**TRENTINO MOUNTAINS ARE OPEN IN AUTUMN**

**Walk among the colours of the autumn foliage that light up the woods in the valleys. Or, surrounded by silence, hike along the paths at high altitude to a welcoming refuge. In the Dolomites of Fassa and in the Pale di San Martino discover the "Dolomiti d'autunno" Food Festival.**

**Lifts open at high altitudes this autumn**

The charm of the mountains is conquering beautiful scenery after a long and demanding excursion, but this is not always possible. To help with that, many lifts in Trentino will extend their summer opening until the end of September or the second/third week of October to allow you to reach high altitude and enjoy the views of the peaks and the spectacle of the foliage from a privileged position.

Information on the opening of the lifts in autumn <https://www.visittrentino.info/en/articles/trekking-and-hiking/lift-stations-autumn>

**New “Primiero Slow Tour” located in The Dolomites (Until 27 October)**Alongside the classic Palaronda treks in the heart of the Pale di San Martino, but at lower altitudes, you can walk among the woods and meadows of the mountains at the foot of the Pale di San Martino and the Vette Feltrine. From Fiera di Primiero, the itineraries reach some of the most beautiful places in the area, such as Val Canali, Passo Cereda, Caltena and the meadows of San Giovanni, Lake Noana. **The whole tour is in five stages:** an overnight stay in a refuge, admiring the magnificent Dolomite scenery of the Pale di San Martino, trekking through woods and meadows to discover untouched nature, Trentino food and alpine culture of the Primiero Valley.

Info:[https://www.sanmartino.com/en/primiero-slow-tour/](https://urlsand.esvalabs.com/?u=https%3A%2F%2Fwww.sanmartino.com%2Fen%2Fprimiero-slow-tour%2F&e=af92f418&h=ed033d29&f=y&p=n)

**Hiking in Ledro Trek in Val di Ledro**

The **Ledro Trek in Val di Ledro** consists of two circular routes, one on the valley floor and another found ‘mid-mountain’. Both routes embrace Lake Ledro, offering truly mesmerising views and can be enjoyed almost all year round. Ledro Trek Low is **a 19 km route** that follows paths by the lakeside, offering splendid views of the lake, passing through the historic centre of Pieve, the Madonnina di Besta, the Pile-Dwelling Museum and the Ledro Land Art trail.

Info: <https://www.gardatrentino.it/en/activity/ledro-trek-low_8202>

**Val di Sole and Paganella**

In **Val di Sole**, the variety of colours that autumn paints can be appreciated on the circular itinerary around the **Saènt waterfalls in Val di Rabbi**, one of the iconic places in the Stelvio National Park.

Those who love walking immersed in silence can climb from Andalo on the **Paganella plateau** among coniferous woods to the Malga Spora mountain pasture close to the spires of the eastern Brenta Dolomites.

**“Autumn in the Dolomites” in the Fassa Dolomites**

**Late September and early October** is a great time for visitors to experience the Fassa Dolomites in Autumn. When the larches change colour, the sky becomes clear and makes the Dolomites even more alive, so much so that they light up like never before, at dawn and dusk, in a show of lights that only nature in Autumn can offer. Among the experiences offered in the refuges involved – **Rifugio Contrin, Stella Alpina Spiz Piaz, Antermoia, Roda di Vael, Fuciade and Albergo Miralago**: guided trekking, moments of well-being alongside food experiences, discovering local and Trentino products, meetings with producers and chefs of the Dolomite Cheese Route, ready to showcase their local special products in the mountains with aperitifs, show cooking and genuine dishes to be savoured on the panoramic terraces of the refuges for lunch, dinner or breakfast.

**Caution in the mountains**

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

<https://www.visittrentino.info/en/articles/trekking-and-hiking/caution-in-the-mountains-faqs>

More info about an autumn holiday in Trentino: <https://www.visittrentino.info/en/experience/autumn-special>

[View the photo gallery HERE](file:///C:\Users\OrlaO'Hare\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\79E6A07W\View%20the%20photo%20gallery%20HERE)