**GOOD NIGHTS IN TRENTINO**

**Given that the “Sleep tourism” trend is becoming more and more popular around the world (dedicated to recharging the batteries and resting rather than relaxing), here are some ideas for this spring.**

While in Trentino the fresh and bright breezes of the day accompany the rebirth of the vegetable gardens, the thaw and chatter of the streams restored by the milder temperatures and the birds once again become the soundtrack of the days, for many people this is still the moment to experience a hushed holiday, far from adrenaline-filled experiences and dedicated to rest before the spirited restart.

Here in Trentino, among spas, nature blooms and unusual places to sleep - or even just take splendid naps - you can find all the elements for a perfect and profound experience of refreshment and rest. Here are some classic “recharging” places: **<https://www.visittrentino.info/en/articles/wellness-and-spas/top-wellness-experiences>**

**Sleep in a castle**

Here there will be no spirits or ghosts to disturb your sleep. At most, it will be difficult not to dream by imagining yourself inside a fairy tale! The placid atmosphere that surrounds Castle Pergine will be able to grant silent regenerating rest and due to its proximity to Lake Caldonazzo, is the perfect hub for travellers after a peaceful springtime getaway: [www.castelpergine.it/](http://www.castelpergine.it/)

**Bee-well in Trentino**

“Beewellness” is an unusual and unique wellness experience that combines simple natural aspects, such as the buzz of bees, the mountain air, a flowering meadow and a wooden cabin. It’s organized by the family-run business of **[Gocce d’Oro](http://www.apicolturagoccedoro.it/en/),** which offers ‘a multi-sensory journey into the world of bees’.

Ever since their great-grandfather Peter began to keep bees in 1850, the Andreatti family have made bees their business. Today they look after 250 hives and also cultivate a number of aromatic plants and herbs, which allows them to create soaps, lotions, candles, teas and sweets using honey, beeswax and natural ingredients like chamomile, calendula, echinacea and thyme.

But the real draw is their bee wellness treatment, which takes place in a picturesque little hut a ten-minute walk away from Gocce d’Oro. Few places are better than this to enjoy a moment of relaxation and perhaps even a deep moment of rest.

<https://www.apicolturagoccedoro.it/agdo/beewellness.html>

**Swiss Pine dreams**

The beneficial properties of pine essences are known to calm the body and mind and are an excellent ally for meditation and healthy rest. In Trentino, there are many traditional “stube” (old-fashioned lounge rooms) built with this wood, capable of making any environment welcoming. However, some accommodation facilities have decided to also use pine for their bedrooms, to maximise the impact of the beneficial properties of the plant for a completely relaxing and regenerating experience **<https://www.visittrentino.info/en/articles/green-holidays/relaxtion-and-well-being-with-swiss-pine>**

**Sleep on a tree**

In Trentino, trees abound but are equally well looked after and are an integral part of the productive and recreational life of the area, so why not sleep on a tree? An unusual and fascinating experience made peaceful by the silence, which in nature is never absolute but rather populated by the sounds of nature. Check out Agriturismo Fiores in the Fassa Dolomites: [www.fiores.it/](http://www.fiores.it/)

**Listen to water flowing in the flowery Val di Non**

In spring, in Val di Non the apple orchards that dot the valley bloom delicately dress the wide, never-too-steep coasts of the valley. Walking along the old irrigation canals, feeling the echo of the ancient flow of water with every step, is a pleasant way of slowly awakening your body, and replenishing it with a rich, 0km snack, such as a slice of well-made strudel. Done. Even better if prepared by one of the farmhouses where you can also find sincere, coherent and welcoming hospitality: [**https://www.visittrentino.info/en/articles/into-the-wild/with-the-flow-in-the-val-di-non**](https://www.visittrentino.info/en/articles/into-the-wild/with-the-flow-in-the-val-di-non)