



# **GUIDE** TO THE TERRITORY

On a discovery of the most beautiful sites of the Pale di San Martino, Primiero and Vanoi

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The guide you are holding in your hand is a useful handbook that the Tourist Agency San Martino di Castrozza, Passo Rolle, Primiero and Vanoi has specifically conceived for you. It is not meant to be exhaustive, so it will allow you to enjoy the thrill of discovering the territory for yourself, while offering some good ideas and tips on how to explore what interests you most.

Its ambition is to become your travelling companion, always tucked away inside your backpacks, your bags or on the dashboard of your car, ready for you to read it. Its dream is also to return home with you and still give you the thrills you experienced while on vacation. Finally, its hope is to be introduced to your friends and to become a favourite "pocket" guide for them, too. Whenever you leaf through its pages, remember that it was written with you in mind, you who have chosen valleys of Primiero and Vanoi as your precious holiday destination: so whenever you open it, even when at home, it will remind you of a world rich in emotions.

Enjoy your reading!

# ENVIRONMENT AND NATURE

#### WELCOME!

San Martino di Castrozza. Passo Rolle, Primiero, Vanoi and Sagron Mis are located in the heart of the Dolomites, a World Heritage Site. at the foot of the Pale di San Martino massif. We are in Eastern Trentino, bordering valleys of Fiemme and Fassa and within a short distance from Veneto, With its strong tourist vocation, this territory offers the ideal venue for a tailored holiday: altitudes range from 650 metres at valley floor up to the 1450 metres of San Martino di Castrozza and 2000 of Passo Rolle. The natural environment is preserved by the Nature Park Paneveggio -Pale di San Martino, with its headquarters in the magnificent Val Canali: it continues a

tradition of respect and protection of ecosystems in the interest of the local population, which in the past engaged primarily in rural, forestry and mining activities.

These resorts are also committed to a careful environmental policy called Green Way Primiero. San Martino Tourist Guide is the app for iPhone and android mobile devices, dedicated to the territory and designed for techies. It recognises your position and locates the closest attractions, providing suggestions and advice on locations, sports, events and places where to eat or stay overnight, with the possibility of booking online: download it, we're sure you will find it very useful!

### THE DOLOMITES, A WORLD HERITAGE SITE

On June 26, 2009 the Dolomites – grouped into nine groups, including the Pale di San Martino – were declared a natural UNESCO World Heritage Site for being among the most spectacular creations in the world.

The millennial erosion of ice and water has modelled this mountain range with incredible facets: spires, pinnacles, overhanging rock cliffs, plateaus and dips that cause the colour of these mountains to change with the lights and shadows of the day. They are pale when the sun is shining, grey after a thunderstorm, pink at dawn and dusk. Huge and eternal compared to the human dimension, they are among the first witnesses of the geological past, when they were coral atolls in the middle of the sea of the Triassic. They are also home to a botanical and wildlife heritage so precious for the ecosystem. It is easy then to see why, for centuries, they have fascinated botanists, mountaineers, artists and tourists.



## GREEN WAY PRIMIERO, A LIFESTYLE

Green Way Primiero stands for a whole range of **best practices** aimed at improving and ensuring **sustainability, development and respect** for the extraordinary environment that makes this territory unique because of its spectacular landscapes and sites.

By now, it has become a real lifestyle, continuously investing in launching innovative projects in the field of production and use of energy through natural resources such as water and wood, and in reducing the use of fossil fuel, considerably limiting the use of oil. Mobility solutions with low environmental impact that rely on electric vehicles for transportation are already a reality, with battery charging totems scattered almost everywhere.

Green Way has also introduced cards that allow integrated circulation between buses and ski lifts – the latter being powered with electricity entirely produced from renewable sources – and bike sharing points, with e-bikes and reserved cycling paths.

While these projects on the one hand contribute to the economic and social improvement of the local population, on the other they translate into a value to be shared with the guests who decide to spend a vacation in a territory at the top of environmental excellence, for an exclusive holiday with low ecological impact.

In a "green way" valley, even tourists can actively contribute to saving water and energy, as well as to reduce littering and use alternative mobility solutions, in order to limit air pollution.



#### THE DOLOMITES RECHARGE YOU! 🗸

If you get to our resorts by an electric or hybrid car, you can find a free charging station in the Green Way Primiero hotels taking part in the initiative. More info at greenwayprimiero.it.



### THE PALE DI SAN MARTINO

They dominate the landscape, unrivalled, majestic and elegant.

We see them wherever we turn our gaze, as they almost touch the sky, some nearing three thousand metres in height, others reaching even higher. We are admiring the peaks that form the Group of the Pale di San Martino, the vastest of the Dolomites. These famous mountains, from Cimon della Pala to Vezzana, from Rosetta to Pala, from Sass Maor to Madonna, passing by Cima Canali up to the smooth wall of Monte Agnèr, form a round crown that surrounds a large plateau of fifty square kilometres of pure limestone, shored here and there with cinquefoils, rampions, yellow-leaved poppies, saxifrages, gentians and Edelweiss.

From Passo Rolle to San Martino di Castrozza, from the villages of Primiero to Val Canali, passing through Sagron Mis, up Valles pass and re-joining on the Rolle pass, the towering sight of the Pale stands boldly before us.We can also admire them from Vanoi, as a magnificent backdrop to Lake Calaita.

Since the 1860s, they have been a land of conquest for the first English and German climbers, and little by little, they have become the cradle of the greatest Alpine triumphs, with some of the most famous "classics" of the Alps: the Solleder route to Sass Maor, the Spigolo del Velo route, the Buhl route to Canali. Today, thanks to the many trails, ski lifts and mountain shelters. these routes are also accessible to common hikers, who can admire a landscape that ranges from Marmolada to Antelao, from Pelmo to Civetta.

Five are the **shelters** to be reached if you want to be at the heart of this world: Giovanni Pedrotti alla Rosetta, Velo della Madonna, Pradidali, Canali-Treviso and Mulaz, climbing up the trails and tackling the *vie ferrate*, always properly marked and maintained.

# LAGORAI

In front of the pale walls of the Pale di San Martino stand the porphyritic rocks of the Lagorai chain and the granitic rocks of Cima d'Asta. The range is 70 km long and starting from Passo Rolle it crosses Vanoi and Valsugana, reaching almost as far as Trento. These sites are the kingdom of wilderness, appreciated by both common hikers and expert climbers. They can be accessed from Passo Rolle. San Martino di Castrozza or Valle del Vanoi.

The Lagorai area is ideal also for mountain bike rides and horseback riding down the **Bridle path** of Eastern Trentino, and in winter for ski-mountaineering or snowshoe excursions. The term Lagorai comes from the Italian word for Lake and in fact, there are several lakes of glacial origin across the chain. These places have been the scene of many battles during World War I, as can be seen from the many bullets, helmets, medals of soldiers found in the mountains and now treasured in the Great War Museum in Caoria. This alpine landscape is still largely uncontaminated, and has only slightly been modified by human activity tied to wood hauling and mountain pasturing.





## VETTE FELTRINE

The mountain range that culminates in the spectacular pyramid shape of Mount Pavione consists of the Vette Feltrine, marking the natural border between the two regions Trentino and Veneto. With altitudes of just over 2,000 metres, these towering peaks form the natural barrier of Val Noana and fence the Primiero valley to the South.

The highest and most spectacular peak is undoubtedly the **Pavione pyramid** (2335 meter high) which, on the Venetian side, loses its rocky conformation, becoming a high altitude pasture. Even the Vette, like the Pale di San Martino, are an area protected by the **Dolomiti Bellunesi National Park**.

Approaching from Primiero, one may follow two main paths, both accessed from **Val Noana**: to Alpe Vederna and then up to Pavione, or up to the Boz shelter, a pleasant hike on a zig-zagging trail.

The Vette Feltrine are also the turning point of the terminal part of trail **Alta Via delle Dolomiti No. 2**, which links Feltre to Bressanone, crossing six of the most beautiful groups of the Dolomites: from the Odle group to Sella, from Marmolada to the Pale di San Martino.



#### THE NATURE PARK

The Paneveggio - Pale di San Martino Nature Park was established in 1967 to preserve and enhance the beauty of highly heterogeneous environments, and extends over an area of nearly 200 sa km. The Pale di San Martino, the forest of Paneveggio, the Lagorai chain, areas that are among the Special Protection Areas within the European network Natura 2000. Here nature does not mean the absence of humans, but a perfect balance between man and nature, between rural activities like mountain pasturing and wood hauling, which harmoniously blend with tourist activities. To achieve an harmony between the need for conservation and a ration-

al use of resources, the Park is divided into **natural re**serves. from strict high-value ones such as the Pale di San Martino, the area of Colbricon and Castellazzo, to the guided ones, where agricultural, silvicultural and pastoral activities are permitted in their traditional forms: Val Canali, Calaita, Paneveggio, Valsorda. Then there are monitored reserves which have a higher anthropic presence and include ski lifts and ski slopes, special wildlife reserves where scientific research aimed at a better knowledge of the species is carried out, and special forest reserves in which the forest is left to its natural evolution for ecological research purposes.



