



Trentino

2020 — Free copy

YOUR GATEWAY TO MOUNTAINS, LAKES, CULTURE AND ITALIAN LIFESTYLE

The apple trail

From a forbidden fruit to
an icon of health

Musical landscape

Campiglio Special Week:
exceptional views and guests

Pedal power

430 kilometres of routes
along rivers and through woods
and ancient towns

EDITORIAL

TRENTINO PHILOSOPHY

What are 25 years compared to the 290 million years of geological history preserved among the rocks of the Dolomites? They seem like a very short time, but they have been enough to redesign a new type of landscape that has become emblematic of the whole territory: the acoustic landscape.

Over the past 25 years, in fact, we have participated in the birth and growth of “The Sounds of the Dolomites”, an incredibly fascinating event that has brought musicians and enthusiasts to high altitudes to enjoy the natural spectacle set to music by international artists. Brazil was the common thread running through the 2019 event, now in its 25th year. An ambitious choice that allowed further fusion and experimentation, once again a challenge for audiences, who were immediately fascinated, improvising dance steps in the meadows that would more typically leave footprints in the sand.

But Trentino has so many other landscapes to offer, from the floral to the romantic and colourful, thanks to the expanses of apple orchards that support the local economy and a visual and gastronomic richness that has brought a taste of the region to tables the world over. A fundamental element for the landscape to develop and flourish is water, which in Trentino is abundant and generous, with waterfalls, lakes and beaches. Within just a few kilometres everything can change, the Dolomites give way to soft hills, the most rugged waterfalls to a constellation of lakes surrounded by palm trees and bathers waiting for the last ray of sunshine.

An ancient landscape in constant renewal, ready to surprise you at every turn with unexpected scenarios and new opportunities for relaxation, all written in the rocks.

A YEAR FOR THE FOREST

A resolution passed by the United Nations on 20 December 2018 declared that 2020 will be the “International Year of Plant Health”. The intention of this proclamation is simple: over the 12-month period, studies and initiatives of various kinds will aim to raise awareness among the public, policy makers and stakeholders about the importance and impact of plant health in relation to global issues such as hunger, poverty, food safety, environmental threats and economic development.

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The

TEXT Elisabetta Curzel PHOTOS Luca Rotondo



From a forbidden fruit to an icon of health, the apple is the emblem of Trentino and a characteristic feature of its landscape and traditional cooking. Whether you're walking or cycling, there are many unknown aspects of a flourishing landscape to discover

apple trail



01



02

GOLDEN DELICIOUS

The apple par excellence, it accounts for 70% of production in the Val di Non and the Val di Sole, because of their perfect geographical features. The temperature changes between day and night promote the appearance of the “little red face” that is a guarantee of provenance and flavour.



03

CANADIAN REINETTE

Present in Europe since 1600, it arrived in the Val di Non over two centuries ago. It is the main ingredient of the famous strudel, unbeatable as a cooking apple and the best variety for making juices and distilled drinks.

RED DELICIOUS

As the iconic fruit of the Snow White fairy tale, the Red Delicious has created the classic image of the apple in the minds of adults and children. Cultivated in the Val di Non for over 50 years, it has found a particularly favourable environment. Its smooth and waxy skin is an intense and velvety red, often streaked, crunchy and perfect eaten raw.

Apple growing is rooted in ancient times. Mentioned in the “Carte della Regola” by Dardine as early as 1564, the cultivation of apple trees is pictured in coats of arms and sacred paintings

PAVILLO (VAL DI NON) - At certain times of the year you can just travel around aimlessly and rely on instinct, stopping when you find the right perspective and are captivated by the spectacle: the Val di Non opening up like a fan, surrounded by millions of pink and white petals. Everything shouts that spring is here.

5,000 growers have made the Val di Non the cradle of the most cherished apples. For now, the Golden Delicious, Canadian Reinette and Red Delicious apples are but tiny potential ideas enclosed in the pistil of each flower; by autumn they will have turned into refined and juicy fruits, ready for us to eat.

Cultivated for centuries in the “brolo” - an ancient word that describes orchards located near houses - today apple trees grow in larger plantations that cover the whole valley in systematic and very accurately planted rows. The “Apple Trail” is not an itinerary but a whole context, built with dedication and patience by one generation after another.

In the Val di Non, apple growing is rooted in ancient times. Mentioned in the “Carte della Regola” by Dardine as early as 1564, apple tree cultivation is pictured in coats of arms and religious paintings. For modern visitors, however, the apple trail is above all visual, olfactory and omnipresent. The whole valley is criss-crossed by many different itineraries, easily travelled on foot or by bicycle, that

pass through places suspended between the modern and the ancient world. One of these is Valer Castle, which, in the month of April, stands out with surprising vigour among the blossoming apple trees. Located a short distance from the “Brolo di Umberto”, and mentioned for the first time in 1297 as the site of a negotiation between two local landlords, the manor has been in the hands of the Spaur family, who still live there, since the fifteenth century. Since 2018, visitors have been allowed into the public areas at specific times, accompanied by a guide. The ticket for the tour, lasting an hour and a quarter (and also available in German), must be purchased in the town of Tassullo, a short distance away. The visit is well worth the small price. The octagonal keep of Valer Castle - the only one of this shape anywhere in the Alps - is silhouetted against the mountains; the two-coloured shutters tell a story of ancient nobility, and the chapel of San Valerio, frescoed by the Baschenis in 1473, preserves a splendid example of brightly coloured Gothic-Renaissance paintings. The trip along the dirt road that runs between the apple orchards, from Tassullo to the castle, takes about fifteen minutes. Our advice is to proceed calmly, immersing yourself in the delicate fragrance of the blossoms and picking out the varieties with the rosiest flowers here and there among the rows of white-flowered trees. These are pollinating plants, which produce less

fruit but more pollen: with the help of the bees, it is their job to ensure the pollination of the surrounding trees.

If you want to enjoy an undulating flower-decked trail that's also accessible for buggies, head for the Santa Giustina Lake. Starting in the settlement of Revò, a narrow surfaced and signposted path runs down and through the apple orchards planted on the slopes and on to the largest artificial lake in Trentino, a destination for canoeists, fishermen and lovers of rustic charm. The beach you come to at the end of the last stretch is not equipped for bathers but from here you can admire the vastness of the artificial lake and its picturesque canyons. Gazing around every curve of the lake, depending on the orientation, you can admire the spring beauty, with its blossoming orchards and snow-covered peaks. The large expanse of water ultimately provides that sense of completeness that is so much a part of a proper holiday far from everything

There is also a circular itinerary, ideal for families, that transforms the blossom experience into a proper excursion. Starting from Romallo, follow the signposts for the Almeleto trail, which begins with a walk through the orchards. In spring you'll often meet people working in the fields as this is the perfect season for planting new specimens, perfecting existing ones and preparing the ground to produce the best possible crop. All along

the Almeleto trail you'll find games and installations for learning through play. The signs and illustrations reveal the secret ingredients of the apple universe that is the Val di Non: fresh water, the mountain ranges that provide protection against the frost, temperature changes between day and night that turn each fruit into a crisp and colourful jewel.

The path leaves the apple orchards behind to venture into the woods, crossing the ancient bridges over the Novella stream and passing by the San Biagio Hermitage, revealing various kinds of humid-loving forest vegetation. Then it retraces its steps beautifully and heads back to Romallo, inviting you to walk quietly, enjoying the frothiness of the apple blossoms.



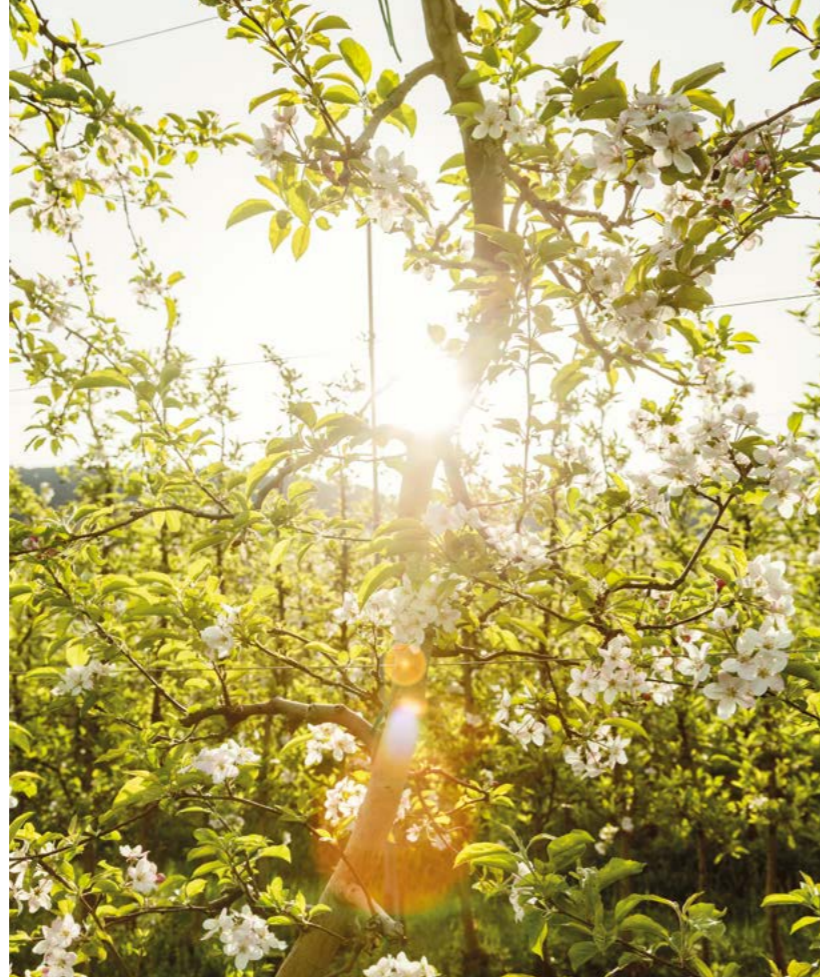
04

ELISABETTA CURZEL

A journalist who specialises in popularising science and culture, has dedicated the last twenty years to squaring the circle of creating real dialogue between different cultures. She also thinks every day about everything that can be used to safeguard the planet.

LUCA ROTONDO

Since 2013, he has worked with various Italian and foreign magazines and taken part in both personal and collective exhibitions. In 2015, he won the Ponchielli prize and for the last 4 years he has been teaching Landscape Photography at the IED in Milan.



