There are numerous refuges open after 20 September and in October

**AUTUMN MAGIC IN THE MOUNTAINS**

**Walk among the colors of the autumn foliage that lights up the woods in the valley and then along the high-altitude paths, wrapped in silence, up to a welcoming refuge. In the Fassa Dolomites and in the Pale di San Martino the "Autumn in the Dolomites" initiative.**

**At high altitude with the lifts also in autumn**

The charm of the mountain is above all to conquer that horizon and that certain panorama after even a long and demanding excursion, but this is not always possible. No problem, in fact there are many lifts in Trentino that extend their summer opening until the end of September or the second/third week of October, to allow you to climb to high altitudes and enjoy the views of the peaks and the spectacle of the foliage from a privileged position. Information on the opening of the lifts in autumn. Further information [here](https://www.visittrentino.info/en/articles/trekking-and-hiking/lift-stations-autumn).

"Autumn in the Dolomites" was born to let visitors experience the beautiful season at refuges and in the mountains.

**Seven mountain huts in the Val di Fassa on the** **weekends from 22 September to 7 October** offer hikers the opportunity to live different, unusual experiences. The refuges involved are the Contrin refuge at the foot of the Marmolada, the Passo San Nicolò refuge, the Micheluzzi refuge in Val Duron, the Stella Alpina Spitz Piaz refuge, the Vajolet refuge, the Roda di Vael refuge and the Antermoia refuge in the Catinaccio group. These refuges can be reached easily, comfortably on foot, but in some cases it is also possible to use the lifts. In these refuges, 6 appointments will be offered that are aimed at those who love trekking, photography, yoga or sensory tastings.

To participate, booking is required, which can be done online or by contacting the manager of the refuge hosting the initiative directly. For example, two days dedicated to yoga are planned for 22 and 23 September, at the foot of the Catinaccio, together with Francesca Senette, a television face already known to the public and today a Lifestyle Coach who teaches Hatha Yoga, Pranayama and Yoga Nidra. "Autumn Shots at Roda" is, however, the advanced photography course scheduled for 23 and 24 September at the Roda di Vaèl refuge.

There are also **seven experiences** to choose from, to experience autumn **on the Pale di San Martino and on the Vette Feltrine.**

It all begins on 16-17 September with "The most popular tasting in the world", a weekend for true high-altitude gourmands, to discover the products of the Dolomites Cheese Route in the setting of the Velo della Madonna refuge. The following weekend of 22-23 September, another appointment at high altitude with "Welcome to the Moon", the best way to admire sunrise and sunset while enjoying the warm hospitality of the Rosetta refuge, in the heart of the Pale Plateau, again taking advantage of the opening extended for the Colverde-Rosetta lifts until 30 September. On 30 September and 1 October, the Autumn Dolomites move to the hiking refuges, at lower altitudes. For example, at the Fonteghi refuge for "A dive into crystalline waters and flavors of the past", where the pleasure of good food will be combined with an adrenaline-pumping canyoning in the company of the Aquile di San Martino mountain guides in the clear waters of the Neva stream in Val Noana. On 6 and 7 October instead space for "Hunting for calls of love", an unmissable event for nature lovers who in these two days will be able to admire the enrosadira on the Pale di San Martino and listen to the bellowing of deer in love in the woods of Passo Rolle, combining everything with the gourmet proposals of the Capanna Cervino hiking refuge. Saturday 14 and Sunday 15, we move to Alpe Vederna for "Off course, between detox and unprecedented panoramas", two days of excursions in nature accompanied by a workshop of herbs and mountain flowers with Elisa di Erborì at the Vederna refuge .

**Gourmet experiences at high altitude**

In **Madonna di Campiglio**, in the already autumnal setting of the Adamello Brenta Natural Park, at an altitude of 2,100m, cheeses (a symbol of Val Rendena), local products, local producers and mountain experts meet at the Viviani Pradalago refuge to give life to two days of flavors, between tastings and stories. The initiative is called Sapori insoliti d'Autunno and is scheduled for 7 and 14 October. The protagonist of the first appointment is the Spressa delle Giudicarie DOP cheese, with a tasting guided by an expert. In the second appointment the protagonist is going to be the Alpine char.

**Hiking among the colors of autumn**

The colors of autumn light up the woods of the **Val di Cembra** that you cross along the paths around Lake Santo di Cembra. An easy itinerary starts from here up to the Potzmauer refuge, in the woods above Grumes, and which can be reached after an evening trek to be concluded with a typical Trentino dinner.

The Ledro Treks are two circular routes, on the valley floor and on the mid-mountain, which embrace **Lake Ledro** and offer truly exciting views. Both itineraries are practicable almost all year round. Ledro Trek Low is a 19 km trek to be done in the day that follows paths in the immediate vicinity of the lake offering splendid views of the lake, touching the historic center of Pieve, the Madonnina di Besta, the Stilt House Museum and the Ledro Land route Art.

In Val di Sole, the variety of colors that autumn paints on the woods can be appreciated on the ring itinerary around the Saent waterfalls in Val di Rabbi, one of the iconic places of the Stelvio National Park. From the car park in Coler, about 3 kilometers beyond the hamlet of Piazzola, you walk up to Malga Stablasolo, excellent for a snack on your way back from this excursion that touches the iconic Saent waterfalls.

**Be careful in the mountains**

Before leaving for an excursion at high altitude, you need to carefully plan your outing and evaluate your preparation, also considering that the days are getting shorter. If you are tackling a route classified as having a high technical difficulty or if you are a beginner, always rely on an alpine guide or mid-mountain guide. It is advisable to always contact the mountain huts in the area you want to visit to be updated on the feasibility of the route and the weather conditions, as well as wear suitable clothing for the excursion you are undertaking and the altitude, including the appropriate technical equipment if you intend to walk in the early hours of the day, when the ground on some slopes could be covered by a veil of ice. <https://www.visittrentino.info/en/articles/trekking-and-hiking/caution-in-the-mountains-faqs>

Find out more:  
<https://www.visittrentino.info/en/experience/hiking-and-trekking>