**Ski mountaineering, freeriding, ice-diving or flying over snow-covered landscapes**

**WHITE ADVENTURES ON SNOW AND ICE, AND IN THE AIR**

**In the winter, you can experience truly unusual and exciting experiences in nature, and discover the area from a completely new perspective**

While **ski mountaineering**, the feelings and emotions of being immersed in nature are amplified in the often harsher yet more spectacular landscape of mountains at high altitude. This is particularly true at the end of the climb, when an irrepressible euphoria explodes for a descent into the powdery snow. However, practicing this discipline requires adequate physical preparation, and, perhaps more importantly, a good knowledge of the winter high-mountain environment, self-rescue techniques and skills to tackle a ski mountaineering itinerary in safety. When in doubt, always use the services of an alpine guide.

Ski mountaineering, alongside snowshoeing and climbing on frozen waterfalls are the highlights of the **Let’s Dolomites** proposal designed by the Trentino Alpine Guides: a series of “adventurous” experiences in contact with nature, from day excursions to multi-day treks from hut-to-hut with snowshoes or skis.

**Even at night**

In **Madonna di Campiglio**, every Monday and Thursday from 6:00 pm to 9:00 pm, skiers can use a dedicated track, which complies with all applicable ski slope regulations. The “**Skialp track by night**” route starts at Fortini and, after traversing the Boch mountain hut, reaches the Graffer mountain hut in two hours, over 6.5km and an overall 620 m elevation gain. The mountain huts along the route also remain open to support evening skiers.

Also in Madonna di Campiglio, you can try the experience of ski mountaineering at sunset. **Sunset skialp** is offering four accompanied excursions in winter 2022 (Thursday 3 and 17 February, Saturday 12 and 26 February). Once you arrive at the hut, you will have an energy snack and then enjoy the night descent on a dedicated slope.

Info: [www.campigliodolomiti.it/topexperience](http://www.campigliodolomiti.it/topexperience)

In **Paganella**, it is possible to ski by night several times a week, both from the Fai della Paganella and the Andalo side. Starting from the car park in Santel, in Fai della Paganella, you can ski along La Rocca slope and part of the Dosso Larici slope, finally reaching the mountain hut bearing the same name. The sessions are held on Monday and Thursday evenings, from the closing time of the lifts until 9:00 pm. On Tuesday and Friday evenings, from 7:30 pm to 10:30 pm, you can follow the return slope from Andalo for the first 500 m with subsequent deviation on the Olimpionica I slope all the way to the Dosson mountain hut. During the day, you can ski on the Tre-Tre slope, created on the trail of the historic slope on which Zeno Colò competed and won in the 1950s. The slope is entirely dedicated to ski mountaineers and snowshoers, stretching from Santel to the Selletta.

**Freeriding**

Skiing or snowboarding on open snow terrain, away from the slopes and without a set course, but in a responsible and conscious way is the essence of **freeriding**.

Once you leave the pistes, your contact with nature reaches its highest levels and the silence of the fresh and powdery snow is interrupted only by the crisp yet gentle crunching sound of the skis designing your own trail. Prerequisites for practicing this discipline are adequate psycho-physical and mountaineering preparation, solid knowledge of snow science and understanding of the snow-covered terrain, ability to interpret avalanche bulletins, and having adequate equipment, particularly an Artva device, shovel and probe always in your backpack.

In Trentino, you can find some of the most exciting spots for skiing on fresh snow. The real capital of freeriding in the Dolomites is **San Martino di Castrozza.** The greatest freeriders in the world have already drawn their tracks in this powdery snow paradise. Among the routes recommended by the local Alpine Guides is **Boschetto Tognola**, an easy track within everyone’s reach in an area that offers different routes, thanks to the variability of its slopes; **Val Cigolera** is for those who want fun yet not-too-demanding descents, while the **Rosetta** descent is for more experienced skiers in search of big thrills. The Pale di San Martino mountain chain is a wild and unpredictable place where it is easy to find wonderful snow conditions. After going up to altitude with the Colverde-Rosetta lifts, you descend the clearly visible and variable slopes below the cable car, ending the descent at the Colverde Hut and then immediately riding the cable car, ready to draw new tracks along these fantastic slopes.

The **#weridesafe** project was born in San Martino to experience freeriding safely; it suggests the safest areas to go off-piste and safely enjoy the thrill of powdery snow.