05



06

01 Plantation near Revò, on the slope down to Santa Giustina Lake

02/03/05 Plantation near Taio

04 The hand of Mr Guido Agosti, the owner of a farm in Romallo

06 Mr Guido Agosti during the planting of new trees

07 Cyclists near the Castellaz bridge on Santa Giustina Lake



07

HIGH MOUNTAIN COOKING

THE PERFECT APPLE STRUDEL

The Segna family have been running the Locanda Alpina, in Brez, since 1933. The restaurant kitchen has always been the domain of the women of the house: the sceptre has now passed into the hands of Silvana, who serves a menu made with the typical local produce, while never failing to amaze diners with lively and refined details.

This has been a working kitchen for almost a century: are there equally ancient recipes on the menu?

Yes, our apple strudel is made according to a recipe handed down by my mother-in-law, who in turn learned it from the previous generation. I taught my daughter Giulia to make it as she is now in charge of making desserts.

What is the secret to turning out an excellent apple strudel?

We believe that the best apple strudel is the simplest one, which is why we follow

the oldest and "poorest" recipe that uses nothing but apples, sugar and cinnamon. One trick that few people know about is to add two or three different varieties of apple, never only one, having the foresight to use at least one apple with some acidity, like the Reinette, for example.

What is the best accompaniment to strudel?

There is a trend now for eating it with ice-cream or vanilla cream, but good strudel can definitely be eaten as it is, with a dusting of icing sugar, without adding anything.

Do you also use your apples in other preparations?

Apples go well with many ingredients. In summer we use them in salads, to enrich the dish and refresh the palate.

In autumn, we use the first Reinettes to prepare a savoury pie that we serve with wild chicory leaves, following another very old recipe, also handed down by previous generations. My sweet and sour apple compote is a staple and very appreciated condiment for a variety of meat dishes.

But there is more to the food served in the Val di Non than just apples...

Of course, no one should leave this area without tasting the potato tarts, cheeses, game dishes, pretzels and, why not, raw potato gnocchi with toasted bacon!

TIPS

Farm holidays among the apple trees

A warm welcome, a peaceful environment and the beauty of nature: here are five agriturismi or farm holiday centres where you can enjoy the blossoming apple trees in Trentino, Val di Non and beyond.

1

Agriturismo Il tempo delle mele
Frazione Samoclevo - Caldes

agriturdellemele.it

Surrounded by apple orchards and close to monuments like Caldes Castle and the Rocca di Samoclevo, embraced by the Brenta Dolomites, the Iachelini family farm is the perfect place for a Trentino stay dedicated to nature, with guests pampered in the on-site wellness centre.

2

Agritur Golden Pause
Frazione Toss - Ton

goldenpause.it

A stone's throw from Thun Castle, surrounded by beech woods and apple orchards, the Agritur Golden Pause is the ideal place to explore the Val di Non, charging your batteries every morning with the hearty breakfasts lovingly prepared by Signora Carla. You'll also find a wellness area equipped with a sauna and steam room.

3

Agriturismo Verdecruco
Località Maso Murari - Caldonazzo

verdecruco.it

As well as the Val di Non, the plain between the lakes Caldonazzo and Levico is also a fertile ground for apple orchards. Thanks to the large restaurant windows, Agritur Verdecruco provides a stunning view of this part of Trentino. Don't miss the refined vegetarian menus offered monthly by the Murari family.

4

Agriturismo La Dolce Mela
Frazione Ciago - Valle dei Laghi

agriturladolcemela.it

Organic apple juice, jams, olive oil, pasta and bread made with local wheat: the La Dolce Mela organic farm delights its guests with the best local produce. An ideal base for discovering the charms of the Valle dei Laghi, this property is located in Ciago, a few minutes from the romantic Lake Toblino.

A COLLECTOR'S CASTLE

Valer Castle and its owner have guided people on the Roman road since 1200. From Mozart to Pope Pius IX, many famous names have left their mark over the centuries, turning an already magical place into a historical treasure trove, now open to the public. Opening the doors and gates to his home, Count Spaur tells us the story



01

TEXT Michele Sasso
PHOTOS Camilla Ferrari



02

From a Roman camp to a medieval fortress, prison, base of the Austro-Hungarian army and finally a residential complex: over 800 years of history are told through the furnishings, floors, internal courtyards, decorations and objects that fill the 88 rooms of Valer Castle. In Tassullo, in the heart of Val di Non and at the foot of the Brenta Dolomites, the 27-metre tower that overlooks the estate of the Counts of Spaur (the only octagonal tower in the whole of Trentino and a symbol of strength due to its height), is almost camouflaged by the stretches of apple orchards. The walls follow the same octagonal design and enclose the Castel di sotto (the oldest building dating from the 14th century) and the Castel di sopra (from the 16th century).

The tower is also a reference point for the Roman road that skirts around the manor house. In Roman times, to avoid people losing their way, light signals were installed at the top that were visible from afar. It was built on the right bank of the Noce river, at a crucial control point. Many of the access roads to the valley were already known in pre-Roman times, others were created by the Romans themselves and some are now abandoned or have become paved roads, just like the Roman road that passes through Tassullo.

Today, Valer Castle overlooks many acres of crops but rather than a museum and a tourist attraction (which can be visited by appointment) it is a real Wunderkammer, a chamber of wonders or cabinet of curiosities: the hobby of 16th century collectors who accumulated sets of extraordinary and bizarre objects.

Alongside paintings depicting members of the Spaur family and the Wedding at Cana, we find 18th-century coats of arms of the Italian, Tyrolean and Bavarian families who married into the local nobility, the Ulrico salon, with its coffered ceiling, and the fortepiano played by Mozart and on which he composed the mass in 1776 for the consecration of Ignaz Von Spaur as Bishop of Bressanone.

The rooms frescoed by Marcello Fogolino and Cristoforo Madruzzo, the collections of clocks and strange objects (the snuffbox donated by Pope Pius IX and a strip of the sheet with which Veronica wiped the bloody face of Jesus), the

wood-panelled bedrooms and those used as a study where the so-called “animated stick” is kept: the name of which derives from an internal core, i.e. a blade. Back in 1290, on returning from the last crusade in the Holy Land, a family member hid within it the first silkworms to arrive in the Val di Non. Beyond these are a garden with walls covered in Boston ivy, cellars, a Gothic kitchen and 16 oil-filled stoves (all still working) that are not only beautifully ornamental but for centuries were the only heating system.



03

- 01 Beyond the entrance gate, narrow cobbled roads skirt around Valer Castle
- 02 View of Valer Castle from the apple orchards near Portolo
- 03 Photographs from the family archives of Count Spaur
- 04 Count Spaur, the owner of Valer Castle, in one of the three Sale Madruzziane

The name “Valer” originates from San Valerio, to whom the small private chapel is dedicated. Within these walls, where ancestors played tennis and administered the estate, seven bishops, Austrian and Italian officers, and earlier on crusaders fighting the Turks in Vienna, all found a home.

“Castel Valer was built in 1211, when it was owned by the Counts of Appiano, and later passed to my family in 1368”, says Count Ulrico Spaur, the last descendant. “When my grandfather decided to remove the Gropello vines in 1907 and replace them with the cultivation of ap-

ples, the rumour spread in the village that the count had gone mad”. That decision, which seemed to be such a gamble, was a turning point that brought wealth to the whole valley: the weather conditions, exposure to the sun and the soil all have a positive effect on the flavour of this fruit.

“Today, our task is conservation – concludes Ulrico Spaur – : three years ago I decided to keep it alive and make it known to everyone.”

MICHELE SASSO

Is a professional journalist who has worked for national newspapers and weekly publications. He now works in the Italian news division of La Stampa, specialising in investigations and visual journalism. He teaches journalistic communication and storytelling at the Mohole school in Milan.

CAMILLA FERRARI

Is a multimedia visual storyteller from Milan. Her work, which combines photographs, moving images and sound, focuses on the relationship between human beings, their surroundings and their everyday stories, which she illustrates with a delicate and unobtrusive approach.



04

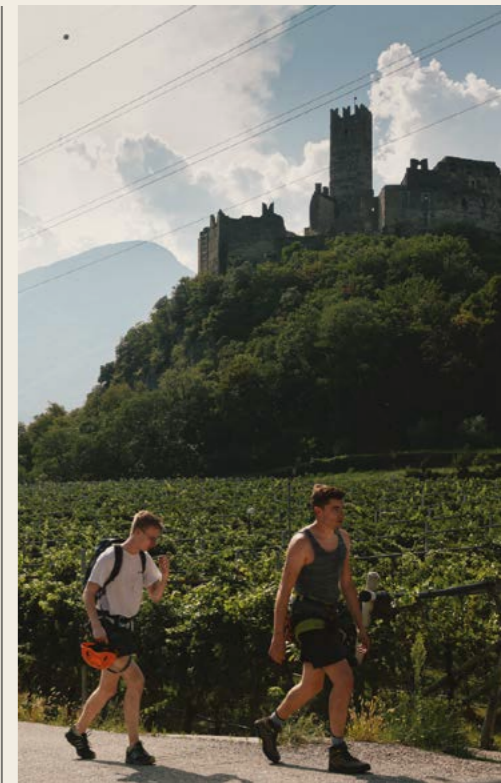
TOBLINO CASTLE

A unique view

Toblino Castle dates back to the 11th century, when it had a strategic military function on the road to the Giudicarie. According to legend, even before assuming its strategic role, the place appears to have had a magical religious function

Two thousand years ago, the level of the lake was about two metres higher and the strip of land on which the castle stands today was an island in the middle of the lake. The locals believed the place to be sacred. In the third century a small

temple was built here and dedicated to the cult of the Fates, ancient Roman divinities that could predict destiny. Evidence of this can be seen in a walled tombstone in the portico of the castle that the archaeologist Paolo Orsi defines as “the only one of its kind in Roman epigraphy”. Today, the 16th-century fortress, with its harmonious Renaissance forms, is one of the most photographed in Trentino and owes its fame to its singular position and the beautiful environment that surrounds it.



DRENA CASTLE

The lunar fortress

Drena Castle owes its current appearance to a decision taken to maintain the ruins during the renovation. It stands on a cliff (only 15 km from Riva del Garda) with a complete 25-metre tower and was the site of an ancient castle. In medieval times, the fortress became the property of the Lords of Sejano and later the Counts of Arco.

