you, it will be useful in particular for practicing Natural Kneipp and Bare jogging ● Don't forget your k-way, sunglasses, hat, sunscreen, a bottle of water and a snack ● Use mountain shoes and trekking poles, especially on routes that include Natural Kneipp ● Check in advance the methods of access to the various routes (alternative mobility, parking, etc.): https://www.campigliodolomiti.it/en/plan/summer-mobility
<p>Services included in the price</p>	<ul style="list-style-type: none"> ● The fee includes the accompaniment of expert guides

Meeting time: 9.30am

Meeting place: Rifugio Nambrone , Via (street) Val Nambrone , 1

Arrival Info: Location not served by public transport, Possible to park on site

Difficulty: Easy

Suitable for: Adults, seniors and families with children over 12 years old

Activity duration: 4 hours

Age: 12 years and up

Max participants: 15

- Discovering a via ferrata in the Dolomites

Panoramic via ferrata on the high ledges of Pietra Grande, at times exposed but not too challenging in an area of great geological and naturalistic interest. It follows the beautiful ledges at the base of the west face of Pietra Grande (2937 m) tracing an interesting itinerary on the ledge that is not overly frequented, with some exposed sections but overall simple.

<p>Necessary equipment</p>	<ul style="list-style-type: none"> ● Trekking clothes and shoes, rain jacket and water bottle.
<p>Services included in the price</p>	<ul style="list-style-type: none"> ● Presence of the mountain guide ● Harness, helmet and climbing kit provided by the mountain guides

Meeting time: 8.30 am

Meeting place: departure of the Grostè lift (downstream)

Arrival Info: There is paid parking at the Grostè cable car

Difficulty: challenging (EEA-D)

Elevation difference: 494 uphill and 678 downhill

Suitable for: Adults and teenagers. (Minors must be accompanied)

Duration of the activity: all day from approximately 8.30am to 2.30pm

Age: From 10 years (only accompanied minors)

Max participants: 12

FRIDAY'

- Discovering Val Genova

Fascinating excursion that winds through the upper part of Val Genova touching some of the most significant points accompanied by Alpine guides. The itinerary followed will start from Malga Bedole, during the excursion you will have the opportunity to follow part of the Waterfall Path, to observe the Matarot glacial amphitheater from a privileged point, from which the waterfall flows, fed directly by the glacier above, to cross the Cambiali Bridge from which you can admire the strength of the Sarca torrent, admire the majestic Pedruc waterfall and finally Malga Caret.

Necessary equipment	<ul style="list-style-type: none">• No equipment is provided• Trekking clothes and shoes, rain jacket and water bottle.
Services included in the price	<ul style="list-style-type: none">• Presence of mountain guides

Meeting time: 9.00am

Meeting place: Carisolo municipal car park, meeting with the mountain guides, ascent to Val Genova with your own means

Arrival Info: Reservation of the Bedole car park via APP or the Adamello Brenta Natural Park website is recommended

Difficulty: Easy

Altitude difference uphill: Approximately 200 meters of altitude difference uphill

Suitable for: Adults and teenagers

Duration of the activity: All day, from approximately 9.00 to 16.30

Age: From 10 years (only accompanied minors)

Max participants: 20 places, except the last two weeks of July 40 places, the first 3 weeks of August 60 places, the last two weeks of August 40 places

- From the Dolomites to Lake Garda by E-MTB

Daily excursion with e-mtb (electric mountain bike) from Madonna di Campiglio to Riva del Garda, passing through the Stenico manor, the Bleggio plateau and the medieval village of Canale di Tenno (among the most beautiful villages in Italy), accompanied by mtb guides. Packed lunch at Lake Tenno (at the expense of the participants). We pass at the foot of the

Brenta Dolomites (UNESCO heritage) in the MaB (UNESCO Biosphere). Return with organized transfer. Approximate arrival time in Madonna di Campiglio at 6.00 pm.

Necessary equipment	<ul style="list-style-type: none"> • Protective helmet (mandatory). Recommended: • MTB clothing, MTB gloves, glasses, windproof jacket, water bottle, snack bar.
Services included in the price	<ul style="list-style-type: none"> • Return transfer from Riva del Garda to Madonna di Campiglio • Accompaniment with mtb guides. • Not included: bike rental cost, packed lunch.

Meeting time: 9.00am

Meeting place: at the ApT Madonna di Campiglio information office (Via Pradalago , 4).

