**Lose yourself in the silence of the forests**

**SHOWSHOEING AND WINTER WELLNESS IN TRENTINO**

**Enjoy the ample space to roam and explore in Trentino. Breathe in the fresh air and find yourself once more, while cross-country skiing, hiking, biking, or horseback riding.**

The need to disconnect from the hustle and bustle of everyday life is the heart of every experience in Trentino, in the winter more than in any other season. The great outdoors become the most sought-after place in which to immerse oneself and with epic silence, snowy landscapes, wintery forests and peaks that rise against the bright blue sky, there is no shortage of beauty in the region.

**On Olympic slopes**

The 2026 “Dolomite” Olympics is approaching in Val di Fiemme, the designated venue for the five-loop Nordic skiing and combined Nordic skiing competitions. Val di Fiemme is the spearhead of a circuit of centres of excellence for Nordic skiing, accessible with the **SuperNordicSkipass** card valid in 13 Trentino and Veneto locations, Italy’s first and largest Nordic skiing loop. 10 Trentino sites have been identified not only for the beauty of the landscape that frames the tracks, but also for the first-rate standards of services available to cross-country skiers. There is no shortage of ski schools, places for refreshment, ski waxing and meticulous snow maintenance performed daily and after each snowfall, to guarantee perfect slopes on which to glide.

For more information, please visit: [www.supernordicskipass.it](http://www.supernordicskipass.it).

**Breathe in the scent of snow**

Travelling on foot or with **snowshoes** (*ciaspole*, as they are called in Trentino), through paths and forest roads, moving through a large expanse of nature, in complete freedom, such as in any of the three Nature Parks, is one of the most exciting activities offered in Trentino. The destinations for this popular activity are countless and can be found in every valley and village, where the alpine guides propose a weekly calendar of excursions that also includes evening or night outings under the moonlight, but also even more adventurous experiences. The **Alpine Guides of Madonna di Campiglio:** **SnowMoon,** offer five events held on full-moon nights (19 December, 18 January, 16 February, 18 March and 16 April), to walk on the snow and admire its sparkle, accompanied by music.

The **Night in the Igloo** is the most exclusive and unusual “glacial” experience that can be enjoyed in the Adamello Brenta Nature Park, in Madonna di Campiglio. In the evening, accompanied by mountain guides, guests can reach a small clearing in the woods on snowshoes, and then spend the night in areal ice igloo surrounded bysilence and nature. Before slipping into a warm goose-down sleeping bag, guests will be treated to a bivouac-style dinner under the light of headlamps. For those who love snow and adventure this is a must-try experience. These excursions are held from December to April, depending upon snow conditions.
The **Hot Mind** method allows guests to cultivate inner energy through contact with nature, thanks to conscious walking, where steps are synchronised with breathing, while the mind remains intensely focused on the present. This experience is organised by Andrea Bianchi, the father of barefoot walking in nature, in Madonna di Campiglio, on 4, 6, 13, 20 and 27 March.

For more information on both experiences: <https://www.campigliodolomiti.it/topexperience#/exp> .

At **Malga Millegrobbe**, on Alpe Cimbra, surrounded by centuries-old woods and snow-covered meadows as far as the eye can see, under the guidance of an expert, guests can try the unusual and regenerating experience of **winter barefoot walking** to rediscover the beauty of walking without shoes. Intrepid adventurers can sink their bare feet into the soft fresh snow, feel the bitter cold and then immerse them in warm water in a warm-cold Kneipp style foot bath. This practice gives off immediate feelings of well-being, reactivates blood circulation and the immune system, has anti-inflammatory properties and, thanks to the cold, also improves mental clarity and mood.

For more information, please visit: [www.alpecimbra.it](http://www.alpecimbra.it).

**Pedalling on the snow**

**Fat Bikes** are mountain bikes with very wide tires and are designed to tackle snow-covered paths, at least partially beaten, along trails in the woods. In addition to the traditional models, E-Fat pedal-assisted bikes are now available and they allow even less trained bikers to enjoy the excursion. The [**Dolomiti Paganella Bike**](http://www.dolomitipaganellabike.com/trentino/it/) offers trails dedicated to Fat Bikes and a rental service; every day, from Monday to Friday. Fat Bike excursions are scheduled with official DPB Academy guides. On **Alpe Cimbra,** there are several trails designed specifically for this type of bike, to be explored independently or with guide, in particular in the

Folgaria, Lavarone and Lusérn area, between Passo Coe and Malga Millegrobbe. For the more adventurous bikers, there are also bike excursions on the snow and by night which begin at sunset. In **Val di Sole**, Trentino Wild offers trips on a spiked e-bike, ideal for venturing on icy and snow-beaten trails, reaching some mountain huts and shelters.