Frequently disputed, it was destroyed in 1703 by the French troops of General Vendôme. Today the complex, consisting of a Ghibelline wall that contains the remains of the count's palace, a small chapel and other buildings, is open to visitors. The journey here affords a view of the Marocche desert, resulting from the action of glaciers, with debris accumulated due to a series of landslides in the post-glacial period having created stony hills up to 250 metres high: a lunar landscape with the typical characteristics of arid areas, a peculiarity that has earned the Marocche protected status as a provincial biotope.



What mystery does Lake Ledro hide? Who lived along its shores? With the help of Doar the Wise, Bobò the Dwarf goes in search of the lake's first inhabitants, a blade the colour of moss and ancient stilt houses.

Bobò's Treasure

TEXT Michele Sasso
ILLUSTRATIONS Philip Giordano

Bobò the Dwarf, who used to spend his time searching for precious metals in the caves and mines of the Alps with his friends, is old now and has decided to rest in an area of the woods near Lake Ledro, a small stretch of water not far from Lake Garda.

One day like many others, after a particularly dry season with little rain, digging to find useful roots to make his favourite liqueur, he found a strange tool in the undergrowth, a bit like a dagger. However, the blade was neither iron nor metal, but a material he didn't recognise. That evening he went to bed early so he could make an early

start. He dug and snorted, snorted and dug all day near the shores of the lake until, at sunset, Bobò was rewarded for his efforts and patience: it was a real treasure! Tiaras, pins and crowns worn as ornaments by ladies from who knows when, as well as crockery and ceramic, wood, bone and horn accessories.

Bobò had uncovered the relics of men and women who lived thousands of years before him just a few steps from his house. The material remained a mystery however, and what was that strange dark green alloy?

Bobò remembered that a wise dwarf called Doar, who was fond of history and

archaeology, lived in a neighbouring village, so he decided to visit him to show him the dagger. When he saw it, Doar had no doubt: "This is the famous and beautiful Ledro dagger, made out of bronze 4,000 years ago. Where did you find it?". Bobò told of his discovery on the shores of the lake and the dwarf archaeologist explained to him that the bronze used to make hunting tools and weapons was a fusion of copper and tin extracted from minerals or exchanged through trade.

"Where there are so many tools and artefacts there must also be a village", Doar said confidently and the two dwarves decided to gather all the inhabitants in the valley to continue digging near the lake. It was a tiring and labour-intensive job that lasted weeks and weeks but also brought great satisfaction: from the mud they dug out a canoe made from a single piece of fir more than five metres long. The canoe had been built thousands of years before and used to transport materials from one side of the lake to the other and also to reach the crevices around the lake that were most suitable for fishing.

And then one, ten, a hundred, a thousand, ten thousand wooden poles that supported a whole village on stilts, made of huts built with straw, wood and canes on a wooden platform, resting on wooden poles fixed to the bed of rivers, lakes, lagoons, marshes or sometimes even dry land. A kind of tree house, but without the tree.

To this day, Bobò is a witness to the great discovery and the custodian of a magical lake. Bobò is at his happiest when people young and old visit him and he can tell them how life was 4,000 years ago, among the primitive people who lived during the Bronze Age: about Saba, the wise shaman, Bacmor, the



What are stilt houses? Stilt houses are straw, wooden or reed huts built on a wooden base resting on stilts (also wooden) set in the bed of a river, lake, lagoon or marsh, on its banks or even on dry land. A kind of tree house without a tree.

brave warrior, Massangla, the sweet young girl, and Otzi, the unknown traveller. They all lived in the village on stilts on the shores of Lake Ledro.

And to better explain the life of our ancestors, Bobò has reconstructed real houses on the poles that symbolise the different areas of the houses: the treasure room, the kitchen, the

bedroom and the workshop. Three stilt houses illustrate the life of the village chief, the craftsmen and the farmers, fishermen and hunters. Bobò chose the most beautiful and majestic trees in the wood, he cut them down and, using the Ledro dagger, he carefully carved out the rooms you can visit and touch today. He found most of the materials

right there in the woods, near the lake, and used them, combining them with great attention to detail, like primitive people did.

TRENTINO FOR KIDS

FAMILY HOTEL

Child-sized hospitality: 6 hotels for the young, and not so young

1

Alpino Baby Family Hotel

Menus designed especially for the little ones, night-time baby feeding facilities, indoor pool with slides and water jets, a splendid playground, a Lego yard, workshops, tree houses and much more make a stay in this Andalo hotel on the Paganella Plateau unique. Nestled in a verdant area in summer that is covered in snow in winter, surrounded by the Brenta Dolomites, majestic mountains that provide a unique view every morning.

www.alpinofamily.it

2

Family Hotel La Grotta

If your children love fairy tales and dream of waking up in a tree trunk or in a marmot's den, this is the hotel for you. The carefully furnished rooms are true works of art for children. The family atmosphere makes every day spent in Vigo di Fassa even more magical, surrounded by animals and pets, workshops, Ladin cuisine and opportunities to relax in the wellness centre.

www.hotellagrotta.it

3

Family Hotel Primavera

The first Family Hotel in Trentino, for over twenty years it has been offering unique holidays for children and their families. Located in Levico Terme, a spa town where you can enjoy a swim in the lake and stroll through woods and mountains, the hotel is designed for families to enjoy experiences in contact with nature, through services, workshops and activities allowing guests to escape from the frenzy of everyday life to find a new rhythm.

www.familyhotelprimavera.com

4

Family Hotel Adamello

If you want your holidays to be an opportunity to spend quality time with your children, this hotel at Passo Tonale is the place for you. Child-sized climbing walls, reading corners and many other services are designed to make the stay comfortable for your children (for whom specific summer camp activities are organised), but you can also venture out with them to discover the Stelvio National Park and practise sport surrounded by nature.

www.hoteladamello.com



5

Fabilia Family Hotel Polsa

Nestled in the mountains of Monte Baldo, a stone's throw from the ski slopes, the hotel has a panoramic swimming pool, with mountain views, outdoors in summer, covered and heated in winter. Children's park with inflatables, theatre shows, chocolate festival, afternoon snacks, paediatric assistance and specific menus designed for the little ones will make your holiday unforgettable.

www.fabiliapolsa.com

6

Active, Family & Wellness Hotel Shandrani

Surrounded by nature, this hotel in Tesero, Val di Fiemme, offers family-friendly activities and experiences. The staff are always attentive to every need and provide constant support. Children can have fun in the miniclub with the "Bottega della Fantasia" workshop or enjoy the playground in the large garden. The wellness centre offers guaranteed relaxation with massages for mothers and babies and specific treatments for children and teens.

www.shandrani.com

HIGH MOUNTAIN JAZZ PLAYERS

MUSICAL LANDSCAPE

TEXT **Pietro Minto**PHOTOS **Alberto Bernasconi**ILLUSTRATIONS **Giulio Castagnaro**

01



During the Campiglio Special Week, 4 cello players provided a musical accompaniment to a 3-day trek. 40 participants from all over the world experienced excitement and breath-taking views from Val Gelada to Camp Centener, where they found Jaques Morelenbaum, the jazz player who wrote the history of Brazilian music, waiting for them.





- 01 Dawn concert at the Passo del Grosté, Brenta Dolomites
- 02 Bocca dei Tre Sassi
- 03 Mario Brunello, artistic director of the festival, on a hike

“These mountains, that were once seas, now welcome music that delights our ears. Here with you today is the story of all of us.”

ANGELA GROSSI
Hong Kong



“My first visit to the Dolomites was a unique experience: I love the mountains and I love music. Their combination with extraordinary landscapes is incredible, magical, it has inspired me a lot. When I got home I couldn’t stop telling everyone about it! I’ll definitely be back!”

NICOLE DANNER
Ludwigsburg - Germany

HIGH MOUNTAIN JAZZ PLAYERS

How it feels to play on a stage in the heart of the Dolomites

STEFANO BOLLANI

For your “Que Bom”, you flew to Brazil to record with local musicians: what were you looking for exactly?

Pianist and composer

I wanted to record some songs I had composed myself but with a “Carioca” sound, so I went to Brazil to find the same musicians as before. I wanted my piano to converse with a myriad of percussion sounds.

Jazz is also about improvisation. What has this art taught you outside the realm of music?

Among many things, that making mistakes opens doors. In music, as in life, someone else may have a better idea than yours, and you should follow it. It’s like walking in a little-known place, following parallel paths and discovering a more interesting dimension than you had expected.



You have played all over the world, but what is it like to play on a stage, on your own, among the Dolomites?

I am always immensely pleased to come back. Being able to play in such a magical place is truly a privilege. I’ve played on many different stages, some of them incredible, but if I had to choose the most unique surroundings, I would say that playing in a favela in Rio was the most indescribable experience.

What relationship do you have with social media and the hyperconnected world in which we live? What do you do to break away from it all?

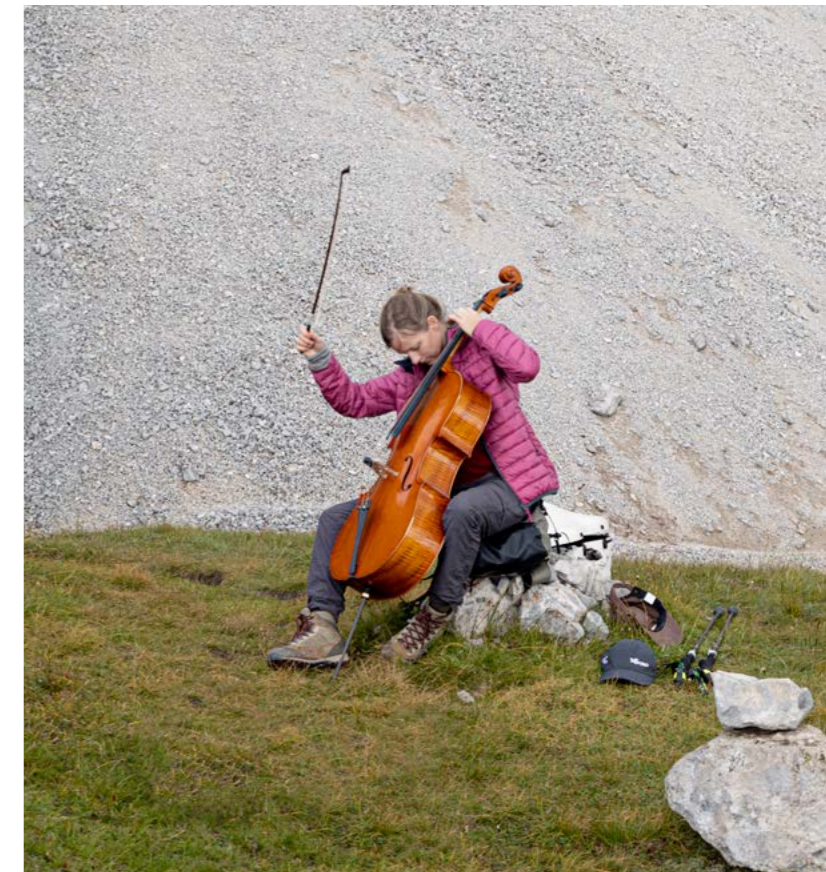
I would say that I am more hypoconnected than hyperconnected. I use social media and technology in general when it happens, or I need it. When I’m playing, I am definitely detached from everything, only the here and now counts.