# ENVIRONMENT AND NATURE

#### THE PARK: FIND OUT MORE

Villa Welsperg in Val Canali is a modern visitors' centre with a library, a spacious garden with ancient varieties of scented roses, and the medicinal plant garden. The visitors' centre Terra Foresta of Paneveggio unveils the many functions of the forest and the animals that live there. Nearby, a large enclosure houses a group of deer, and a trail that leads to a daring bridge suspended on the Travignolo Gorge. The visitors' centre of San Martino di Castrozza is dedicated

to geology: a model shows the Plateau of the Pale and the interactive blow-ups describe the peculiarities of the high-altitude environments and the archaeological sites of Colbricon. In Valle del Vanoi, the three centres of Caoria, Pra' de Madègo and Pradi de Tognola are the doors to the Ethnographic Trail, a collection of paths that connect the valley floor with Malga Vesnòta, passing through Valsorda and Valzanca, in a highly valuable nature environment.

## TRIALS IN THE PARK

In the Park, tourists can walk down several theme-based trails.

One of the most unusual is certainly The Muse Fedaie in Val Canali: a flat barrier-free foot path suitable for all which unwinds for 3.5 km in a double ring along the large meadow that joins Villa Welsperg with the small lake of the same name. There are seven stages dedicated to the woods of the Muses, spirit guides in Greek mythology that lead men to ponder about the magnificent complexity of Nature. Here visitors will also experience the Kneipp hydrotherapy method and relaxation sessions, and find descriptive panels of local crafts, as well as vintage photos.

Especially pleasant is the Sentiero Marciò trail within the Paneveggio forest, with the adventurous crossing of the Travignolo torrent on a hanging bridge. Of particular interest is the itinerary Tonadico-Cimerlo: after a visit to the old picture gallery-town of Tonadico with its historic Palazzo Scopoli, the route climbs up to Val Canali through several spots of historical and cultural interest. The ancient church of San Vittore, Don Fuganti's Apiary, the Madonna della Luce capital, the former Boaleti hydroelectric power plant, and Castel Pietra, all the way up to Villa Welsperg.

The more athletic ones will also enjoy three **geological trails**: Valles-Venegia, Crode Rosse and Calaita-Cima d'Arzon. Fascinating from a historical perspective are the paths in the Vanoi valley that offer the opportunity of visiting places, now part of the Park, where the aftermath of World War I has left indelible marks.

More info at parcopan.org

# ECOMUSEO DEL VANOI

The Ecomuseo del Vanoi is an open-air museum that portrays the community, its history and wealth of knowledge. It extends to the whole territory with the purpose of providing a fresh taste of culture to Valle del Vanoi, and new economic and social élan, organising activities, courses and workshops that are sure to keep visitors and locals entertained throughout the year.

The calendar of events on a discovery of the **widespread heritage** unfolds in seven themes: water, wood, stone, grass, the sacred, war and mobility.

All the events pursue the goal of **responsible and sustainable development**, with a view to improving the quality of life of the people who live here and to building a "glocal" community. If you want to learn more about its mission, we recommend a visit to the "Casa dell'Ecomuseo" in Canal San Bovo, which will introduce you to the themes developed in other sites: the Stanza del Sacro of Zortea, a "conservatory" of the relationship between man, religiousness and the territory; the "Casa del **Sentiero Etnografico**" of Caoria that introduces a rendition of the paths of the trail of the same name, with about 25 km of explorable itineraries within the Paneveggio-Pale di San Martino Nature Park.

If you walk this trail, do not miss the opportunity to visit the Siega de Valzanca, a rebuilt Venetian-style sawmill, and the ancient rural settlement of Pradi de Tognola, to tangibly experience a lifestyle of old; worthwhile visiting in Caoria is also the Museum of the Great War on Lagorai. In Ronco Cainari you can visit two recently renovated mills that offer a glimpse on a mountain agriculture which is difficult to pin down today, also based on the cultivation of cereals. especially maize.





## **ALWAYS ACTIVE**

If it is true that sports rhyme with fitness, this area is the ideal place to practice them. Alpine guides, Ski instructors, Territorial Guides, Mountain Bike instructors and the Park rangers offer individual or group **courses and lessons**, but also tours and **guided visits**.

For those who prefer organising their own holiday programme, tourist offices and accommodation facilities hand out guides, maps, schedules, and deliver recommendations and a whole lot of tips.

The important thing is to come prepared, checking the weather ahead of time so that you bring the proper equipment. From spring to autumn, classic sports, from simple walks to excursions, from **trekking** to running, from comfortable **cycling tours** with an e-bike to the more "hard" paths with an mtb, are a refreshing passtime and the easiest way to enjoy pristine places where natural beauty majestically dominates the landscape.

There are also other interesting sporting practices you can take a wing at: trekkingolf, **canyoning**, **downhill biking**, **fishing**, **orienteering**, **horse riding**, nordic walking, rock climbing - indoors or on the many cliffs -, not to mention the classic **mountaineering** on the Pale.

In winter, it's snow-time, and one can enjoy all the "white" disciplines: **downhill and cross-country skiing, snowboarding, free ride skiing, snow-shoeing**, hiking on beaten trails and ice climbing for the more experienced.



# ON THE WAY

A few steps is all it takes in the local towns to stroll along quiet lanes, bike paths and trails, to reach the low-lying areas along the rivers, the many playgrounds that offer relaxation in the hottest days and entertainment for your children, but also half-altitude meadows and then on up to the mountain slopes. Alone or accompanied by local professionals, the possibilities are boundless. The ski lifts will get you in just a few minutes to the top, from where you can admire the Dolomites in all their beauty. The high mountain huts and the eateries, including dairy huts, restaurants and holiday farms, offer a perfect combination of exercise and tasteful dining.

## HIGH MOUNTAIN HUTS

Built in strategic positions, high mountain huts represent a comfortable accommodation solution mountain lovers who appreciate the essence of a high-altitude experience and want to live unique experiences: to wake up early in the morning and admire the sun rise over the peaks, to get ready eagerly after breakfast and set off once more with a backpack for the day, the good smell of a wholesome soup at the end of a day's excursion and the unique atmosphere of the evenings spent with one's walking companions exchanging anecdotes, stories and jokes while sipping local grappa.

In the area there are eight high mountain huts, five of them on the Pale di San Martino. They are always open from 20 June to 20 September (and those lower down even before and after).





#### DOLOMITI PALARONDA TREK

Dolomiti Palaronda Trek is a trekking bout through the Pale di San Martino, three or four days long, with overnight accommodation in four refuges: Pedrotti alla Rosetta, Pradidali, Velo della Madonna and Canali-Treviso. A proposal recommended for those who want to **experience the mountain** in its essence, rediscovering the authentic charm that has conquered the hearts of travellers and mountaineers since the past century. In the evening, after a **magic sunset**, you can enjoy the pleasure of being together with your travelling companions at the refuge, sharing your experiences with other hikers.

The trail is undertaken independently (without an Alpine guide, who however is available on demand subject to an additional charge). It is essential to be properly equipped and sufficiently fit.

#### SOFT OR HARD TREK?

There are two versions of the Dolomiti Palaronda trek.

The **Soft Trek** is a beautiful trekking from hut to hut (Rosetta, Pradidali and Canali-Treviso) through the Pala, including 3 nights with halfboard, a pass for the lifts Colverde-Rosetta, information material and hiking map;

The **Hard Trek** is dedicated to the people who

More info at palarondatrek.com

love the via ferratas and gives you the possibility to visit all the group of the Pala from north to south. The offer includes 4 nights in the huts and 3 equipped routes, including the "Bolver Lugli", one of the finest via ferratas in the Dolomites, with wonderful rock, good cables and great views.

#### VIA FERRATAS

Via ferratas climb up veritable rock faces, equipped with fixed steel-wire ropes, rungs or ladders. Ferratas should never be underestimated and must be tackled with the correct equipment (helmet, harness and via ferrata set with shock absorber). If you do not have any climbing or mountain experience, we recommend that you contact the Alpine Guides. On the Pale you can choose among seven equipped routes: the most famous are the very hard "Bolver Lugli" to the Fiamme Gialle bivouac hut on Cimon della Pala (500mt) and the "Ferrata del Velo" that connects Rifugio Pradidali to Rifugio del Velo.

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#### BIKE

From spring to autumn, when the soil is in better conditions, two-wheel enthusiasts can run wild. Former world champion Massimo Debertolis lives and trains here. From a careless stroll down along the valley bottom of Primiero to more challenging hikes on the tracks at the foot of Pale di San Martino, Vette Feltrine and Lagorai, you'll have several options to choose from.

Notice boards are installed along the best paths, so you can discover a territory of great naturalistic wealth, where the care for the environment and for all guests ranks high. The most trained bikers covet the *Dol*- omiti Lagorai Grand Bike Tour, a course that in 6 days and over 300 km also reaches the neighbouring valleys of Fiemme, Fassa and Valsugana. For those who are seeking valuable technical guidance, outings with the instructors of the Lagorai Bike School are essential. You can also rent the bikes and the maps with itineraries, fact sheets and tested altimeter profiles are a good way to start. There is no shortage of bike shops, as well as other awesome options for mountain biking lovers, including the Dolomiti S.Mart Bike Hotels, which offer hospitality tailored to the lovers of this sport.