Followed by the parking stop in front of the Pinzolo cable cars at 9.45am

Arrival Info: Paid parking near the starting point.

Difficulty: Medium

Suitable for: Bicycle lovers

Duration of the activity: From 9.00 to 18.00. Departure from Riva del Garda at 4.30pm.

Age: Minimum age: 12 years. Children under 18 must be accompanied by an adult

Max participants: 10

SATURDAY

- Amolacqua path , between bridges and crystal clear waters

Simple route suitable for everyone that leads to the discovery of the torrential landscape of Val Nambrone and the spectacular Amola waterfall. Beautiful walk in the undergrowth between walkways and turquoise streams, meadows and blueberry trees, up to the Amola waterfall. There, where the water of the Sarca draws the land creating pools of clear and crystalline water. Your eyes are filled with the thousand shades that the Sarca offers with truly unique plays of light and colours. Streams, basins of water, splashes, pools and lakes reign supreme, accompanied by the professionalism of the alpine guides.

Not suitable for strollers.

Necessary equipment	<ul style="list-style-type: none"> • No equipment is provided • Trekking clothes and shoes, rain jacket and water bottle.
Services included in the price	<ul style="list-style-type: none"> • Presence of mountain guides

Meeting time: 9.00 am

Meeting place: at the Nambrone Refuge in Val Nambrone

Arrival Info: Near the Rifugio Nambrone there is a large free car park, reachable only by car, there are no shuttle services along the valley.

Difficulty: Simple

Elevation gain: none

Suitable for: Adults and children (Minors must be accompanied)

Duration of the activity: 3 hours, from approximately 9.00 to 12.00

Age: From 8 years old (only accompanied minors)

Max participants: 20 places (1 guide), except the last two weeks of July 40 places (2 guides), the first 3 of August 60 places (3 guides), the last two of August 40 places (2 guides)

- DNW n.2 Barefoot walking - Castagneto

The activity will be carried out accompanied by expert Mountain Friends mountain guides. The circular route of medium difficulty (difference in altitude 70 meters uphill and 70 meters downhill, approximately 1.8 km) presents an alternation of holistic activities and walking.

The characterizing element of this route is the Castagneto, a place full of chestnut trees, essences and meadows that stimulate deep contact with nature.

Necessary equipment	<ul style="list-style-type: none">• Don't forget your k-way, sunglasses, hat, sunscreen, a bottle of water and a snack• Use mountain shoes• Check in advance how to access the various locations on the site https://www.campigliodolomiti.it/en/pl-an/summer-mobility
Services included in the price	<ul style="list-style-type: none">• The fee includes accompaniment with Mountain Friends guides

Meeting time: 9.30am

Meeting place: Castagneto di Carisolo

Arrival Info: Parking on site

Difficulty: Medium

Difference in altitude: 70 m altitude difference uphill and 70 m downhill, approximately 1.8 km

Suitable for: The activity is suitable for adults and families with children over 12 years of age.

Activity duration: 4 hours

Age: 12 years and up

Max participants: 15

- Roldone Thematic Trail

Walk along the Rio Roldone Thematic Path, immersed in an environment dominated by the tall woods and the force of the water of the stream with its waterfalls. The route will follow an

interesting path along the traces left over the centuries by the human presence in this remote valley. We will continue through the fir and larch forests up to Malga D'Arnò, with its vast pastures in the presence of the dolomite walls of Monte Corona and the high peaks of Adamello.

Necessary equipment	<ul style="list-style-type: none"> • trekking shoes (no sneakers), backpack, sun hat, rain jacket, spare change, water (at least 0.5L), snacks
Services included in the price	<ul style="list-style-type: none"> • Presence of the mountain guide or medium mountain companion

Meeting time: 9:00 am

Meeting place: Breg Adventure Park (Val di Breguzzo)

Difficulty: Easy

Difference in altitude: 295 m

Suitable for: Children from 8 years

Duration of the activity: approximately 4 hours, from 9am to 1pm

Age: From 8 years

Max participants: 20

- **Canyoning**

Canyoning in Val Brenta means walking and sliding carried by the current, protected by diving suits and helmets; follow the course of the stream between narrow and deep rocky gorges; dive and be lowered into pools with crystal clear water; all in a context of extraordinary beauty. An exciting canyoning route, with dives, natural slides and abseiling from rocky walls. An experience to come into close contact with nature and discover uncontaminated and fairy-tale places with the professionalism of mountain guides.

