



WEEKLY PROGRAMME OF THE FREE ACTIVITIES FOR THE POSSESSORS OF THE DOLOMEETCARD (SUMMER 2014)

Required trekking equipment: climbing boots, rain jacket, sunglasses, backpack and packet lunch. Camera and binoculars are recommended.

Required canyoning equipment: climbing boots, swimsuit, shoes and spare clothes. The mountain guides give you the helmet, the climbing harness, the diving gear, the life jacket.

Required mountain bike equipment: you must be able to use your mountain bike autonomously and independently; helmet, trekking boots, rain jacket, sunglasses, backpack, water bottle. Bike rental is not included.

EVERY MONDAY

War signs in front of the Dolomites

Excursion in front of the evocative scenery of the Brenta Dolomites, surrounded by the grazing lands and the woods, theatre of the mountain traditional activities, but also the place of the tragic events of the Great War.

Time: 9.30 am-3 pm

Place: Madonna di Campiglio – S. Antonio di Mavignola

Cycle path tour

Mountain bike tour along the cycle path in Val Rendena, discovering mountain huts, churches and little peasant villages

Time: 9.30 am-2 pm

Place: Pinzolo – Val Rendena

EVERY TUESDAY

Big adventures for little men: MTB tour for kids

A funny way to learn the techniques and how to bike in safety

Age: from 7 to 12 years

Time: 9 am-1 pm

Place: Madonna di Campiglio

...while kids are having fun in their adventurous activities, adults can try an...

Intermediate mountain bike tour

Exciting two-wheels tour at the feet of the Brenta Dolomites

Time: 9 am-1 pm

Place: Madonna di Campiglio

Discovering the fields and woods

Path on stages for children to know and admire the woods and lawns of the protected area, finding the signs left by the ranger

Age: from 6 to 12 years

Time: 2 pm-4.30 pm

Place: Madonna di Campiglio

Trotting...in Val Rendena

First approach to the horse-riding in the two riding centres of Val Rendena

Time: 3 pm-5 pm; 5 pm-7 pm

Place: Villa Rendena; Pinzolo

EVERY WEDNESDAY

Invite to Rio Bianco Nature Area and Stenico Castle

An exciting tour for discovering the Rio Bianco Nature Area and its secrets. Besides learning the medical plants, the visitors can experience the high medieval atmosphere of Stenico Castle with an expert guide. Specific tours for children.

Time: 9 am-5 pm

Place: Stenico

EVERY THURSDAY

Big adventures for little men: tarzaning

A funny airpark with tibetan and flying bridges in a real mountain canyon, with the mountain guides of Madonna di Campiglio

Age: from 7 to 12 years

Time: 9 am-1 pm

Place: Madonna di Campiglio

Discovering the fields and woods

Path on stages for children to know and admire the woods and lawns of the protected area, finding the signs left by the ranger

Time: 2 pm-4.30 pm

Place: Pinzolo

...while kids are finding, adults can try a...

mountain bike tour

Easy-intermediate mountain bike tour, discovering the amazing nature around Pinzolo

Time: 2 pm-4.30 pm

Place: Pinzolo

EVERY FRIDAY

Outdoor with the mountain guides

Intermediate daily excursion in the most beautiful places of Val Rendena and the neighbouring valleys; The mountain guides of Madonna di Campiglio proposes the daily trekking "5 Laghi tour" and "tour of the Dolomites' mountain huts"

Time: 8.30 am- 5 pm

Place: Madonna di Campiglio

The mountain guides of Pinzolo and Val Rendena proposes the canyoning in the Roldone river and in the Nero river (or in the Palvico river)

Time: 8 am-3 pm

Place: Val di Breguzzo; Val di Ledro (moving with your own means)

EVERY SATURDAY

The signs of ice between reality and fantasy

Amazing tour in Val Genova, starting from the "mirrors of the witches" near the "Stella Alpina " mountain hut, and arriving in the reign of the Nardis fairy. You can see the signs of the glacial origin of the valley and know the ancient legends of the fantastic inhabitants.

Time: 11 am-5.30 pm

Place: Pinzolo – Val Genova