#### BIKE TRANSALP 💊

San Martino di Castrozza is one of the BIKE TRANSALP's stage locations, the most famous stage race for mountain bike teams of two. The routing leads in eight stages from Germany across the main chain of the Alps to Italy. Around 625 kilometer and more than 19.000 altitude meters are defeated in seven days. Pure adrenaline!

sanmartino.com

#### **BIKE ARENA**

The San Martino Bike Arena on the Alpe Tognola is a great adventure, with two trials specifically dedicated to **downhill** and two Enduro trail in the woods.

Served by Tognola cable car for a guick lift and an easy bike transportation, the TognolaDHUno trail is provided with structures and passages, parabolic curves and jumps to allow riders to jump and express their proficiency in front of the breathtaking Dolomitic Pale of the San Martino group. In proximity of the most difficult passages, there are always easier options available (Chickern Line). The brand new TognolaDHDue is devoted to the best riders and offers also northshore and an easy road-gap. The trails are nearly 5km long with a total 700 metres difference in altitude. During the downhill run, it is possible to go off the trail and continue on the Forest Road to the cable car departure station Tognola.

The two XC/Enduro trails are fun and challenging, but need a great training: from the Rifugio Tognola the paths enter pastures and woods and then goes down (and sometimes also uphill!) as far as the small villages in the Vanoi Valley.

During July and August, a weekly **guided outdoor tour** with local cycle – tourist guides is organised. And then... relax in Chill Area on the terrace and send to your friends the photos you've just took in the Park! At the starting station of the cableway Tognola biker find also a bike rent, bike washing and technical assistance.

More info at sanmartinobikearena.com

#### WAY UP HIGH

The spectacular climbing routes of the Pale di San Martino are famous worldwide. Renowned among them are the Spigolo del Velo, the Buhl on Cima Canali and the Solleder at Sass Maor. The vie ferrate and equipped trails are a "simpler" way to get to the top, but they nonetheless require some training, no vertigo and a basic knowledge of elementary climbing techniques. The most popular vie ferrate are the Bolver-Lugli on Cimon della Pala. the Canalone near the Canali-Treviso mountain hut, the Ferrata del Velo that connects the Pradidali and Velo della Madonna mountain huts. Among the equipped trails, the best known are the one at Passo di Ball that leads to Rifugio Pradidali and those in Val Canali, dedicated to Dino Buzzati and the guide from Primiero Camillo Depaoli. When climbing at this altitude, we recommend you bring along a map of the trails, and read up on the paths and weather forecasts. asking the Alpine Guides for any additional information

#### SPORT CLIMBING

There are many different cliffs to choose from, ranging from the picturesque porphyry slabs of *Tognazza* to the historic and selective crag of *MountTotoga*, from the comfortable routes on the rock of *Castel Pietra* to the more demanding ones in *Val Schener*, or in charming *Val Noana*. More than 1,000 routes on 53 cliffs, each with its own history and distinctive traits. The cliffs of Primiero have made the history of rock climbing thanks to some especially beautiful and difficult routes: among all, *Il Mattino dei maghi* on Totoga (1981, perhaps the first 8th in Europe) and Eternit (9th) on Baule, both trailed for the first time by the strong local climber **Maurizio Zanolla Manolo**.



### **SKI LIFTS**

From the centre of San Martino di Castrozza the **Colverde cable car** brings us at the foot of the Pale and to a charming mountain hut; from Colverde we continue with the **Rosetta cableway** to rise up by more than 1000 metres and reach the edge of the Plateau of the Pale, over 2500 metres high.

A short trip brings us to mountain hut Rifugio Pedrotti alla Rosetta, place of departure on many excursions and climbings. The **Tognola cable car** brings us into the realm of woods and alpine meadows, where we enjoy a startling view of the mountain chain of the Pale di San Martino. Alpe Tognola is a natural paradise for hikers and bikers, it also has a children's playground right next to the restaurant, with a large sunbathing area.

The quick **Punta Ces** chair-lift leads to a sunny mountain hut, with a unique 360° view, in the heart of the Lagorai chain. At Passo Rolle, the **Paradiso chair-lift** brings us to the summit of Cavallazza, the starting point for excursions along trails and trenches of the first world war.

#### THE "AQUILE"

The Alpine Guides Group "Aquile di San Martino e Primiero'' was formed as early as 1881, founded by four natives of Primiero who have written memorable pages in mountaineering history: Michele Bettega, Bortolo Zagonel, Antonio Tavernaro, Giuseppe Zecchini. Today, the Group counts some 40 specialised professionals in all mountain sporting disciplines, who are eager to take visitors on guided hikes and trekking and via ferrata routes on the Pale di San Martino and the Dolomites.

The summer schedule is intense and packed with events, and includes activities for any level of experience and skill, from excursions inside the Nature Park Paneveggio Pale di San Martino to classic and sport climbing courses. In winter, the Guides will take you on exciting **itineraries with snowshoes** in the most fascinating territories around San Martino and Passo Rolle, or on **free ride** and ski mountaineering outings. The Alpine Guides are awesome storytellers, faithful keepers of the secrets of these mountains, and love to share them during the excursions.

The guides are always available to offer suggestions and tips to those who prefer to organise their own excursions. A day spent in their company is an opportunity to discover not only the territory, but also the customs and local traditions, past and present. Their mountaineering stories, with plenty of local insights, are collected periodically in the Aquile magazine, which the Group is proud to publish.



#### **ACTIVITIES WITH CHILDREN**

We're finally on vacation, with so many exciting things to do! First things off, let's hop over to the tourist office. Then, plan our excursions with the help of the Alpine Guides. And we can always dedicate some time to the many events at the Nature Park and the Ecomuseum. Together we can try canyoning down the Neva River in Val Noana. We can zigzag our way from park to park on our **bikes**, down the valley's cycling track. In the Vallombrosa Park there is a path to learn about road signs and a more technical one to cover on your mountain bike. Or, let the children try the parabolics at the Kids Mountain Bike Minibark on Alpe Tognola. Up there you also will find a playground with a mini artificial rock gym. You cannot miss a visit to the educational farm like the farmhouse inn Dalaip dei Pape, to meet the farmers who live there and the animals too, roaming in their natural habitat. It will be like stepping into a nature lab to learn upfront about life in the mountains, in a relaxing and entertaining family atmosphere. And when we get back home, we will have lots of stories to tell!

#### AGILITY FOREST ADVENTURE PARK

This is a set of acrobatic itineraries suspended in the Colfosco Wood, a stone's throw from San Martino di Castrozza. Rather than walk with our feet on the ground, we leap about like Tarzan from tree to tree, with harness, rope and snap-hook. It is sheer fun with a good dose of adrenaline, and everyone, regardless of age, can discover new forms of movement and face their innate fears with the assistance of the on-site staff. The five paths have 58 variants: "piccoli brividi" (goosebumps), a 55m long pulley rope for children aged three to six, two beginner's paths and two more challenging routes.
### ORIENTEERING

Visitors can practice orienteering all year round, racing, with cross-country skis or riding their mountain bike, and turns out to be a pleasure also in an amateur-hiking way. All it takes is a little practice and a knack for reading maps to choose the shortest and fastest path. Primiero boasts a long tradition in this sport first invented in Scandinavia, and an impressive roster of top athletes. The World Junior Championships were held here in 2009. Currently the

maps cover the whole territory, including the historic towns. There are about 40 poles with lanterns in Val Canali, with eight points in the meadows around Lake Welsperg; free maps are available at Villa Welsperg. Similarly, San Martino di Castrozza also has a number of paths: great for training, they offer visitors an opportunity to discover a recreational-sporting activity in absolute harmony with nature, amidst forests and meadows.





Freestyle and snowboard lovers can try their hand at stunts and jumps on the beautiful facilities of the three snow-parks in the ski area. Fun is guaranteed with the rails boxes, rails and rainbows. The **San Martino Snowpark** is part of the ski area Tognola in San Martino di Castrozza and stretches nearly I km along the Scandola slope.

Access to the park is free for all skiers and snowboarders, with facilities designed for all levels of skill. It hosts one of the 5 Burton Progression Parks in Europe, the

only one in North-East Italy. Brand new is the **Snowpark** Colverde, which develops into two areas, a wider one along the ski slope that leads to the right of the plant, and a shorter in the last part of the track, with various boxes, including a 3-metre kink. a rainbow, and 6 and 8-metre tubes. And you can also practice stunts at night thanks to the lit slopes. The Rolle Railz Park is situated on the ski slopes at Passo Rolle. The area is accessible. with the Castellazzo chairlift and offers several multi-level facilities with rails and jumps.



#### DOWNHILL SKIING

Downhill skiing has always been the main sport in San Martino di Castrozza, 60 **km of slopes** form the ski resort of San Martino and Passo Rolle, and the ski area is part of the great Dolomiti Superski carousel. At 2.000 metres. Passo Rolle is among the first places to open the lifts and among the last to close them: the season normally lasts from late November to late April. The ski area lies within the Paneveggio-Pale di San Martino Nature Park, in a setting of rare natural beauty, with breath-taking landscapes and views. A comfortable ski-bus service is available. In San Martino di Castrozza, the Carosello delle Malghe offers 45 kilometres of multi-level ski slopes to suit all tastes. Another ski resort just beneath the Pale di San Martino is Colverde, with a slope running about 3 kilometres in two variants that also allows skiing at night, for those who simply cannot get enough during the day. Beginners or first-time skiers can use the ski lifts of Prà delle Nasse in the town centre, with two slopes that are perfect for learning the sport and for children and a playground to keep an eye on the kids. While the younger ones follow the instructor, parents can enjoy a sunbath. Visitors staying at Passo Rolle can access the ski slopes right in front of Cimon della Pala: downhill tracks for skiers of every level, from beginners to the more advanced. The altitude over 2.000 metres helps preserve the snow in perfect condition. From the Primiero valley bottom, in a few minutes you can reach Passo Cereda, with a fun slope for the whole family.