For more information, please visit: [www.trentinowild.it](http://www.trentinowild.it).

**The Great North in the Dolomites**

**Dog sledding** inspires freedom, tranquillity and a strong connection with dogs, indefatigable and faithful animals. These are the feelings you can experience by driving a sled pulled by a pack of Siberian Husky or Alaskan Malamute dogs, the most suitable for covering large distances on the snow. And if you want to walk into the shoes of the protagonists of Jack London’s tales, driving a sled pulled by a pack of White Fang and Buck’s great-grandchildren and launching into a race through woods and clearings, just visit Trentino.

**Alpe Cimbra**, the Cross Country Centre of Malga Millegrobbe is home to the FIMSS - Federal National Musher Sleddog Centre, with dedicated slopes that stretch for over 50km between Millegrobbe and Folgaria-Passo Coe.

For more information, please visit: [www.malgamillegrobbe.it](http://www.malgamillegrobbe.it).

At the Athabaska Sledding School in **San Lorenzo - Giustino**, which operates in Madonna di Campiglio, visitors can experience the thrill of personally driving a sled pulled by dogs, by learning a few sledding skills.

For more information, please visit: [www.athabaska.info](http://www.athabaska.info).

Armen Khatchikian is a historical figure of dog sledding in Italy, and his Italian Sleddog Progress School at **Passo Tonale** is also famous. The sled-driving courses offered by the school can be attended by students aged 12 years and older, but introductory courses are also organised for children aged 8 to 14 years and for corporate team-building groups, in addition to **husky-trekking,** a dog-guided excursion, which requires mastering the skills of guiding and keeping up with the dog.

For more information, please visit: [www.scuolaitalianasleddog.it](http://www.scuolaitalianasleddog.it).

Another experience to try is snowshoeing with Alaskan Malamute dogs. The **ciaspoldog** enhances excursions on the snow with the affection of these four-legged friends, along easy and flat itineraries, also suitable for children of any age, tied to dogs through a harness. The ideal itineraries for this activity are Malga Ritort, with departure and arrival at the Patascoss car park, or Malga Mondifrà, with departure and arrival at the Grostè car park.

For more information, please visit: [www.btservice.it](http://www.btservice.it).

**On the saddle for Winter Horse Trekking**

Accompanied by expert instructors, visitors can admire the snow-covered landscape of **Val di Fassa** and enjoy moments of fun and relaxation. Horse trekking is organised by [**Charlotte Horse Riding**](http://www.chorseriding.com/about-it), a riding stable open all year round located in Campitello di Fassa. Charlotte also offers lessons for children with pony and horseback riding for experts and beginners. This riding school also offers Equestrian ski dragging experiences, where horse and rider pull the skier or snowboarder along a 700m freestyle course with jumps, curves and parabolas.

For more information, please visit: [www.fassa.com/EN/CharlotteHorseRiding](http://www.fassa.com/EN/CharlotteHorseRiding).

Daily excursions on horseback to admire the spectacle of the Brenta Dolomites under the snow are also offered by the riding schools of **Val Rendena** to horse riding enthusiasts or to those who simply want to enjoy a relaxing experience, in the silence and reflections of the winter woods.

**Into the wild**

The technical term is **bushcraft**, a word comprising the words bush (wood) and craft (ability). It is a practice that allows visitors to learn survival methods in wooded or natural areas, using only the resources available directly around them. The purpose of this practice is to learn to rely only on yourself in the wilderness: for example, by learning to light a fire with a flint and other natural materials, and to build an emergency shelter capable of sufficiently insulating you from the cold. It is a challenge that becomes even more interesting and fascinating in winter, when frost and snow complicate the experience, although you are never alone, since expert mountain guides are always in tow!

For more information, please visit: [www.ursusadventure.it](http://www.ursusadventure.it)

Further information: [visittrentino.info/en/experience/snow-and-nature](https://www.visittrentino.info/en/experience/snow-and-nature)