04 Hikers during the Val delle Glare ascent

05 Naomi Berrill during a mountain concert, Cima Vagliana



05



HIGH MOUNTAIN JAZZ PLAYERS

From Buenos Aires to the Dolomites, just keep travelling and playing

JAQUES MORELENBAUM

Cello player, producer, composer, conductor: what do you mostly see yourself as?

The important thing for me is to be able to do almost everything. Music is a big thing, as big as the universe, and within this universe there are billions of microcosms. Every microcosm has specific interests and a particular flavour: for me, music is more olfactory, more related to the senses, than to academics.

What's the difference between playing in an ordinary concert hall and a stage surrounded by the Dolomites?

There is a huge difference. The best music is born when the surroundings are digested and processed by the musicians, so they can transmit the resulting energy to the audience.

And what relationship do you have with the mountains? How do you experience them?

I was born by the sea, in Rio de Janeiro. I love

Cello player and composer



the mountains for two reasons: simply because they are the opposite of the sea, and because I love nature. One of the reasons why I became a musician was my love for nature: music is the poetic part of nature.

We all need a refuge, a place or an activity in which we can take shelter: what is yours?

I have many but just a moment ago, at the hotel, I enjoyed an activity that gave me immense peace: a whirlpool bath. *(he laughs)* The silence, the sound of the water, the heat...

After all, you're always traveling...

All musicians are travellers. There are no musicians who don't travel. Look, on my mobile phone I have a list of all the concerts I have played in my life *(he shows me a document full of dates, information and names):* with tonight's concert that makes more than 2,800... I am always on the road.



06



07

PIETRO MINTO
Born near Venice, lives and works in Milan, where he writes about culture and technology. In 2019, he contributed to the collection of essays *The Game Unplugged* (Einaudi).

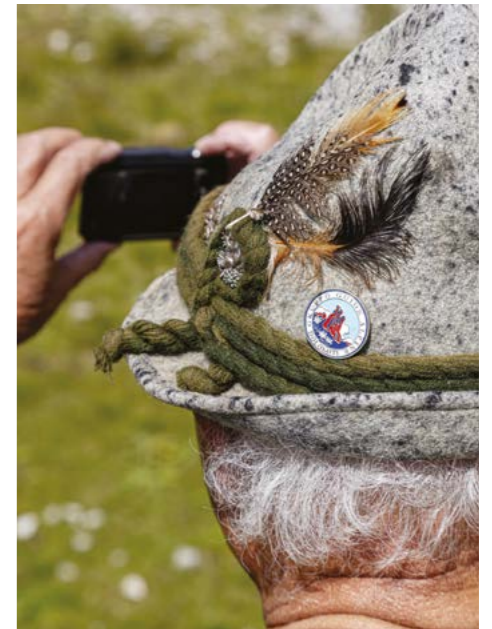
ALBERTO BERNASCONI
A photographer and photo-editor, works with the biggest international publications, including Stern, The Financial Times, National Geographic, reporting on the world as it is for over 15 years through reportages and corporate work.

“The reason why I return to Trentino every year for the Sounds of the Dolomites festival is not only the music but also the rocky summits that gradually fall into shade at sunset, the artists, friends old and new, the Alpine guides and the Italian hospitality.”

MUTSUMI MOCHIDA
YOKOHAMA - Japan



08



09

“I have been visiting Trentino for 40 years and have learned to love its silence, the noises of the forest, the sounds of the streams, the sunrises and sunsets. For the past 25 years, I've been involved in the Sounds of the Dolomites festival, where mountains and music come together on extraordinary stages to make you dream.”

NEREO BISON
Padua — Italy

06 Jaques Morelenbaum during the concert at Camp Centener

07 Naomi Berrill during a mountain concert at the Rifugio Brentei

08-09 Cold fountain, Rifugio Graffer, Brenta Dolomites

PEACE AND QUIET IN THE DOLOMITES

Two hundred and ninety million years of geological history have seen oceans give way to pink peaks. Cross-country skiing – one of the most accessible and environmentally sustainable sports – gives you the opportunity to peacefully admire undiscovered scenery.

TEXT Raffaele Panizza

PHOTOS Daniele Lira

The woods open up, the footprints of an Alpine hare come to an abrupt halt at the edge of the trees and the views spread out over the Cima Roma, the terraces of Grostè, the Val Gelada and the Orti della Regina. As you speed along the ten-kilometre Campo Carlomagno cross-country track, just above Madonna di Campiglio, the views of the Dolomites explode like an endless slow motion, as if your skis were being carried along like a movie camera. When you're ski mountaineering you can

see the scenery from the inside, but not with such a broad expanse, not in a way that allows you to glimpse the reflections and pink texture of the bare rock.

In the wake of the celebrations marking a decade of the Dolomites' inclusion on UNESCO's World Heritage list (awarded on 26 June 2009), cross-country skiing seems to be the discipline that best combines exercise, the opportunity to take in the beauty of nature, fun and cost savings (ski lifts are not required

and equipment rental can cost as little as 13 euros per day), to be enjoyed as you swish along Trentino's many Dolomite tracks. "A growing number of people, especially those in their 40s fleeing crowded slopes in search of a closer contact with nature, are becoming interested in this sport", explains Debora, an instructor at the Cross-Country Skiing Centre in San Martino di Castrozza, overlooking the stunning panorama of the Sass Maor.

Passion for this sport is handed down from father to son and in many Trentino schools it is stoked further by games: courses peppered with small bridges, obstacles and balls to be hit with sticks. "As

soon as you lean backwards it feels as if you're going to take off", says Massimo, an instructor in Campiglio for four decades. "Although you might not think so, the first obstacle you have to overcome is fear". Once that has been conquered, it's a spectacle for the eyes and the mind, one that can be explored in more detail at the MUSE in Trento, a science museum with an entire floor dedicated to the geological history of the Dolomites. Two hundred and ninety million years ago they were sea, and fossils are still embedded in the dolomite rock. You might be able to spot a shell from the Triassic among the glare of the snow if you move slowly.

RAFFAELE PANIZZA

A television journalist and author, he writes for "Vogue", "Vanity Fair" and "Icon". Despite being a passionate AC Milan fan, he wrote *Negrazzurro. La vita difficile di un ragazzo impossibile*, a biography of Mario Ballotelli in 2010.



01 San Martino di Castrozza, Pale di San Martino, Cimon della Pala

02 Cross-country skiing in Fulgaria, Passo Coe

03 Cross-country skiing at the Passo Carlo Magno, Madonna di Campiglio



TIPS

Schools and tracks

Wondering where to start or deepen a passion for cross-country skiing? Four schools and many coaches allow novices and enthusiasts to spend unforgettable days at the foot of the Dolomites.

1

Centro Fondo San Martino di Castrozza

Its 9-kilometre track is among the most spectacular in the whole of Trentino: at the foot of the Velo della Madonna and Cimon della Pala, it winds through the Colfosco forest and the Prà delle Nasse biotope, a protected area and the last peat bog inhabited by roe deer, foxes and squirrels.

2

Centro Fondo Campo Carlomagno

"There are three ring-shaped tracks: a 3-kilometre "baby" track, a 7-kilometre "sprint" track and a 10-kilometre "world cup" track", explains Silvio, one of the coaches on this spectacular track where champions like Giorgio Di Centa and Stefania Belmondo have trained in the past. The view of the Brenta Dolomites is stunning, and the path is in full sunshine all day long. The biathlon is also practiced here, combining cross-country skiing with target shooting.

3

Centro Fondo Viote Monte Bondone

In a sunny valley, at the foot of the three summits of Monte Bondone, you'll find 35 kilometres of trails for both classic cross-country skiing and the skating variant. With a covering of artificial snow at the beginning of the season, it also includes tracks for other disciplines, including fat biking, luge and Nordic walking.

4

Centro Fondo Passo di Lavazè

Skiing at the foot of the Latemar, which geologists consider to be a perfectly intact and preserved "fossilised atoll". The local ski school has been active since 1971 and specialises in teaching the classic technique, skating, turning and descending, as well as having a long tradition of encouraging people with disabilities to take up the discipline.

DARIO COLOGNA

GOING CROSS COUNTRY



ILLUSTRATION André Ducci

Forty races a year and gold medals won in the Val di Fiemme and Lake Tesero. Dario Cologna was the first Swiss cross-country skier to win the world championship in this discipline. He lives the mountains to the full: "With a glass of red wine at the end of the day to reward his efforts".

With his American action man face, Dario Cologna was the first Swiss cross-country skier to win the world cup in this discipline. A keen golfer who loves detective novelist Jo Nesbo, football and Italian red wine ("After the Val di Fiemme races, a glass of Teroldego is one of the greatest treats"), at 33 he can boast four Olympic gold medals and as many victories at the Tour de Ski. "From sprinting to the 50km races, I love trying my hand at anything: cross-country is one of the most varied disciplines there is".

How many races are you involved in every year?

The season is quite short but very intense: there at least 40 essential competitions.

Is there a high risk of injury in this sport?

Absolutely not. Falls have a negligible impact and the only danger is a torn muscle, often due to excessive training, and a little back ache if you don't keep the correct posture.

What is your most intense memory associated with Italy?

The gold medal I won at the World Championships in 2013, with the Cermis mountain in the distance, and the cross-country stadium at Lake Tesero, which is surrounded by one of the most beautiful landscapes in the world.