Skiing at these resorts goes hand in hand with good food. Many excellent restaurants, mountain and dairy huts offer fine cuisine, directly on the slopes or near the facilities.



#### FREERIDE SKIING

When runs are not enough, lovers of freeride can discover a world of trails through woods and incredible open spaces! Thanks to the different exposures of slopes, in this area you can find descents on fresh and powdery snow, humps, natural jumps and chimneys throughout the winter months! Remember, however, that freeride skiing requires great skill and experience: carefully consider snow conditions, slope stability and the danger of avalanches. In every ski area, a map shows the off-piste areas where you can "freely circulate" and those with forbidden access because of a high risk of avalanches.

Backcountry skiers will love the descents in the Cima Rosetta area, in the Alpe Tognola - Valcigolera woods or on the Passo Rolle alpine pastures.

#### KING OF DOLOMITES V

Lovers of powder snow should not miss the King of Dolomites in February at San Martino di Castrozza, the two-day photo contest to shoot the most beautiful and evocative shot of freeride skiing in the Dolomites. In front of and behind the lenses, photographs and riders are split into two categories: PRO (reserved to 14 teams of professional photographers and riders) and WANNABES (open). The King of each category will be proclaimed by a select jury comprised of journalists and photographers. *More info at kingofdolomites.com* 



#### **ONE-OF-A-KIND SKI SLOPES**

All virtually located in the Paneveggio-Pale di San Martino Nature Park, the slopes of the ski area have been studied and designed to fit perfectly in the surrounding scenery. Keep an eye out; more probably than not, you will notice deer and chamois watching you while you climb up the lift. All the most demanding slopes along the 45 km of Carosello delle Malghe are within "close range". Besides the classic TognolaUno, with the steep final "wall" that is the joy of expert skiers, Cima Tognola is also a pleasure to ski, especially in conjunction with Tognola Tre, which together form the longest slope in the ski area, a dive of nearly one thousand metres. The Direttissima and Colbricon slopes are sure to put you to the test: a dip from the 2250 meters of Punta Ces down to Malga Ces, and then all the way into town. At Passo Rolle you can't miss the Paradiso, a slope with a vertical wall that looks menacing from the chairlift, and the Castellazzo, amusing for the constant changes in elevation and the slope with the longest season in the Superski Dolomiti carousel (usually from late November to late April). An extensive choice is available to lovers of "comfortable and family-friendly" slopes, with several wide and well-trodden tracks. Protected by the forest, which can be appreciated most on windy days -Colverde is ideal for those seeking an intermediate-level slope and who want to ski at night. The ultimate school ground is **Prà delle Nasse**, a stone's throw from the centre of San Martino: two parallel slopes where you can learn to ski and an area reserved for children, with treadmills, inflatables and a playground. Children will find a Kinderheim and several areas reserved just for them also atop Alpe Tognola, easily reachable by cable car.



#### SKIING BY NIGHT

The ski slopes and snowpark Colverde are lit so that you can enjoy the thrill of skiing at night; the slopes, with a difference in altitude of around 500 metres, are fun and medium-difficulty, with repeated changes in incline, and almost step down into the centre of San Martino. The snowpark allows a perfect jib line and offers much space for freestyle evolutions.

All this makes Colverde ideal for night skiing as well

as for a full-day skiing, or for a fun skiing-and-culinary escapade with the finest local cuisine. Cross-country skiers, too, can have fun or practice until late: the freestyle and classic tracks in San Martino di Castrozza and Imèr have lighting systems that allow you to ski even after dinner. Night skiing is an original and magical experience, because the lit balloons spread a soft light, creating very impressive effects on the track.

## NORDIC SKIING

Wherever you may be, a cross-country skiing track is nearby, in the same charming natural environment and amidst spectacular views. The cross-country skiing centre Prà delle Nasse in San Martino di Castrozza features locker-rooms, ski rental and deposit, and ski instructors available to give lessons. The rings are three, for different levels (beginner, intermediate and advanced) and stretch over a total of 9 km. The school ground, 1800 metres long, is lit for skiers to practice at night. Passo Cereda too, a few minutes by car or ski bus from Primiero, has a cross-country skiing centre equipped with locker-rooms, showers and waxing room, ideal for lovers of top-level Nordic skiing. The tracks are divided into rings of different lengths and difficulty for a total of 15 km, some of which are very demanding, approved for national and international competitions. There are another two rings in Imèr, at the Ski Arena Le Peze, one of which lit for night-time skiing. The tracks are very easy, with minimal drop and running a total four kilometres. In Calaita, a few kilometres from the towns in Valle del Vanoi, there is an easy 8-km track with various rings just around the frozen lake, in a beautiful sunny and scenic location.





Learn whichever skiing discipline you like, or simply improve your technique, thanks to the services of a local instructor. As many as **130 instructors** grouped into two separate schools, *Scuola Italiana Sci e Snowboard* San Martino di Castrozza and *Scuola Italiana Sci Dolomiti.* These are skilled and specialised professionals, who are licensed to also teach children and persons with disabilities, and offer group, baby or personalised courses in the various skiing disciplines. Both schools reserve special attention to teaching little ones through playful activities, to make skiing pure fun. And to top things off, there are cross-country ski instructors for you to learn the appropriate technique and style.

#### SUPERNORDICSKIPASS

SuperNordicSkipass is the first and largest Italian cross-country skiing circuit. A single ski pass allows you to ski a thousand miles of tracks in Trentino, Veneto and Emilia Romagna. The local cross-country skiing centres are in San Martino di Castrozza, Imèr and Passo Cereda. Skiers can practice both the classical technique with alternate step and the skating technique on the tracks of the centre, groomed daily.



#### MORE THAN JUST SKIING

If you wish an alternative to skiing, or simply something extra to add to it, there is a **rich weekly programme of events** here from January to Easter. It ranges from sports and physical exercise to culture and gastronomy: snowshoe excursions with the Alpine guides, guided walks in the Park, guided visits to artistic and architectural treasures, fun workshops for children and torchlight processions for young skiers, but also acrobatic snowboard and skiing shows and drills with the avalanche dog training school of the *Finance Police*. An unusual and exciting way to experience the atmosphere of the mountain villages and the environment of the Paneveggio-Pale di San Martino Nature Park in the quiet of the winter season.

#### SNOWSHOEING IN THE WOODS

Moving nimbly on the snow in the woods is easy with snowshoes on your feet and the Alpine Guides at your side. The snowshoes also allow those who are not particularly athletic to experience the winter mountain from up close. An opportunity to discover the surroundings of San Martino and Passo Rolle, Val Venegia, the Orti Forestali, the Piani di Cavallazza, the snow-capped Colbricon lakes. Mount Castellazzo, but other places too, seemingly inaccessible, but really simple when there

are experts guiding you and the lift facilities at your service. Be sure to pay a visit, then, to the Altopiano delle Pale or the Fradusta glacier. At Passo Rolle there are also two new paths provided with information boards. Round about Primiero, Val Canali is the Oueen for excursions among snow-covered meadows and forests. but it is worth discovering Val Noana, too, or venture in hidden and fascinating places along the paths in Valle del Vanoi and around Sagron-Mis.



# 4 VALLEYS YOU SHOULDN'T MISS



Some places are just magical: wondrous nature and landscapes, places one simply cannot miss for their **uniqueness and diversity**. Although comfortably reachable, they have preserved a sort of other dimension that offer a peek on how human activities can blend perfectly with the mountain environment, as when people in the past lived mainly off agriculture, forestry and animal husbandry. Dairy huts and typical inns offer a well-earned rest and a refreshing break.

## **4 VALLEYS YOU SHOULDN'T MISS**

#### **VAL VENEGIA**

An impressive natural amphitheatre, a land of pasture with an extraordinary wealth of vegetation and forests that push us to the foot of the screes of the Mulaz. Vezzana and Cimon della Pala peaks, kingdom of deer and chamois that water at the Travignolo torrent. In winter, when the white of snow reigns supreme, the valley is the perfect place for hiking with snowshoes and for ski mountaineering. There are two entrances to this beautiful "hollow" at the foot of the Pale di San Martino: from Passo Rolle we climb to Capanna Cervino and Baita Segantini with their picture-postcard views, then down a long dirt road to the characteristic Malga Venegiota, heading towards the larger Malga Venegia. open even in winter. The other access route sets out from Pian dei Casoni, along the road that leads to Passo Valles, reachable by car or on the shuttle bus service from Paneveggio.

#### VAL CANALI

Privately-owned for centuries by the Welsperg family, feudal lords of Primiero, which has limited its anthropisation and preserved its environmental peculiarities.Val Canali is worth being discovered, and a day simply will not be enough. You can go walking or mountain biking, or now even rent an e-bike.