Necessary equipment	<ul style="list-style-type: none"> • What to bring: swimsuit, towel, trekking shoes, spare underwear, spare shoes or slippers.
Services included in the price	<ul style="list-style-type: none"> • Presence of mountain guides • Canyoning wetsuit and helmet provided by the guides

Meeting time: 9.00am

Meeting place: Val Brenta at loc . Pra de La Casa

Arrival Info: **Possibility of free parking** in Val Brenta (Pra de La Casa or Piazzale delle Bore) with DoloMeet Guest Card

Difficulty: medium difficulty (a good level of athletic preparation is required)

Suitable for: Adults and teenagers

Duration of the activity: approximately 3 hours

Age: From 12 years (only accompanied minors)

Max participants: 7

- E-MTB tour in the presence of the Dolomites

Meeting in Pinzolo at the parking lot of the Pinzolo - Pra Rodont cable car at 2.00 pm, briefing and explanation of the route by the guides. Ascent with the lift to Pra Rodont, departure for Malga Cioca followed by Passo Bregna de L'Ors, continue to Malga Movlina, descent to Massimeno passing through Malga Plan, return to the starting point, accompanied by the professionalism of the mtb guides.

Not accessible with a trolley

Necessary equipment	<ul style="list-style-type: none"> • No equipment is provided (BIKE NOT INCLUDED) • Trekking shoes, rain jacket and water bottle. • Helmet, sunglasses
Services included in the price	<ul style="list-style-type: none"> • Presence of the mtb guide

Meeting time: from 2.00pm to approximately 5.00pm

Meeting place: Pinzolo- Pra cable car park Rodont

Arrival Info: There is a car park at the meeting point, possibility of leaving the car at the Pinzolo - Pra Rodont lift's car park - Doss del Sabion .

Difficulty: medium

Difference in altitude: approximately 500 meters uphill and approximately 1000 meters downhill

Suitable for: adults and children with good technical-athletic preparation

Activity duration: 3 hours

Age: From 12 years (minors only if accompanied)

Max participants: 8

SUNDAY

- DNW n.8 Family - Nambino

The activity will be carried out accompanied by specially trained expert guides. The route is circular and very simple, approximately 1km long (35m altitude difference uphill and 34m altitude difference downhill). Suitable for families, along which parents and children have the opportunity to carry out a simple walk together and some holistic wellbeing activities .

Necessary equipment	<ul style="list-style-type: none"> • Bring a small towel with you, it will be useful in particular for practicing Natural Kneipp and Bare jogging • Don't forget your k-way, sunglasses, hat, sunscreen, a bottle of water and a snack • Use mountain shoes and trekking poles, especially on routes that include Natural Kneipp • Check in advance the methods of
----------------------------	--

	<p>access to the various routes (alternative mobility, parking, etc.): https://www.campigliodolomiti.it/en/plaan/summer-mobility</p>
Services included in the price	<ul style="list-style-type: none"> • The fee includes accompaniment with Mountain Friends guides

Meeting time: 3pm

Meeting place: Loc . Piana di Nambino , parking attendant house, Madonna di Campiglio

Arrival Info: Parking on site

Difficulty: Easy

Altitude difference uphill: 35m altitude difference uphill and 34m altitude difference downhill

Suitable for: the activity is suitable for families with children under 12 (accompanied ONLY)

Activity duration: 4 hours

Age: All ages

Max participants: 15

- ARTclimbing path and Tibetan bridge

Exciting via ferrata that combines adventure and art: the route is enriched by numerous sculptures in wood, stone and metal, the work of local artists and climbers. Characterized by steeper sections equipped with ropes and steps and others where you can only walk, the route is a ring. The Tibetan bridge completes the experience.

Necessary equipment	<ul style="list-style-type: none"> •
Services included in the price	<ul style="list-style-type: none"> • Presence of the mountain guide • Technical material (harness, climbing kit and helmet) provided by the alpine guides

Meeting time: meeting at 2.00 pm

Meeting place: Rock climbing gym in Preore

Arrival Info: From the town of Preore, take the road that goes up towards Montagne – Prà da l'Asen. After the first hairpin bend on the right, on the left is the climbing gym car park where you can leave your car.

Difficulty: medium

Difference in altitude: 260 m

Suitable for: Adults and teenagers. (Minors must be accompanied)

Duration of the activity: approximately 3 hours, from approximately 2.00 pm to 5.00 pm

Age: From 10 years (minors accompanied only)

Max participants: 6