What other winter sports do you enjoy?

I like fat-biking and snow-kiting, and obviously ski mountaineering, which I use to relieve the stress of the tougher training sessions. I live in Davos and the slopes are right behind my house.

And as soon as the snow melts?

Hiking and roller skiing, a kind of cross-country skiing on roller skis that is performed on surfaced roads and replicates the two basic styles: skating and traditional.

Which is the most enjoyable version of cross-country skiing?

I would say it's the biathlon, which combines skiing with rifle shooting.

Why do you think cross-country skiing is coming back into fashion so strongly?

Because it's inexpensive and trains the whole body. You can do it for a couple of hours and then do something else, like going to the gym. And because after training you can treat yourself to a wonderful wellness session: a sauna followed by a dive into icy water are perfect.

PEDAL POWER

Over 430 kilometres of routes past rivers and streams, ancient villages, farmed countryside and forests, creating a network of paths to feast the eyes of cyclists.

TEXT Michele Sasso

PHOTOS Giuseppe Ippolito

Short stretches of dirt road alternate with the cycle path, with the Adige on one side and apple orchards and vineyards on the other. Not forgetting a triumph of castles, Austro-Hungarian fortresses and natural oases. Many cyclists start from the Brenner Pass, the gateway to Austria, taking four or five days to reach Trentino before carrying on down to Verona. But for those who instead decide to criss-cross Trentino's cycle paths, over 400 kilometres of beauty and nature await. There are 11 different routes: from the Valsugana to the lakes of Toblino and Cavedine, from stretches that reach heights of over 1,300 metres in the Val di Fiemme and Val di Passa to the seven churches of the valley of the same name on the border with the province of Brescia. We decided to start our bike ride in Trento and finish it in a swimsuit on the shores of the lake, under a hot sun, after about 40 kilometres pedalling between the Adige and Lake Garda. Setting off from the regional capital, we

passed the Museo delle Scienze and the new district designed by Renzo Piano on the ashes of the old Michelin factories. Just outside the city we came across the Ferrari winery, home of Trentodoc, the consortium of 53 wineries and nine million bottles produced per year. It was here that sparkling wine was first produced in Italy by Giulio Ferrari in 1902. He was the first to understand that the higher altitude of the vineyards could give the grapes a unique characteristic, producing a high-quality sparkling wine from Chardonnay grapes. Today the winery of the same name offers itineraries, tastings and visits to discover the art of bubbles, architecture, painting and good food.

Leaving the built-up area behind, we came across vineyards of Marzemino, Enantio and Merlot, all produced in this area. Wineries, agriturismi and mountain huts lie just off the route. Perfect for those who love strong flavours and mountain excursions, a climb up to





02

Short deviations from the main route are all that's needed to reach wineries, agriturismi and mountain huts. Further south lies Rovereto, a city of art on the slopes of the mountains

1,075m takes you to the Rifugio Maranza, a Slow Food stronghold that, in addition to organic products, offers menus with ingredients produced by local Trentino farmers, growers, processors and distributors. The goal of the movement is well known: reducing polluting emissions and showcasing local products. Returning to the banks of the Adige, after just 12 kilometres, we met our first "bicigrill" kiosk (useful for keeping your wheels in working order) and the picturesque Taio biotope, a marshy area covering almost five hectares. The name Taio means "cut", lying where the river has created a broad loop. Once one of the largest wetlands in the whole valley, it is known in local

scientific circles for preciously guarding rare plants and animal species. Despite this richness, over the years the area has been subject to numerous instances of reclamation, real "cuts" that have reduced its length to make room for new agricultural land. Fortunately, in the 1990s the area was restored and is now a destination for bird-watching. If you need a break, why not stop in Calliano and Besenello to admire Castel Pietra, the theatre of important battles and the imposing fortified Castel Beseno complex?

A few more pedal rotations and Nomi beckons with its Pedrotti winery, where the Trentodoc bottles are "processed" and laid down in a cave initially created by

03



04

01 Section of the cycle path near the San Giovanni pass

02 Castel Beseno, municipality of Besenello, now one of the sites of the Castello del Buonconsiglio museum complex

03 Section of cycle path leading to the Nomi bike and pedestrian route along the banks of the Adige river

04 View of Piazza Adamo D'Arognò, Trento. On the right, the San Vigilio Cathedral

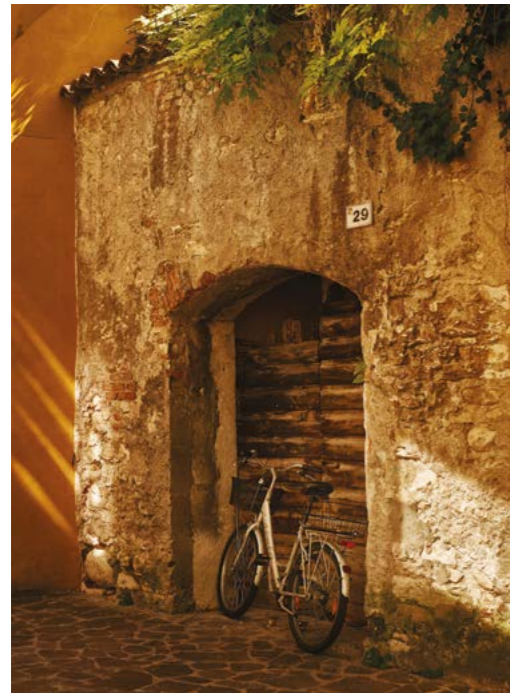
erosion and then opened with dynamite during the Great War to be used for storage and as a bomb shelter. When Paolo Pedrotti - the grandson of the founder - was a child he came here to escape the bombing. As an adult he understood that it was the perfect place for storing wine and to allow it to age in accordance with the traditional Champagne method in the late 1970s. Now in its fourth generation of producers, storage and tasting are strictly carried out under the mountain (and by reservation only). With another five kilometres in our legs, we reached the Marzadro distillery in Nogaredo. If you want to find out more about Italy's most common spirit - grappa - you've

come to the right place. Admire the spectacle of the copper stills, the silence of the ageing rooms, where the grappa rests for years, and the spaces dedicated to tasting almost 50 different varieties. Continuing south, Rovereto awaits with its wonderful war museum, the Casa d'Arte Futurista Depero and the MART. Its municipality is also home to the Letrari winery; founded in 1976, it produces 23 different types of wine thanks to the particular terroir and microclimate of the Vallagarina. Just five minutes from the centre are another ten hectares around the 16th-century Castelliere, home to the Balter farm that climbs to an altitude of 350m, where the climatic conditions



05

06



GIUSEPPE IPPOLITO
Portrait photographer and director of photography specialising in publishing and advertising reportage.

05 Bar Due Colonne, Rovereto
06 Alleyway in the historic centre of Rovereto

make it possible to complement the ubiquitous sparkling wine with reds such as Cabernet Sauvignon, Lagrein-Merlot and Barbanico. The route on which we met enthusiasts of all ages continues along the banks of the Adige river to the Mori vineyards. Here, a fork takes you west to Lake Garda, while the Vallagarina cycle path continues south, to the small towns of Ala and Avio. Hydraulic tollgates, water sanitation buildings and cultivated land give way to rivers and the San Giovanni Pass: 287 metres and the only real opportunity to open things up to get to Torbole. In Loppio we were welcomed by Duchi's Bicigrill: right on the cycle path, you can stop to sample local cured meats and cheeses. The final descent awaits: two kilometres of pure passion with the wind behind you and a view of Lake Garda in front. This slice of Trentino "wedged" to the south may be a dream for windsurfers, but Garda's characteristic Ora wind also lends a hand to cyclists and is essential for ventilating Trentino's vineyards.



TRENTINO ON TWO WHEELS

1

Adige cycle path

The Trentino section of the cycle path linking Bolzano and Verona along the Adige river is about 80 km long. Special "bicigrill" stopovers can be found in Cadino, Trento, Nomi and Avio. One of the most interesting sections connects Trento to Rovereto - about 30 km - winding through the Vallagarina vineyards. The highlight is the silhouette of Castel Beseno that dominates the landscape.

2

Adige - Garda

The route links the Vallagarina with the Lake Garda area, joining up with the Adige valley cycle path from Trento to Rovereto. The path that connects the Adige to Garda stretches from Mori to Riva del Garda. About 20km long, it takes an average of around two and a half hours, with a climb of only 227 metres.

3

Lake cycle path

The lake route is a ribbon that immerses you in the history and culture of Trentino. It allows you to follow the course of the Sarca river for some 40 kilometres, starting from the shores of Lake Garda and leading up to the lake mirrors of Cavedine, Santa Massenza and Toblino. Take a break at the Bike&Wine bar in Dro or the bicigrill in Linfano.

4

Valsugana

Starts from the village of Pergine Valsugana for a 52km-ride across Trentino. It winds along the course of the Brenta river and is relatively flat, caressing the lakes of Caldonazzo and Levico. Along the way you can stop off at the bicigrills in Levico Terme, Tezze, Castelnuovo and Novaledo.

5

Val di Fiemme and Val di Fassa

A 48km-route through meadows and fir or larch forests, with the Latemar and Catinaccio Dolomites enclosing the panorama. Compared to the other cycle paths there is a significant climb, so a spot of training would not go amiss. But if you get tired, you can always stop off at the bicigrills in Predazzo and Moena.

6

Val di Non

In April, the valley of apples takes on the guise of a big white cloud during blossom season. But even in later months it still retains its appeal, from the green and heavily laden trees of summer to colourful autumn coolness. A spectacle for nature and biking enthusiasts along a circular 20km-route.

7

Valle del Chiese

A 20km-route from the mouth of the Chiese on the shores of Lake Idro, passing close to Storo and crossing the valley to Bondo. The area is home to the seven "pievi" or main churches. There are plenty of artistic treasures, from the Parish Church of Santa Maria in Codino to Santa Giustina in Pieve di Bono.

8

Valle del Primiero

Pedal through a spectacular postcard with the Pale di San Martino in the background. This is what the Primiero cycle and pedestrian route has to offer. Over 10km, it links all the municipalities in the area: Imèr, Mezzano and Primiero San Martino di Castrozza, which brings together the towns of Transacqua, Fiera di Primiero, Siròr and Tonadico.