You can sunbathe around the small **lake**, visit Villa Welsperg, visitor centre of the Nature Park, you can venture into the mead-

ows of Piereni or Prà Cimerlo. Everything here is a discovery: at the high-altitude mountain huts Pradidali and Canali-Treviso you are sure to experience high-mountain life at its fullest. In summer, the Canali torrent becomes a favourite destination for playing happily with the water that descends directly from the peaks. The Muse Fedaie trail is a rather original and interesting itinerary, with a Kneipp stepping bath and theme-based shows.



#### VAL NOANA

Wedged and carved by the Noana torrent, the valley is a wild peculiarity of the territory. Long, narrow, confined between overhanging rocks, it looks like a canyon. The torrent has shaped and smoothed the large boulders transported downstream with the retreat of glaciers, that form spectacular pools. From the villages of Mezzano and Imer, where Val Noana begins, and for 9 km up to Rifugio Fonteghi, we find ourselves in a wild world. Then, magically, the valley opens up and softens with large meadows and pastures in the Nève and in Val Piana; a dirt road leads to Alpe Vederna, and a high-altitude trail leads to Rifugio Boz (1718 m) in the **Dolomiti Bellunesi Nation**al Park. In winter, the Noana valley becomes a pristine paradise for enthusiasts of ski mountaineering and snowshoe excursions.

#### CANYONING

An adrenaline-charged challenge under the lead of the Alpine Guides! An exciting experience that turns climbing upside-down; you don't climb your way up, but down, wearing a helmet, harness, rope and gear along the upper part of the Neva River in Val Noana. The stream has carved the rocks, forming a canyon of ravines which look like small natural pools to dive in, waterfalls to plunge into with the help of ropes and natural toboggans on which to slide. With the Alpine Guides, canyoning turns out to be a sport for everyone age eight and up; all you need is a bit of courage and enjoy wallowing in water... even in the rain. You're guaranteed to have tons of fun!



#### VALSORDA

Boundless forests and many marks left by humans: Valsorda, in Valle del Vanoi. is one of the gems of the Paneveggio-Pale di San Martino Nature Park. From the village of Caoria the route reaches Prà de Madègo and Pian della Siéga. Here the Siéga de Valzanca is worth a visit: it's a Venetian-style water-run sawmill, still perfectly efficient. Masi di Tognola, along the Rio Valsorda, is a spectacular rural midhigh settlement, built with the blockbau method and shingle roofs, which used

to be populated during the hay-stacking season. Visitors can continues their walk up to Malga Valsorda, 1918 metres high. You can also climb your way up to Valsorda from San Martino di Castrozza, with the Tognola cable car to then descend on foot or ride down the newly laid path on a mountain bike. At Prà dei Tassi, a restored farmhouse offers twelve beds with toilets and a cooking area for those who wish to stay overnight. Accommodation is rustic and very suggestive.



San Martino di Castrozza, Passo Rolle, Primiero and Vanoi – many destinations in a unique land overflowing with extraordinary landscapes. They are among the most popular mountain re- | of Passo Rolle.

sorts in Trentino. The altitudes vary from the 700-1000 metres a.s.l. of the bottom valley towns up to the 1450 m of San Martino di Castrozza and the 2000 m



#### SAN MARTINO DI CASTROZZA

In San Martino di Castrozza you feel like you can touch the mountains with a finger. and nature perfectly blends with the small alpine centre, for a holiday up high (1450 meters above sea level) with all the comforts and conveniences of a mountain summer and winter capital. The crown of mountains counts Cimon della Pala. Rosetta, Cusiglio, Pala, Cime di Val di Roda, Sass Maor, Madonna: to the south, you can gaze on the Vette Feltrine chain and, if you take a full turn, the Lagorai offers Alpe Tognola and the Colbricon and Cavallazza peaks. Visitors do not have to worry about travelling long distances and ski lifts are easily reachable on foot. The ecobus service in summer and the ski bus in winter make moving around effortless and connect the town with Passo Rolle, just 9 km away. For mountain lovers and those who see sports as a way to stay fit, this is the ideal destination: in winter, it offers all the activities normally practicable on snow: classic downhill skiing, snowboarding, free-riding, cross-country skiing, snowshoeing, ski mountaineering, and even go-karting on ice. In summer, outdoor activities range from classic excursions at all altitudes to the Adventure Park Agility Forest and the Bike Arena, to nordic walking and playgrounds for your children. In all seasons, the sports arena - with the skyhigh free-climbing wall free where you can feel what it's like to be a crawling "spider" and wellness facilities of the hotels are the main venues for indoor activities.

A succession of **events and shows** offers a variety worthy of the best tourist resorts, such as the wide range of accommodations and excellent dining.

## TOWNS

#### PASSO ROLLE

Passo Rolle is the southwest gateway to the Dolomites, a Unesco World Heritage Site: Bureloni, Vezzana, Cimon della Pala, Rosetta, Cime di Val di Roda, Madonna. Sass Maor. In front of the Pale di San Martino, the last offshoots of the Lagorai with Cavallazza and Colbricon. On the left, Monte Castellazzo, reachable along the trail "Sentiero del Cristo Pensante'', overlooking the whole landscape up to the Marmolada, Passo Rolle is nestled in the Paneveggio-Pale di San Martino Na-

ture Park, with its magnificent forest ending where the pastures begin in summer, and the ski slopes in winter. The high altitude makes it possible to ski from late autumn to spring. It is the ideal starting point for discovering the many dairy huts, Val Venegia probably being the most charming, and the Colbricon lakes with the small shelter, while Baita Segantini is a must stop for its picture-postcard scenery. The more experienced hikers can dare to venture on the trail leading to Rifugio Mulaz.

#### AN EXCEPTIONAL TOWN SEXTET

Here they are, the six towns of the Primiero valley grazed by the Cismon and Canali torrents: Fiera, Siror, Tonadico, Transacqua, Mezzano and Imèr. Blessed with a pleasant breeze, due to the sweetness of the altitude between 650 and 750 metres and to the nearby woods, they are a wealth of unique discoveries.

Their history is rich in ancient testimonies that co-exist with a modern dimension, which boasts a diversified range of high-quality, family-run accommodation facilities. Connecting bike lanes, traffic limited to the main arteries. countless walks along the valley floor and at mid-altitude, spacious playgrounds for the children's fun, many fountains that guench your thirst with fresh spring water. The 60 km of slopes of the ski resort San Martino-Passo Rolle are 14 km away. and the easy slope at Passo Cereda just 8 km. For lovers of cross-country skiing, Imèr offers a nice circuit, even at night, Passo Cereda a cross country centre that hosts top-class skiing contests, and in Calaita you can enjoy skiing on the frozen lake.





#### FIERA DI PRIMIERO

This is the most important economic centre of the area, built in the 15th century. Leading marketplace and trade centre – from which it takes its name (Fiera is the Italian word for fair) – it was founded as a village for the wealthy businessmen who arrived in the wake of the Welsperg family, feoffed in Primiero in 1401 by Leopold, Archduke of Austria. The pedestrian centre is much like a "living room" dominated by the fountain designed by the contemporary artist Max Gaudenzi and the 17th century church of Madonna dell'Aiuto. The heart of the sacred and the political power of the late 1400s is two steps away: the dominant **Palazzo delle Miniere** and the **Gothic Archpriestal church** of Madonna Assunta. Next to these, the church of San Martino and the Old Rectory with the paintings of Madonna della Misericordia.

#### THE OTHER TOWNS OF PRIMIERO

Transacqua, with the hamlets of Ormanico and Pieve, is the most populous town in Primiero. Its history is closely tied to Venice, the main purchaser of the timber of its surrounding woods. Birthplace of Michele Bettega, first mountain guide on the Pale di San Martino, it is part of the national "Town in Bloom" circuit: piazza San Marco and the garden at Palazzo Someda blossom with an explosion of roses in summer. Within walking distance lies Tonadico, at the foot of Castel Pietra, of which only the ruins remain nowadays. Murals depicting sacred and traditional scenes pop up on every corner. Palazzo Scopoli, today site of the Town Hall, was the keeper of the medieval statutes and residence of the family of notaries of the same name. Crossing the Campagna with its countless barchi (traditional baskets) to collect hay and the small Chapel of San

Giacomo, we arrive at Siror. a bustling village. In December, the streets of the town host the typical Christmas market. The municipal territory extends beyond the torrent towards Cismon the small hamlet of Nolesca. Mezzano and Imèr are the first towns we encounter coming from the plain. The peasant array has been enhanced to such a degree that Mezzano is enclosed in the list of "The most beautiful villages in Italy". Here the traditional wood piles have inspired 26 permanent art installations throughout the town centre: the exhibition Cataste&Canzei, In Imèr too. the rural architecture nicely blends with many fine art installations: twelve benches designed by local artists offer the possibility of taking a pleasant break, recreating moments of social gathering. It has a nice playground with a fun game of fountain sprays that is even patented for children with disabilities.

## TOWNS

#### THE VANOI VALLEY

Safely protected by the porphyritic chain of Lagorai and the granitic massif of Cima d'Asta, it extends over an area of approximately 125 sgkm. We reach the valley from Imèr through a tunnel crossing Mount Totoga, or along the panoramic road of Passo Gobbera. Canal San Boyo is the site of the Town Hall and chief town of the valley, hosting many of the main public services, from the library to the pharmacy, from the tourist office to the Ecomuseum. A short distance away we find the hamlets of Cicona, Prade and Zortea, from which we move on towards the Lozen val-

ley to Lake Calaita, or in the direction of Passo Gobbera. From Canale, the road continues towards Caoria and Ronco - as many as fourteen small towns – and Passo Brocon. The vehicle road stops at Rifugio Refavaie, but there is still the possibility of continuing our journey on foot or by mountain bike. Every town has its moments of celebration and festivity, including in autumn the "Festa delle Brise" (porcino mushrooms). Cicona has for some years been home to the summer comics exhibition "Cicona Fumetto", and every ten years, Prade stages the religious drama "Godimondo e Fortunato".