On **Col Margherita**, above Passo San Pellegrino in Val di Fassa, which is easily reachable by cable car, we find the first “Freeriding Park” of Trentino, monitored by qualified personnel. Among the most interesting descents there are also some classic ones in the **Sella Group**, in Val di Fassa, such as the Val Lasties and Val Mesdì.

**Passo del Tonale** attracts freeriding enthusiasts from all over Europe, thanks to the exposure, altitude and morphology of the terrain. The “Sgualdrina” is the off-piste slope par excellence in this ski area, located between Lombardy and Trentino. It is easily reachable with the Presena cable car, just get off at the first stop or, if you wish, go a bit higher, a few metres from Cima Presena. The off-piste slope through the upper part of Val Presena, descending along the valley leads to the bed of the lake. “Il Cantiere”, “Canale del Diavolo” or “Canale del Dito” are among the most popular descents and all easily reachable by cable car followed by a short climb using sealskins.

**Above, below and in the ice**

In winter, ice falls are not just a sight to be behold and photographed. When you’re fully equipped, these crystal walls can in fact be…climbed.

**Val Daone**, with about a hundred “ice routes” bearing evocative names such as “Queen of the Lake”, “Excalibur”, “Dream of the Great Scotsman”, is a not-to-miss destination for ice climbing. It is a “little Canada” that awaits enthusiasts for climbs of all difficulty levels.

In **Val Rendena,** in the Pinzolo area, you can climb the spectacular Nardis waterfalls in Val Genova, and those of Vallesinella. Other destinations for ice climbing specialists are the Circo di Redont waterfalls, in **Val Breguzzo**, above Malga Trivena, and in **Val Noana,** in Primiero, there is also an excellent site for beginners. In **Val di Rabbi** the mountain guides from Ursus Adventures will introduce you to this fascinating sport on the famous waterfalls formed by the Rio Valorz.

In Trentino, in winter, you can also go “under” ice: in February, **Lake Lavarone,** on Alpe Cimbra, hosts diving trips under the ice that covers this alpine lake. Professional divers and those of some Special Corps engage in the diving and carry out tests aimed at increasing the experience and testing new materials, all in complete safety.

For experienced divers, there is an under-ice diving event in February at **Lago di Serraia** on the Piné Plateau. The programme includes two days supervised by instructors from the Archeo Sub group of Trento, to learn the practice of guided under-ice diving, both in apnea and with scuba tanks.

**Flying Over Winter by Tandem Paragliding**

Gently glide above snowy woods, ski slopes and mountain huts, admiring the enchanting scenery of the Dolomites on a clear day, from a truly unique perspective. **Tandem paragliding** in winter is a truly special experience. The instructor to whom you are tethered will explain step by step all the necessary procedures, from take-off to landing, for a truly unique and safe ride. It is an experience that anyone from 8 to 80 years old can try, because you don’t need a particular predisposition or physical preparation, just a spirit of adventure. It is also available to those with disabilities, after adequate evaluation of feasibility and on an *ad hoc* basis. The more experienced guests will be able to take off and land with skis on, but otherwise boots or après-ski boots and normal clothing for a day on the snow provide sufficient protection from the bitter air.

On the **Paganella Plateau**, the “snow eagle” experience is offered by I fly tandem instructors for the entire winter season ([www.iflytandem.it](http://www.iflytandem.it)). Experts with the appropriate license to fly can take off from **Cima della Paganella** and land on the shores of Lake Molveno.

<https://www.visitdolomitipaganella.it/it/esperienze-volare-in-parapendio-dinverno>

In Val di Sole, you can contact Ursus Adventures, for flights in front of the Brenta Dolomites: [www.ursusadventures.it](http://www.ursusadventures.it)

In **San Martino di Castrozza** you can end the day on the slopes by paragliding down to the valley, skis on your feet, and also by taking off at sunset from Punta Ces, or Cima Tognola and Cima Rosetta, flying over the Dolomite ski area.

(info and reservations: [primierodolomitifly@gmail.com﻿](https://www.sanmartino.com/it/oltre-lo-sci/primierodolomitifly%40gmail.com%EF%BB%BF))

Further information: [visittrentino.info/en/experience/trentino-in-winter](https://www.visittrentino.info/en/experience/trentino-in-winter)