9

Val Rendena

Twenty-three kilometres along the Sarca river, starting just above Lake Ponte Pià, from the town of Ragoli to Carisolo: a real immersion in nature. The route is a ribbon, well designed and well integrated into extremely picturesque Alpine scenery, in the Adamello - Brenta Natural Park.

10

Val di Sole

The Val di Sole cycle path runs alongside the Noce river, down which you can raft, kayak or canoe. It starts at the Mostizzolo bridge, on the edge of the Val di Non and leads up to Cogolo di Peio, for a total distance of about 34km.

11

Val di Ledro

Cycle along a pre-Alpine valley carved by a glacier, with a lake you can see your face in. The Ledro bike and pedestrian route runs for about 9km. A mountain bike is most suitable for tackling the route, which has some unpaved stretches, but it can also be tackled with care by trekking and road bikes.

NORTHERN OIL



Not far from the Dolomites, Trentino's olive groves offer an unexpected Mediterranean feel: we investigate the unique characteristics of this unusual olive oil, backed by a long history

TEXT Nicola Andreatta

STILL LIFE PHOTO Mattia Balsamini

Trentino is the northernmost spot where growing olives is still practically feasible. Here, just under 130,000 medium-sized olive trees grow close to the 46th parallel. This small and much appreciated agricultural miracle is made possible by Lake Garda: slowly cooling down as winter approaches, this basin set in the mountains offers an amazing Mediterranean microclimate to an area that would otherwise be “condemned” to the rigours of the Alpine climate. The same mountain ranges that embrace this area do their bit, forming a barrier against the cold northerly winds.

Taking advantage of the alternating temperate and cold breezes, the Romans began producing olive oil more than two millennia ago. With the passing centuries, cultivation has unmistakably shaped the landscape: along the shores of Lake Garda and the slopes of the Valle del Sarca, the elegant terraces of olive trees often dominate the view, creating an incomparable panorama. It is a delightful picture, with centuries-old trees in the foreground, lone castles behind - including the intriguing fortresses of Arco and Drena - and beyond that, the inevitable mountain peaks.

During the Middle Ages, it was primarily the monastic orders that kept the olive-growing tradition alive: the cultivation of olive trees was a distinctive feature of the hermitage of San Colombano, beautifully carved from the rock near Rovereto. Today, Trentino’s olive



01

groves are tended by hundreds of small - and very small - producers. Trentino’s olive mills are scattered from the shores of Lake Garda to the Arco and Dro area, the latter famous not only for its olive oil but also its Art Nouveau atmosphere and numerous rock-climbing crags, some of which look right down over the expanses of placid olive trees.

The production of Trentino’s olive groves is rather small: about 12,000 quintals of olives per year, numbers that

pale in comparison with the rest of Italy. What this product can boast is not quantity but quality, recognised and laid down in black and white in 1998, with the introduction of the Garda Trentino Protected Designation of Origin. To be declared as such, at least 80% of the oil must be obtained from the Casaliva, Frantoio, Leccino and Pendolino cultivars, combined with other locally grown varieties (such as Raza and Favarol). The designation also requires that the harvest be completed by 15 January and the olives pressed within five days, the oil subject to rigorous controls.

In reality, the harvest takes place well before January, before winter whitens the valley floor. Laura Turri, president of the Garda PDO Oil Consortium explains: “The guidelines were drawn up many years ago, when, among other things, there was a different climate”. Nowadays, “the harvest begins when the olives begin to darken, when they start turning from green to light brown and purple. In recent years, the olive mills have opened in mid-October and closed before the end of November”.

What comes out of Trentino’s mills is a green oil with golden reflections, characterised by a very low acidity, del-

01 / 02 Olive harvest, Riva del Garda

NICOLA ANDREATTA

A freelance copywriter, ghost writer and columnist, he has been writing for the web and print media for many years. He loves Trentino deeply and, whenever possible, waves goodbye to his keyboard to lose himself among the Dolomites and Lagorai.

icate grassy aroma and fruity flavourful taste. A harmonious and balanced oil in its spicy and bitter notes, which give it hints of artichoke and almond. “Producing true Garda olive oil, respecting the regulations at every stage, is not an easy job”, Turri emphasises. “But it’s all about the pride of being able to write it on the label: it’s not simply extra virgin olive oil, but Garda PDO. It’s a not inconsiderable difference”.

Thanks to these distinctive characteristics, Trentino oil has been praised over the centuries by D’Annunzio, Goethe, Dante and even Virgil. But praise does not come only from the literary world: in 2009, for example, Garda Trentino PDO received the coveted award for the “World’s Best Olive Oil” for fruity oils, beating 248 competitors from the most far-flung corners of the globe.

But you don’t need to be an expert to appreciate this thousand-year-old part of Trentino’s heritage: stroll in the shade of the olive trees “scattered like flocks”, leaving your eyes free to roam between Lake Garda and its mountains, perhaps even climbing high enough to see the glaciers of the Dolomites shine.



02

DOP IS NOT THE ONLY OIL

Trentino’s ultimate oil is undoubtedly the DOP Garda Trentino oil produced from a blend of varieties, at least 80% of which is made up of the Casaliva, Leccino, Pendolino and Frantoio cultivars. However, this does not mean you can’t taste other types of oil in oil mills around the Garda area.

Some producers occasionally focus on making extra virgin olive oil from a single variety, selecting olive of the native

Casaliva variety for example: the resulting oil is delicately bitter, with spicy and mineral notes. Others prefer the Frantoio variety, to produce an oil with artichoke, fresh herb and almond notes.

Finally, there is an increasing supply of organic oils from Trentino, a certification that exalts a cultivation technique used in the area for many centuries.

ENVIRONMENT

Oil in figures Garda DOP Trentino

There are 42 DOP denominations for olive oil in Italy, each of which has its own specific peculiarities. Garda DOP Trentino oil, despite its small production volumes, stands out for historical, geographical and organoleptic reasons.

0.50

The maximum acidity allowed for Garda DOP Trentino oil. The oleic acid in the oil contributes to the health of our cardiovascular system.

1,200

Producers present in Trentino, most of them very small, cultivate around 127,000 olive trees in total.

9

The municipalities in which Trentino PDO olive oil is produced, namely Arco, Cavedine, Drena, Dro, Nago-Torbole, Madruzzo, Riva del Garda, Tenno and Vallelaghi.

3

The production areas and therefore the Garda DOP labels. In addition to DOP Trentino olive oil, there are also DOP Garda Bresciano oil and DOP Garda Orientale oil.

200

The hectolitres of Trentino DOP oil produced on average every year, an infinitesimal percentage of national production, but nonetheless very valuable.



THE LAND OF WATERFALLS

ILLUSTRATION Matteo Signorelli

The imposing roar of a waterfall (*cascata* in Italian) will astonish your ears as you walk through the silence of a forest. Thanks to its steep mountain slopes, Trentino is home to many rivers that put on a show to keep all ages enthralled. Getting close to a waterfall is an experience that involves all five senses. Recent research has shown it has a profoundly relaxing effect on the body and mind. Try it for yourself, at any time of year.

01

VALLESINELLA WATERFALLS

The three different stages of these waterfalls (Cascate Alte, Cascata di Mezzo and Cascata di Sotto) are within easy reach of Madonna di Campiglio and the Rifugio Vallesinella. The water of the Sarca di Vallesinella river, which gushes from the rocks and occasionally overflows onto the path, plunges in its roaring majesty. The bridges that appear among the rocks, fir trees and rhododendrons help you reach the waterfalls and enjoy their beauty.

02

LUPO WATERFALLS

A 36-metre drop in a gorge carved into the porphyry, where clear water shines between dark rock and green moss. Just 20 minutes from Piazza, on the Pinè plateau, a steep descent on natural steps, among stones and rocks, leads in under two hours to the fascinating Segonzano Pyramids, distinctive pinnacles carved out of the rock. The waterfall can also be visited in winter, when it turns into an ice sculpture.



03

PONTE ALTO WATERFALLS

Just a short walk from the centre of Trento you can experience how it feels to be inside a waterfall: the Orrido, a canyon carved out of the red rock by the Fersina river is also home to the remains of hydraulic systems that date as far back as the 16th century. You might want to take a guide with you on your visit, allowing you to venture in between the waterfalls - over 40m high - in a contrast of colours that mingles with the imposing sound of the water, forcing you to keep quiet and just listen.



04

SAÈNT WATERFALLS

The Val di Rabbi is an oasis created by the flowing of the Rabbies river. The wooden bridge walkway allows you to be splashed by the water and observe its play of light. Those keen to walk can continue on to the monumental larch trees or experience the thrill of walking across a 60m-long Tibetan bridge across the Ragaiolo waterfall, a few kilometres downstream.

05

NARDIS WATERFALLS

With a drop of more than 130m, these waterfalls are the symbol of the Val Genova, which runs alongside the Val Rendena, created by the Nardis river, with its source up on Presanella, one of Trentino's highest peaks. Captivating in every season, they can be reached along a convenient path through the woods or a traffic-free road. A few kilometres upstream, you can also reach the Cascate del Lares, which flow into the larch forest (*lares* is the name for larch in the local dialect).

06

VAL DAONE WATERFALLS

The 140 waterfalls of the Val Daone offer a breath-taking panorama in summer and winter, when the water turns into walls of ice, allowing ice climbing enthusiasts to enjoy their majesty. Created by rivers and streams, they have earned the valley the nickname "Little Canada". When the ice melts, the tumble of stones and roar of the waterfalls fill the woods to create a soundscape for unique walks.

07

GORG D'ABISS WATERFALLS

Accessible along a convenient path from Tiarno di Sotto in the Valle di Ledro, the waterfall appears as you skirt the Massangla river. Set among the rocks, it's perfect for cooling off during summer months. Also of interest along the route is the 15th-century Mulino dei Bugatini, a mill active until the mid-20th century. The nearby Lake Ampola biotope and waterfall of the same name are also worth a visit.



Adriano Taller talks about the Sentèr del Guardia, the path winding through the Val di Non that he has painstakingly cleared and restored metre by metre. A symbol of passion and love for the area that is quietly

preparing to open to mountain bikes and new explorers for 10km of hillside and an unforgettable landscape.

REDISCOVERED PATHS

TEXT Alessandro Monaci
PHOTOS Mattia Balsamini

The mountains that cross the Val di Sole are broad and green. The forests that cover their flanks boast larches with perfectly straight trunks and imposing beeches tinged with orange in autumn; they open up into wide clearings covered with a soft carpet of grass on which roe deer and squirrels are easy to spot.