#### **SAGRON MIS**

The small towns of Mis and Sagron can be reached from Primiero by crossing Passo Cereda. The territory is strongly geared to historical and environmental improvement, relying on the guality and respectful observance of the local nature and landscape. An example is the new natural Amphitheatre, built at the foot of the peaks of the Cimonega Group, very close to Torre T3, a futuristic observation point with a night vision telescope and climbing gym. Sagron Mis has also commissioned a feasibility study to assess the

possibility of building houses on and among trees. Worth mentioning are "Intrecci del tempo'', a 7-km long trail on a discovery of the human crafts and trades in different eras, and the Mineralogical Trail, on the traces of mercury and gold mines. Sagron Mis is located between the Paneveggio-Pale di San Martino Nature Park and the Belluno Dolomites National Park. Overlooked by the Eastern offshoots of the Pale di San Martino, it has been recognised as the first portal of Sistema 3 of the UN-ESCO World Heritage site.

## SIGHTSEEING ATTRACTIONS



The historical centres of all our towns in Primiero, Vanoi and Sagron Mis offer interesting sights, **ancient rustic houses**, stately homes, **frescoes** from various eras, polygonal stone **fountains** in Venetian style, churches in **Romanesque style** and from later periods. On an inaccessible crag at the entrance of Val Canali stands **Castel Pietra**, an ancient castle of the Welsperg family that for centuries ruled Primiero. Not far away, one can admire the Park House at the renovated Villa Welsperg, built in the 1800s by that powerful family to be used as a hunting lodge. The countryside churches of San Silvestro (on a cliff overlooking the entrance of the valley) and of San Giovanni ai Prati Liendri are worth a visit, especially for their sixteenth-century frescoes.

#### THE LATE-GOTHIC HEART

The Palazzo delle Miniere in Fiera di Primiero, formerly the seat of the Mining Court, was built and frescoed in the late 15th century. Today, it hosts the Museum of material culture of Primiero and a number of temporary exhibitions. The Museum includes a permanent display of fossils that traces earth's history from the meteorites to the dinosaurs. One section is dedicated to engineer Luigi Negrelli (Fiera di Primiero, 1799 - Wien, 1858), a native of Primiero and designer of the isthmus of the Suez Canal, as well as the renowned creator of roads, rail lines, bridges and waterways under the Austro-Hungarian Empire. The massive attic is an impressive display of wooden joints. Just nearby, the ancient little church of San Martino and the Old Rectory with the two paintings of Madonna della Misericordia (Our Lady of Mercy). Next to the church is the majestic Archpriestal church dedicated to the Assumption, one of the

of late-Gothic art and architecture in the Dolomites. Many details, like the date written in Gothic letters on a cross vault in the main nave, indicating 1493 as the year when construction was completed, and the badges with the tools of the trade. bear witness to the fact that miners, at the time known as Knappen, were involved in the works. Even the altar with rood doors (1485) is Gothic. In addition to the fine 17th century altars and the choir dominated by the splendid rose window, there are two paintings: the mystical Unicorn hunt in the Hortus conclusus on the left wall and the Römer painting in the apse, commissioned by mining judge Giangiacomo and his wife in memory of their deceased children. At the end of the 1990s, archaeologists reportedly discovered the remains of a very ancient paleo-Christian basilica: today, the drain of the ancient baptismal font in the left aisle is still visible to the public.

most successful examples

# SIGHTSEEING ATTRACTIONS



#### TREASURES OF ART

In a dominant position on the hill above the village of Tonadico stands the church of Saints Vittore and Corona, a shrine of superb frescoes dating from the mid-13th century. In the apse, the Assumption and dormitio virginis enriched with original miniature scenes from the life of the two saints to whom the church is dedicated. The Gothic altar with rood doors and a "staccato" fresco depicting the Ecce Homo are preserved in the chapel at Palazzo Scopoli, symbolic stronghold of Tonadico, for centuries the ancient Manor House, later abandoned and today seat of the Town Hall.

Just a few steps away lies Baita Paradiso, where **Chiara Lubich** – the founder of the Focolare movement - arrived in 1949, giving life to the Mariapolis.

#### MEZZANO, A ROMANTIC TOWN

Rightfully ranked as one of the most beautiful villages in Italy. Mezzano celebrates rural life with themed itineraries dedicated to water, orchards, farming architecture, engravings and frescoes. Against the awe-inspiring backdrop of the Pale di San Martino, Mezzano puts on a show all of its own of those that charm for their disarming simplicity. The past comes to new life in the **old** peasant houses in stone and wood, skilfully renovated; in the onion-shaped belfry of San Giorgio; in the squares that embrace the fountains: in the facades decorated by inscriptions and frescoes; in the historic lisièra (laundry); in **400 vegetable gardens** kept by the inhabitants; in the small ethnographic museum made of artefacts and love; in the wooden frame that from the 1700s weaves **precious damasks**, and ...

In this Museum under the sky, even the piles of wood are artistic masterpieces: along the narrow alleys, in the courtyards, under the stairs, on the balconies, the traditional supply of logs for the winter dresses up and takes on unexpected forms. The 26 works of the **permanent exhibition** Cataste & Canzei shapes dreams, reinterprets historical events, and tells the story of the owners.



## SIGHTSEEING ATTRACTIONS

#### THE SITES OF THE ECOMUSEUM

The Ecomuseo del Vanoi is an **open-air museum** that treasures a number of key sites, like the House of the Ecomuseum in Canal San Bovo, the Sacred room in Zortea, the Mulini dei Caineri in Ronco, the **Museum of the Great War** and the exhibition of Arts and Crafts of long ago in Caoria. We recommend a visit to the **ethnographic trail of Vanoi**, with several trail-like rings. The "highest" tour leads to Malga Miesnotta, a dairy hut where visitors can also stay overnight.The Paneveggio-Pale di San Martino Nature Park, in fact, has built a freely accessible bivouac here.There is always a good reason to dedicate a day, or even more, to the Ecomuseo del Vanoi: the synergy between nature, human activity and tourism has produced an exceptional result.



A sensational discovery was made in 1971 near the Colbricon lakes at Passo Rolle: archaeologists found traces of flint that allowed them to identify seasonal settlements of Mesolithic Hunters dating back to more than 8000 years ago. In the 1980s, Aldo Villabruna, discovered the **burial site** of a hunter dating back to the Upper Paleolithic age in Valrosna, along the Schener road. A set of objects was found next to the skeleton. including a knife, a bone tip, a clot formed by propolis and ochre, and shells of columbella, perhaps from trade bargains. More recent burials, dating to the 6th-7th century, were found at Imèr: among the relics, a female burial cloth, with jewels now preserved in the Museum at Castello del Buonconsiglio in Trento. A proto-historic archeo-metallurgical area is attracting further research on Mount Bedolé above Pieve. where archaeologists found a large outcropping of copper smelting slag. Though not as ancient, the worship sites reveal remnants of historical and artistic significance, like the Archpriestal church and nearby Chapel of San Martino.

Other sites that are definitely worth a visit are the church of San Giovanni ai Prati Liendri in Mezzano and the church of San Silvestro on Mount Totoga dominating the Primiero valley, within walking distance of Passo Gobbera or from the hamlet of Masi. They are only open on certain occasions, but are an inspiring target, as they allow combining the interest in local history of art with that of moving about in nature. These mountain churches, together with San Vittore in Tonadico and the ruins of Santa Romina on Mount Bedolé, form an imaginary cross protecting the valley and are enjoined by the route "Trekking della Crosèra''

# SIGHTSEEING ATTRACTIONS



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### ARTISTIC HANDCRAFTS

We recommend a visit to two workshops in Mezzano: the Artelèr weaving shop and the sculpturing workshop of brothers Renzo and Silvano Zeni (with a store also in Fiera di Primiero). Artelèr is located in the very heart of the historical centre and lies on the path of guided tours of Mezzano Romantica. Here, visitors can admire the various stages of the weaving process, the tools of the trade. the finished products in linen, cotton, wool and silk, embellished with artistic finishes such as crochet and netting. The shop sells a range of home textiles like carpets, towels, aprons, fabrics for jackets and shirts, table linens, curtains and scarves. The Zeni brothers have been wood sculptors for almost thirty years. Renzo prefers miniatures and precision work, while Silvano is more skilled at chiselling larger sculptures. A perfect synergy that gives life to wood sculptures of sacred and common art of all

sorts, using Swiss stone pine from the forest of Paneveggio, linden and maple, but also larch, ash and walnut. The Zeni brothers are authors of a number of wood sculptures portraying religious figures, such as the sculpture of Sant'Antonio at the aedicula in piazza San Marco in Transacqua. Their works have also reached beyond national boundaries: one, for instance, can be seen at the entrance of the Euro-tunnel. a rock climber four metres high in Cologne, and other sculptures in Austria. Canada and North and South America. The children carry on the family trade... in their own way: Matteo and Gianluigi Zeni sculpt chocolate and cheese creations, while Carmen Bonat designs creative dresses with fabrics woven by her mother and aunt at Artelèr. Both workshops are members of the Consortium for artistic craftsmanship and quality of Trentino, a guarantee of the originality and typicality of their artistic creations.

# HISTORY

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# di CASTROZZA

S.MARTINC

MALANY

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Stagione invernale 1927-1928

Il più grandioso panorama i l'migliori campi di sky : Il più perfetto trampolino di salto i Grande pista per bobsleigh i Gare di sky e di bobsleigh i Pattinaggio i Gli alberghi più eleganti i Skurling

### Per Informazioni : Pro Loco S. Martino di Cas

### A HINT OF HISTORY

The earliest historical records about Valle di Primiero from shortly after 1000 AD and show that at that time it belonged to the church of Feltre. However, it is believed that the first settlements date back at least six centuries earlier. In fact, during the restoration of the archpriestal church of Fiera, the builders uncovered the foundations of some older churches, the first of which could be traced to the 5th-6th century AD. Their measurements were slightly smaller than the current building, witnessing to the fact that, already then, there was a relatively stable and large community in the valley.

After a series of historical events, in 1373 Primiero became part of the **Tyrolean-Habsburgian Empire** and, on March 22, 1401, Duke Leopold, count of Tyrol, bestowed Valle di Primiero to George Welsperg from Val Pusteria as a perpetual fiefdom, for the price of 4000 gold florins. Under their dominion, **the Welsperg** promoted activities such as mining and the extraction of metals, including silver, iron and copper, employing largely German-speaking workers. For a couple of centuries. Primiero became one of the most important and productive mining basins of the House of Austria. During this time, the village of Fiera developed into the main marketplace of the area, the centre of a bilingual culture. During the Napoleonic wars, the valley passed under Bavarian rule, to be then reunited to the Austrian territories. After the Congress of Vienna, it was annexed to Trentino and finally became part of the Italian reign with the end of World War I. in 1918. The special autonomy enjoyed by the Trentino-Alto Adige region was decreed by the De Gasperi-Gruber Agreement following World War II. and in 1972 the region has been divided, administratively and politically, into the two autonomous provinces of Trento and Bolzano.

# HISTORY

### THE HISTORY OF SAN MARTINO

Alpe di Castrozza is the name we find in the oldest documents that mention this secluded pasture at the foot of the Dolomite peaks. *Castrozza* most probably means fenced area to protect the town from grazing animals. A **Hospice** was later erected at the hands of a spontaneous religious community, which lived according to Benedictine rule. Documentary sources testify that

the Ospizio di Castrozza offered assistance and hospitality to pilgrims, travellers and tradesmen during the upper middle ages. The monks mysteriously disappeared from San Martino di Castrozza in the mid-1400s. and the Monastery was replaced by a simple benefice without the duty of counselling lost souls, but still offering hospitality to wayfarers. In the wake of the 18th-century Grand Tour undertaken to discover classic Italy, the 1900s witnessed - at the acme of Romanticism - the spread of small or Alpine tours. The first daring travellers were English: hikers, geologists and botanists were the first to arrive here, fascinated by the beauty of the Dolomites, in turn followed by intrepid climbers who competed in conquering the vet uncontaminated mountain summits. The many accounts of such journeys contributed to sparking an interest in this territory, and San Martino di Castrozza soon became a favourite destination on the international tourist scene.

The first luxury hotels for the wealthy bourgeoisie of Central Europe were built. With the outbreak of World War I. San Martino. belonging with Primiero to the Austro-Hungarian Empire, was set on fire by the retreating Austrian troops, but was rebuilt in the early years after the war. After becoming a part of Italy, the town was chosen as the key site for winter sporting events and a privileged venue of the sports competitions of the Fascist period. The first primitive ski lift was

the *Slittovia del Panzer*, built in 1936, which carried skiers to Alpe Tognola. In the 1950s, the **first ski lifts and chairlifts** were built, including the legendary chairlift *Segantini* and the connection to Passo Rolle. The daring *Roset*- ta cable car was completed in 1957. In the years that followed, the town continued to be the ideal summer and winter tourist destination, and experienced a real boom between the 1960s and 1980s.



# HISTORY

### NOTABLE MOUNTAINEERS

1861, British travellers In Gilbert and Churchill published their guide The Dolomite Mountains, which whetted the curiosity of climbers such as Leslie Stephen, one of the founders of the Albine Club of London, Edward Whitwell, who will conquer Cimon della Pala in 1870. and other illustrious names such as King Leopold of Belgium. The British then passed the baton to others, including Norman Neruda, Georg Winkler, and Gunther Langes (who in 1920 was the first with Erwin Merlet to climb Spigolo del Velo), Hermann Buhl and Ettore Castiglioni (who in 1934 climbed an impressive thirty new routes on the Pale and reached the sixth rank on the Southeast edge of Sass Maor). In the 1960s. Reinhold Messner and Dino Buzzati were among the valiant men to climb these mountains, while 1970s are Manolo's the years, who paved the way to new frontiers in climbing.

### THE FIRST HOTELS 🗸

The English traveler Amelia B. Edwards, arriving in 1872 at San Martino di Castrozza, was unpleasantly surprised: "...part of the big building, all dirty and in ruins, all that remains of the old monastery, is used as a malga, and another part of it has been turned into an inn". There was an atmosphere of neglect and decay in every corner of the old priory.

But only two years later, next to the run down hostel the comfortable Albergo Alpino had been built and within a few years the new Hotel des Dolomites could accommodate even the most difficult guests, members of the aristocracy and the middle European bourgeoisie.



# GASTRONOMY

### MOUTH-WATERING TREATS

The whole territory seems to beckon tourists to come discover it, and one holiday won't be enough to satisfy you, as the many guests returning to our valleys every year proves. Have you ever thought about how many experiences you can enjoy by combining physical activity - or pure leisure - with good food? Try and find out for yourselves. There are mountain huts along the excursion trails, at high altitude and on the ski slopes, typical restaurants and dairy huts, inns offering snacks with an assortment of our most beloved products. All of them offer (and in a variety of combinations) the cheese of the cheese dairy of Primiero, including Nostrano and Tosèla, the Carne fumada (smoked meat) of Siror, the local sausages, and fantastic desserts with ricotta cheese. tasty berries, jams and local honey. Food is a feast, which is why we organise several gastronomic events in the summer, where the stars are the culinary reinterpretations of traditional dishes with a modern touch: two above all, the Knödel Festival in Imèr and the Brise Festival (devoted to porcini mushroom) in Vanoi, both in September. We will let you discover all the others for yourselves, because gastronomy, too, is a part of our culture we are proud to share with our guests.

The cheese diary of Primiero offers now also an e-shop: caseificioprimiero.com



### A TOUR OF THE DAIRY HUTS

Our typical products are the fruit of the land and of the age-old devotion of the locals to their traditions, a masterful blend – thanks to the historical role of middle ground between Italy and German-speaking countries - of Venetian and Tyrolean delicacies. Here you can truly taste the rich simplicity of a full-bodied and savoury cuisine, with dishes of steaming polenta and Tosèla, or "costesine and luganeghe" (spare ribs and sausage) served with sauerkraut or mushrooms. The soups too, are a popular meal, especially the barley soup, and mushrooms are a versatile ingredient used to prepare delicious creams. The starters made of gnocchi or Knödel always delight the palate, and

a good Trentino wine beautifully exalts their taste. The home-made desserts are always a refreshing surprise, but before finishing out our meal, let us not forget that in a mountain hut, the Prince is the cheese, and Primiero has a long cheese-making tradition. Today more than ever, the trend is to pair cheese and honey with fruit compotes or mustards: simply impossible to resist! Touring the dairy huts implies going on foot, because they are all nestled in breathtaking surroundings, in a perfect union between human activities and environmental preservation, a bit like the farmhouse inns scattered on the territory, which offer a variety of local, freshly picked produce.

#### THE DOLOMITES CHEESE ROUTE

The Dolomites cheese route crosses the valleys of Primiero, Fiemme and Fassa. Its seventy members adhere to strict quality standards and undertake to produce dairy and other niche products that are first and foremost local. Our territory is identified through the Tosèla cheese.

### EXCELLENCE

Tosèla is a typical dairy product served fresh and sliced, fried in butter: how good that delicious, red crispy crust that forms around the soft and tasty cheese! But tosèla can also be enjoyed raw, dressed with oil, salt and balsamic vinegar, sliced or diced as finger food. The Nostrano di Primiero is the excellence of our cheese and has won several important awards. Fresh. half-seasoned or aged; the one produced with dairy-hut milk is especially sought after, because it has the richer colour and taste of when the cows are fed out to pasture and enjoy a myriad of fresh and fragrant herbs. The Botìro di Primiero di Malga is a fine butter of limited production, a Slow Food Presidium. It is made from raw cream, naturally surfaced in the dairy hut, and processed by the cheese dairy of Primiero; it carries on the tradition dating back to the time of the Serenissima Republic. when it was the finest butter sold in Venice. How about tasting it on a nice slice of old bread, with local honey? Sausage lovers should try the Cauriota Lucanica sausage, produced with skilfully spiced pork and perfect both as an appetizer or full-bodied main course. It can be enjoyed sliced, fresh and seasoned, or grilled, or even cooked in tomato sauce with a side dish of sauerkraut. The Smoked meat of Siror has won a prominent place among the traditional dishes and goes nicely sliced and eaten "raw", or dressed with oil and lemon. It's such a fashionable meat that some people even put it on pizza.