As you walk along the beautiful paths that branch out on the slopes, you'd be forgiven for thinking that their beauty was innate...but you would be mistaken. What seems like an unchanged landscape to uninitiated eyes is in fact the result of centuries of human work. Or rather, in the case of the forests and paths on the eastern slopes of Monte Peller, above the town of Cles, mainly the result of the commitment of just one man.



01

If you're understandably finding it hard to decide where to begin discovering this area, the perfect route for breaking the ice is the Sentèr del Guardia. My guide is its "guardian" himself, former gamekeeper Adriano Taller. He knows these forests like the back of his hand. Firstly, for 28 years he explored them as a gamekeeper, before becoming a local authority advisor. Beyond the job titles, his passion and love for this environment is immediately apparent when you meet him. A passion he has managed to turn into something concrete by creating this path. Walking along the path, Taller points out individual trees, clearings



02

or roads - with a meticulous knowledge of the area typical of someone who has worked in these forests - and tells me its story in a mixture of Italian and Cles dialect, because some things can only be described using the local language.

The story of the Sentèr del Guardia is a story of Cles, but also one of recovery. Recovering the old paths and tracks, recovering the memory of a life that was once led in these mountains and recovering the people who have been given a second chance through this work. The team that worked on this project between 2015 and 2016 was in fact made up of people on community work programmes. They were employed by Taller when available to the municipality to clear the old paths that were being invaded and overgrown by the vegetation to create new links between one path and another. All this without being invasive, working only with a pruning knife and pickaxe, changing the environment just enough to make it clean and more accessible.

The "Guardian" and his team did not create a route that was completely new merely to leave their mark on the forests of Cles. The track was instead designed to link as many points of interest as possible. The result is an almost 10km-path on the hillside, perfect for a few hours discovering how much beauty this place has to offer.

Conservation of the area takes place not only thanks to material intervention but also through memory. Dozens of traditional place names that would otherwise have been lost with the old people of the village have been collected and catalogued. Names are not just names: while a rose by any other name would smell as sweet, the name of a place often tells its story. For example, the Pian della Forchja - as Taller tells me when we pass - shows that this was once the site of the gallows (forca) where executions took place for centuries, displaying the bodies of the condemned up on the hillside in full view of the village. Thankfully, there are no convicts anymore, but we



03

01 View of the Sentèr del Guardia restored by Adriano Taller and his team that leads from Verdè to the Rifugio Peller

02 Adriano Taller and colleagues remove vegetation obstructing the route between Verdè and the Rifugio Peller

03 Adriano Taller pointing to the road from Verdè to the Rifugio Peller

do come across a few cyclists as we walk. Taller tells me that German cyclists were the first to appreciate the route. They and anyone else who loves mountains can now enjoy these forests, whether or not they know that their beauty is owed to the Guardian and his team.

ALESSANDRO MONACI

Was born in Bergamo in 1990. A mountaineer and historian, he has written about mountains, past events and memory for various publications. He is the co-author of the book *Gli Ultraomini* published by CTRL and is about to publish another with Mulatero.

MATTIA BALSAMINI

Began his studies at the Brooks Institute in Los Angeles in 2008 and in 2010 worked in David LaChapelle's studio as an assistant and archivist. After graduating in 2011, he returned to Italy. Since 2012, he has been teaching photography at the Università IUAV in Venice.

More hiking suggestions

Trails and refuges for continuing your hike and exploring Trentino's forests in search of a palette of green shades

1

Il Sentèr del Guardia Val di Non

Il Sentèr del Guardia - Val di Non Starts from Sant del Chjatar and ends at the Tuenno mountain hut. A distance of 10.3km and a climb of around 400m make it perfect for families or those keen to spend a few pleasant hours in the outdoors surrounded by mountain landscapes and scenery.

2

La Scalinata dei Larici monumentali Val Saènt

In the Val di Rabbi, next to the Val di Sole, along the steep slope that marks out the Prà di Saènt, you can follow an educational nature trail beneath around 20 enormous and extremely ancient larch trees, unusually grouped together at an altitude of around 1,900m.

3

Strada dell'Imperatore Val di Sole

In the Adamello Brenta National Park, the Val Meledrio is an unspoilt valley that formed a historical link between the Val di Sole and the Val Rendena. Cool and silent, it is often known as the "Selva", meaning forest, and is characterised by dense fir woods, conifers and steep scree at the foot of the vertical walls of the Brenta chain.

4

Oasi di Val Trigona Valsugana

The WWF oasis in Valtrigona is a small valley within the Lagorai chain. The considerable climatic variation is reflected in its very rich flora and fauna. The 236-hectare area is an interesting hanging valley, located between altitudes of 1,600m and 2,200m, on the right side of the Val Calamento in the Lagorai chain.

TIPS

LUXURY EXPERIENCE

Three premium suggestions perfect for discovering the area and its richness. From hospitality to fine dining, not forgetting lush golf courses.



HOLISTIC WELL-BEING



The Lefay Resort & SPA Dolomiti in Pinzolo opened on 1 August 2019, 11 years after its big brother on the shores of Lake Garda. The airy and elegant architecture of its 88 suites and 22 residences fits in well with the surrounding mountain landscape: wood, stone and natural fabrics welcome guests with a holistic wellness concept.

The spa extends for 5,000 sqm, making it one of the largest in the Alps. It boasts an indoor-outdoor pool, whirlpool and nine saunas designed to

combine the principles of classic Chinese medicine and Western scientific research.

Two restaurants, “Dolomia” and “Grual”, are inspired by the local traditional food and wine served in a Mediterranean setting.

Lefay Resort & SPA

Via Alpe di Grual, 16 Pinzolo Trento
www.dolomiti.lefayresorts.com
T +39 0465 768800

SCENIC GOLFING



In the town of Sarnonico in the Upper Val di Non, an extreme challenge is laid down from the outset by one of the most beautiful 18-hole courses in the entire Alps, as well as one of the most picturesque, surrounded by the incomparable beauty of the Brenta Dolomites and the Maddalene chain.

The front nine wind their way through a pleasant pine forest against the peerlessly beautiful backdrop of the Brenta mountains, while the back nine offer a glimpse of different local spots: from the 12th, the village of Cavareno; from the 13th, the town of Sarnonico; from the 14th, the hamlet of Fondo; and from the 16th, the bell tower of Seio church, a natural setting that boasts some remarkable scenery. A spectacular course, with wide and well-maintained fairways and finely shaped greens, topped off by deep and treacherous bunkers and crystalline water mirrors.

Dolomiti Golf

Loc. Centro Sport Verde, 1 Sarnonico Trento
www.dolomitigolf.it
T +39 0463 832698

STARS IN THE DOLOMITES



The Stube Hermitage received a coveted Michelin star three years after the arrival in its kitchen of the young chef Giovanni D'Alitta, originally from Basilicata but an adopted mountain dweller.

The old farmstead at the foot of the mountain was converted in 1988 by Giovanni Maffei into a family-run pension with 14 rooms before it became a biohotel in 1999 following

a stunning renovation. The kitchen has always played a fundamental role, becoming the first Michelin-starred restaurant in the Trentino Dolomites, combining mountain tradition with Mediterranean ingredients and an impressive wine list.

A concert of gastronomy based on dishes made with seasonal produce.

Stube Hermitage

Via Castelletto Inferiore, 69
Madonna di Campiglio, Trento
www.stubehermitage.it/stube-hermitage
T +39 465 441558

A MUSEUM IN A TUNNEL

A road tunnel converted into an art gallery provides a link between the past and present that maintains the shapes and colours of the tunnel but evolves into a collective memory. Its 370,000 cubic metres are dedicated to the region and experimentation, not forgetting the pleasures of the palate.

PHOTOS **Giuliano Koren**

The Piedicastello Tunnels are one of those places that, when you see them for the first time, pose quite a puzzle for the eyes of visitors. What is that? Looking towards the entrance, it turns out that they are home to one of the sites of Trento's Museo Storico. This is not helped by the fact that the word for "gallery" and "tunnel" is the same in Italian: this is not just an exhibition centre, but two disused road tunnels just under 300 metres long. In a truly remarkable design twist, ten years ago they were converted into an exhibition space by excavating 370,000 cubic metres of earth.

They are close to the Adige river - already swollen and majestic - and the attractive Piedicastello neighbourhood, with sleepy windows that overlook the former ring road. The 14th-century Sant'Apollinare church is a stone's throw away. Look up and you'll see more history: on the hill pierced by the tunnels stands a monument dating from 1935, consecrated to Cesare Battisti, the irredentist martyr from Trentino. This explains the meaning of this place, which tells the story of the inhabitants of Trentino, focusing on the

event that changed everything, the Great War. The real intruders in this urban landscape are the river and the ghost of the vanished road. The course of the Adige was diverted in 1858, at the height of Habsburg modernisation, to drain a marshy area. The ring road was opened in 1974 and served 30,000 vehicles a day until 11 November 2007, cutting off Piedicastello from the centre of Trento.

At the turn of the millennium, the Autonomous Province of Trento commissioned international architects to work on ambitious museum projects: MART (Mario Botta, 2003) and MUSE (Renzo Piano, 2013). Both convincing, but without too many gimmicks; after all, Trentino is not Dubai. The region and its history tend towards a reserve that needed to be preserved. Botta interpreted the brief by setting the façade back from the established route past the Rovereto museum, while Piano toned down the glass and colours of the new building (green and orange) in a residential area that surrounds it. Here at Piedicastello the work carried out by the Terragni Studio in Como gives even less away. All substance: one of the tunnels, painted black, houses large installations,

while the other, the White Gallery, plays host to more agile exhibition events and visitor services. The work required on the safety front was challenging: safety planning in the tunnels had been non-existent in 1974. The Museo Storico has chosen to focus its exhibition programme on local history - one made up of people, everyday objects and numbers with a story to tell - rather than events. But curiously, it teaches us how often history with a capital H has passed through these valleys, including major international events.