Nowadays, even **honey and berries** are counted as typical products for their authenticity and quality. Bees can gather nectar in pristine meadows and the traditional bee-hiving and honey extraction techniques applied guarantee the quality of our mountain honey: the particularly sweet multiflower variety, the precious single-flower rhododendron variety and the honeydew. Small fruits have an ideal climate in Primiero and Vanoi to grow into tasty treats. Many are now the greenhouses that produce raspberries, blueberries, blackberries, strawberries and redcurrants. Given their sweetness and freshness, you can enjoy them *au naturel* or with fresh whipped cream. In recent years, some companies have started cultivating these tasty products, which are also processed into jams and juices. The production of an **excellent artisan beer**, *Primiero BioNoc'*, is also rapidly taking foot.



# THE SURROUNDINGS

### MART & MUSE

You can't leave Trentino without visiting at least one of its important museums, some housed in castles, others dedicated to customs and traditions, to war, to sacred art, to typical products, to the air force, to mountain women... We recommend two, the brand new Muse, the Museum of Science, and the Mart, the Museum of contemporary art. The first, designed by Renzo Piano, extends over 19 thousand square metres and on six floors in Trento, Inaugurated in July 2013, it caters to youngsters and families: it hosts the most thorough dinosaur exhibition of the Alpine region and features a multi-sensory space of 200 square metres dedicated to children, the Maxi-Ohh!. Adults, instead, can try out scientific experiments in the "hands-on" section. This museum is a sort of science gym to discover the principles of physics and mechanics, and grapple with the construction of robots and in the design and production of items with a 3D laser printer. Mart. the Museum of Modern and Contemporary Art of Trento and Rovereto has a consolidated tradition and offers three exhibition venues: in Rovereto, the large architectural complex in Corso Bettini and the House of Futuristic Art Depero, and the renovated Civic Gallery in Trento, with wide-ranging displays. The head office of the Mart. designed by the starchitect Mario Botta, is conceived to be a "cultural hub" rather than a traditional museum. It includes a public library, a large auditorium and a cafeteria, all overlooking a large central square, a modern agora covered by an impressive glass and steel dome.



Those who want to explore other parts of the Dolomites are in for a unique experience: the views you can enjoy from the Alpine passes will remain forever etched in your memory. For instance, if the weather looks nice. you can head to Val di Fassa. climbing up Passo Rolle and making a turn toward Passo Valles and Passo San Pellegrino, to arrive in Moena. From Canazei, you will reach the Pordoi Pass, climbing the twenty-eight hairpin turns that seem to have been made for the sheer joy of cyclists. Up there, even if you don't take the cable car, the eye will gaze across Sassolungo, Sella and Marmolada. We are on the border between Trentino and Veneto, where the history of the great war has been written, as evidenced by the Ossuary of the fallen, but also the site of memorable sporting feats, like the Giro d'Italia, as reminded by the monument dedicated to Italian cyclist Fausto Coppi. We then continue in the direction of Cortina d'Ampezzo, crossing Passo Falzarego, where Coppi outran Bartali in 1946. Cortina certainly needs no introduction. and a walk along the main avenue is always an attraction. You can choose between a lunch in a starred restaurant or a picnic on the banks of the Misurina lake, the image of the Tre Cime di Lavaredo reflected in its waters. If you want to have an espresso, we recommend Brunico, in the heart of Val Pusteria, with its ancient access doors and picturesque painted houses, where you can sense a distinctly Nordic flair. On our way back to Primiero. we will pass through Val Badia and the centre of La Villa, site of the famous World Cup slalom on the Gran Risa ski slope in winter. Crossing Corvara and the nearby Passo Campolongo, we arrive in Arabba, then continue along the Agordo valley, skirting the Alleghe lake dominated by Mount Civetta. Arrived in Agordo, we climb towards Sagron-Mis and Passo Cereda, and are finally home.

# THE SURROUNDINGS

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Arte Sella is an international outdoor exhibition of contemporary art set up in 1986 in the fields and woods of the Sella Valley in Valsugana (about 65 km far from Primiero). The works are usually three-dimensional and created using stones, leaves. branches and tree trunks. Manmade objects, materials and colours are rarely used. All works are placed outdoor and can be admired while enjoying the different types of woods, stones and monumental trees in the surroundings, the artworks are left to decay thus becoming again part of nature's life cycle.

The main exhibition area is **ArteNatura route**, an art route on a mountain path: visitors will enjoy the discovery of living woods, the scent of mossy stones and the view of monumental trees perfectly combining with works of art which are meant to exist, grow and die in such beautiful surroundings since 1986. At the end of the ArteNatura route. a path takes visitors to the magnificent Tree Cathedral, a monumental work created by the Italian artist Giuliano Mauri in 2002. The nearby lakes of Levico (whose shapes reminds of a Norwegian fiord) and Caldonazzo are popolar destinations. The lakesides host well-organized lake resorts and free-access beaches.

You can enjoy swimming, sailing, windsurfing, water skiing, canoeing and rowing, Dragon Boat and angling. You can also walk many paths along the lakesides, deep in the green, such as the beautiful Via dei Pescatori. Lake Levico has been awarded a «Blue Flag» 2014, an acknowledgement of the quality of the bathing water and the facilities provided on the beaches, in the resorts and in the nearby town.

# THE SURROUNDINGS



Venice is an enchanted city; everyone has heard of the beauty of Venice, but maybe some of us have not visited it yet. But even for those who also know many of its treasures, visiting it again will be as exciting as the first time. So why not take advantage of the opportunity, seeing it is little more than **two hours** away? You can even get there by bus. If you choose to drive, you can park at Tronchetto – comfortable but a bit pricey - and then take the people mover, a futuristic, automatic land cable car, to arrive straight in the middle of Piazzale Roma. After crossing the Calatrava bridge, you will start breathing in the romantic Venetian air. One day won't be enough to see everything, but one of the biggest pleasures is to wander into the maze of calli and campielli, up and down the bridges across the channels.

You will discover countless suggestive and charming corners as you walk down the secondary streets. And if you wish to discover local life, we recommend stopping by at the taverns and inns where true Venetians like to meet for a cocktail at the counter: **the** bacari. where you can sip on a spritz or ombreta (wine glass) and snack on cicheti, the ancestors of finger food, including Venetian-style meatballs, fried anchovies, sardines in saor, herring, cuttlefish, octopus. Or if you prefer, head straight for Piazza San Marco with its basilica, symbol of the maritime and commercial power of the Serenissima Republic, climb to the top of the Bell Tower to enjoy the view over the city and the lagoon and then run through the six districts of Venice, from Castello to Cannaregio, from San Polo to Santa Croce, from Dorsoduro to Giudecca. Oh. and don't forget to stop at the Doge's Palace, the Fenice theatre, the Rialto Bridge and to take a ride on a gondola or ferry-boat.

### **GEMS OF VENETO**

There are many interesting destinations if you would like to spend a day exploring the nearby Veneto region. Feltre with its small centre offers a number of sight-seeing attractions: from St. Peter's Cathedral with the baptistery to the city walls and up to Piazza Maggiore for a visit to the church of San Rocco and the ruins of King Alboin's castle with its fiffountain. teenth-century And then Palazzo della Ragione. Sala degli Stemmi and the Teatro della Sena, a miniature Fenice where Goldoni staged his first plays, the Gallery of Modern Art Carlo Rizzarda with the Museum of Wrought Iron, the Civic Museum, the historic palazzi. Worth visiting is also Bassano del Grappa, with the Ceramics Museum and Ponte Vecchio, better known as the Ponte degli Alpini, sipping the famous grappa in one of the many taverns. Not far is Marostica, a fortified town that is famous for its chess square. And why not choose **Padua**, a modern city but with the spectacular Scrovegni Chapel, which treasures 14th century frescoes by Giotto? The centre of **Treviso** is a work of art in itself, but also an attraction for shoppers, with a host of elegant and refined stores. Surrounded by the city walls and still well preserved and crossed by three canals, it exudes a special charm. Or you may undertake a boat trip along the Brenta river (Riviera del Brenta) up to Vicenza, to discover the villas and buildings designed by architect Palladio. .... Or even visit Verona, with its Roman arena and the vibrant echoes of Romeo and Juliet's passionate love story.



















# USEFUL INFORMATION

### USEFUL PHONE NUMBERS

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Skiing by night	Colverde-Rosetta colverderosetta@impiantices.it impiantices.it +39 0439 68204
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Primiero cheese dairy	info@caseificioprimiero.com caseificioprimiero.com +39 0439 765616

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### FLY SKI SHUTTLE 🗸

During the ski season, the Fly Ski Shuttle links our resorts to Venice, Treviso, Verona and Bergamo airports. This convenient bus transfer shortens the distances by taking national and international guests directly from the airport to the ski pistes. *More info at flyskishuttle.com*.







#### © GUIDE TO THE TERRITORY

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Azienda per il Turismo San Martino di Castrozza Passo Rolle, Primiero e Vanoi

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