In 2017, the exhibition "L'ultimo anno" [The Last Year] powerfully documented the tragedy of Trentino's refugees through diaries and photos. During the Austro-Hungarian offensive of the spring of 1916, the whole of Trentino became the front line and thousands of people were uprooted from their homeland. The documents are heartrending. In 2014, the exhibition "La grande guerra sul grande schermo" [The Great War on the Big Screen], with



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01 Visiting the installation
"Usavamo la cinepresa: storie in formato ridotto" [We used a movie camera: small-format stories]

02 Piedicastello Tunnels - main entrance

03/04 First World War weapons and helmets found on the Vicentine Alps and exhibited as part of the exhibition entitled "Ferro, fuoco e sangue: vivere la grande guerra" [Iron, fire and blood: living the Great War]

images of young factory workers making weapons, reminded us that from that moment on everything in Europe changed because millions of women acquired a role on the labour market. In 2020, local history will meet popular religion. The exhibition "Chiara Lubich Città Mondo" [Chiara Lubich World City] (7 December 2019 - 30 November 2020) traces the most significant steps in the life of the founder of the Focolare Movement, born in Trento in 1920 and who died in 2008. Once again,



03

TIPS

Continuing your journey

1

Forte di Cadine

The Circuito dei Forti del Trentino links 20 military fortifications built by the Austrians in the late 19th century. The Forte di Cadine, a five-minute drive from Piedicastello, boasts spectacular architecture. Its educational tools include a multimedia table and a stimulating scale model.

<http://bit.ly/2jXqbLU>

2

Castello del Buonconsiglio

The place where Cesare Battisti was tried is well worth a visit. His trial was held in the 16th-century "Stua della Famea", and to make the setting gloomier a beautiful fresco by Dosso Dossi was covered. In the moat of the castle Battisti was hung and his comrades Fabio Filzi and Damiano Chiesa shot.

www.buonconsiglio.it

3

Museo Diocesano Tridentino

Those with a particular interest in the spiritual journey of Chiara Lubich should not miss the depictions of the Virgin Mary in the Diocesan museum, which is home to a painting by Perugino's workshop, Tyrolean wooden statues dating from the 15th century, and a focus on 20th-century art that includes Tullio Garbari.

www.museodiocesano.tridentino.it

4

Museo Storico Italiano della Guerra

While the Piedicastello Tunnels focus on the social aspect of the Great War, this museum in Rovereto deals with its military side. Do not miss the interactive installations that reproduce the sound of a mountain trench using diaries written by Italian and Austria-Hungarian soldiers.

www.museodellaguerra.it

5

Forte Pozzacchio

If you really want to go to the trenches, choose Forte Pozzacchio, near Rovereto. The last Austro-Hungarian fortress was never completed: the war with Italy broke out too soon. Allow a 20-minute walk to get there.

www.fortepozzacchio.it

CARAVAGGESCO MASTERPIECE

CARAVAGGIO IL CONTEMPORANEO

Mart Rovereto - from June 26 to October 4

TEXT Federica Tattoli



From 26 June to 4 October 2020, the MART in Rovereto, designed by Mario Botta, will play host to a masterpiece of sacred art by the great seventeenth-century artist Caravaggio. For the first time, *The Burial of Saint Lucy*, one of his most remarkable paintings in terms of both significance and size, will be displayed in dialogue with works by Alberto Burri from the museum's collection. Burri, an important twentieth-century Italian informalist artist, has recently been honoured at major international institutions such as the Guggenheim.

President of the museum, Professor Vittorio Sgarbi talks about this interesting project that compares old master and contemporary art: "In his attempt to help art preserve its corporeity, no one is more



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03

corporeal or tied to the values of the mind and provocation than Caravaggio. To all intents and purposes, he is a contemporary artist. I began pointing this out by comparing him, through a series of direct comparisons between his figures – such as the *Boy with a Basket of Fruit* – and the boys of Pasolini's films, such as Ninetto Davoli. Making Caravaggio contemporary by starting with what is probably his most important masterpiece, as well as his largest work, *The Burial of Saint Lucy*, the background of which is highly reminiscent of Burri's art. A parallel can be drawn on two fronts: with Pasolini

for its life and wretchedness, and with Burri for its form. In my opinion, this exhibition marks the ideal beginning for this direction of my new presidency: the ongoing dialogue between old master and modern art. There could be no better test than Caravaggio as a starting point for this comparison and for allowing us to see how much vitality there is in art of earlier periods.

If we look carefully at the background of *The Burial of Saint Lucy*, we can see that more than half the painting is completely informal; the rock, the stone quarry in which Caravaggio sets the burial, is

01 Michelangelo Merisi da Caravaggio
(Milano, 1571 – Porto Ercole, 1610)
Seppellimento di santa Lucia (1608)
Chiesa di Santa Lucia alla Badia, Siracusa

02 Alberto Burri
Sacco, (1953)
Mart, Museo di arte moderna e contemporanea di Trento e Rovereto
Deposito collezione privata

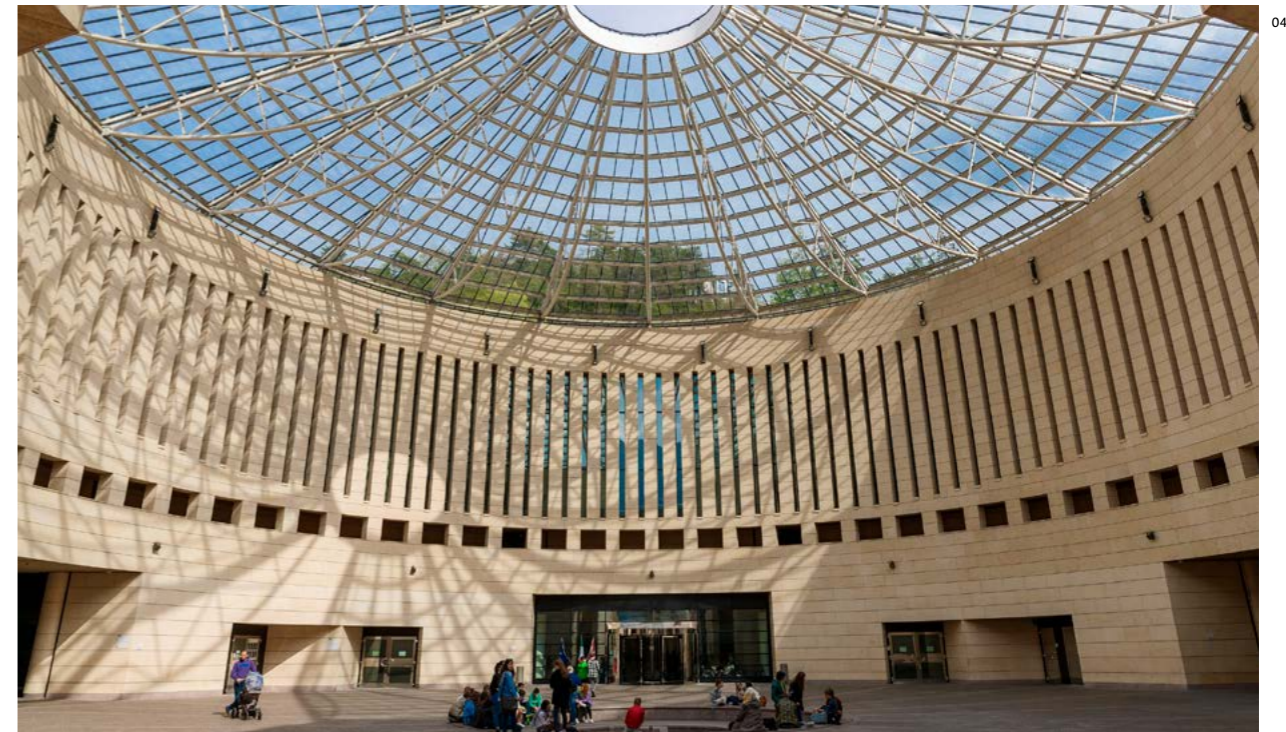
03 Alberto Burri
Bianco Plastica BL7, 1964
Mart, Museo di arte moderna e contemporanea di Trento e Rovereto

04 Mart, Rovereto

04 painted in a very similar way to some of Burri's paint effects and surfaces. The route is well-structured and circular: when Caravaggio returns to Sicily, he will be returned to Burri. The island happens to be the region that is home to one of Burri's most famous works: the Cretto. The connection continues".

FEDERICA TATTOLI

Frederica Tattoli helped found the independent magazine *Slurp*, for which she oversaw the art section. She has also worked with *Pizza* magazine, *ATP Diary*, *Flash Art*, *Fruit of the Forest* and *i-D*.



04



ENVIRONMENT

TRENTINO TREE AGREEMENT

On the night of 29 October 2018, around 4 million cubic metres of trees in Trentino were destroyed due to an unusual wave of bad weather: the Vaia storm. A difficult experience for this area whose woods and forest heritage are an integral part of its

history and of the people who live there. This is the reason behind the **Trentino Tree Agreement**, a project that demonstrates the community's commitment to protect a precious collective heritage, and to practise and communicate a sustainable lifestyle. The Trentino Tree Agreement also includes a fundraising programme managed by the Autonomous Province of Trento to restore the destroyed forests.

www.trentinotreeagreement.it

ACCESS ALL AREAS WITH THE GUEST CARD

The "Trentino Guest Card" is a passport to access unique services throughout Trentino. Every card provides the holder and their family with many discounts and facilities using a unique recognition system: the card is personalised by a QRcode system to put the tourist and the affiliated structure in direct contact. The "Trentino Guest Card" provides free access to local transport (Trentino Trasporti), to many museums, castles and parks, as well as a long series of discounts to other attractions worth discovering, including local product tasting and purchasing. From check-in to check-out, the card will guarantee you the best holiday experience in Trentino, always offering new experiences in a simple and sustainable way. The list of services is constantly updated on the APP (iOS and Android).



TRENTINO SOCIAL

VisitTrentino.info is the place to start for tourism, practical and weather information to help you prepare for your trip to Trentino.

Also follow Trentino on social media and use the [#visitTrentino](https://twitter.com/visitTrentino) and [#trentinowow](https://twitter.com/trentinowow) hastags to see what other visitors like you have discovered and photographed.

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GALLOPING ACROSS TRENTINO

In Trentino, a passion for horse-riding can be combined with incredible landscapes and scenery to create a unique experience. From experienced riders to curious novices, horse-riding in Trentino is a beautiful way to discover the area. Enjoy nature and savour the fresh, clean air of the woods from the saddle of your horse.

Horse-riding excursions can be organised all year round. Excursions by horse-drawn sleigh are offered in winter, while during the summer the sleigh is replaced by a carriage. Summer is also the time to discover the Dolomite mountain huts and their local products.



