

# Genusswandern, the pleasures of trekking



## *Mid-mountain trekking in "Valle di Primiero" Would you like to experience mountains charm to the full?*

Open your eyes wide before fairy-tale sceneries, touch with your very hand the purest nature, listen to the silence of the woods, let the scent of meadows pervade you and savour the most genuine flavours.

"Genusswandern" is the ideal holiday for those who shun the fatigue and dizziness of high altitudes and prefer to dive into mid-mountain landscapes dotted with flowering meadows, majestic woods and crystal clear waters. At the foot of the Dolomites peaks of the imposing Pale di San Martino, the spectacle of nature, when it is properly managed and accompanied by man's patient work, becomes sublime: mountain farms and huts, wooden crucifixes and votive niches, perfectly set in the surrounding environment, reveal aspects of rural life as it used to be in the past and convey the knowledge and values of local tradition. The trail crosses at times the "crosèra" route, another itinerary that retraces the footsteps of pilgrims and travellers of the past and leads to rediscover small and large corners ideal for peace and meditation. The serenity of these places, with their woods, pastures and meadows, does invite visitors to reappropriate time and stop to contemplate landscapes and views unchanged through time. The pleasure of this holiday, however, is not only in the day's excursion, but also in sitting down at the table with all its genuine atmosphere and a chance to taste the products and delicacies of this land, with cheese, sausages, game and soft fruits.

The offer includes a 3 day/2 night trekking with overnight stay in the warm atmosphere of the huts adhering to "I rifugi del gusto" (The taste huts) circuit around Primiero. You can cover the route on your own, without a guide (this is however available on request, for a fee). The itinerary presents no particular difficulty and is suitable for everyone. geignet.



Ph: Tommaso Forin

## SPECIAL OFFER: THE PLEASURES OF TREKKING IN THE DOLOMITES (APRIL - OCTOBER)

**Location:** Fiera di Primiero (750 m) – **Departure/Arrival:** Fiera di Primiero Tourist Information Office – **Period:** April – October

**Booking:** upon request, also guided tours – **Confirmation:** at least within one week before arrival.

### GENUSSWANDERN, THE PLEASURES OF TREKKING IN “VALLE DI PRIMIERO” (3 days/2 nights) - From 115,00 € per person

**Day 1 → (Fiera di Primiero – Rifugio Fonteghi):** 3h, difference in altitude uphill - 600 m. Arrival in Fiera di Primiero at the tourist information office, next to the bus station. Starting from the car park, cross the bridge on the Cison torrent and head south on the tarmac road towards the Navoi meadows (10 minutes), where you turn right into a mule track, slightly downhill, following the sign “Madonna del Sass - Sentiero 735”: the path goes through the Osne basin, touches the Madonna del Sass shrine and continues to reach the hamlet of Oltra (or Coppera) in the town of Mezzano (0.40 h). Alternatively, this section of the route can be covered in less time by simply taking the Primiero cycle/pedestrian track (0.20 h). From the car park (645 m) take path No.728 showing the sign “Tasè” and after 200 m turn left to start a steeper section on the paved mule track deep into the woods. After reaching the meadows in Tasè (870 m – 1.30 h), walk on the tarmac road until you come to a junction with clearly visible signs to San Giovanni. Go towards San Giovanni and, after just 200 m, turn left on a paved mule track leading straight to Falassorni (1250 m - 2.10 h). From here you return to the tarmac road and cover about 500 m downhill, coming to a junction with a forest road. Turn right and you will see traces of a path that goes down to reach in a few minutes the right shoulder of the Noana dam, with the artificial basin in the homonymous valley. The lake is a fishing spot quite popular with Primiero fishermen; the contrast between the beauty of the basin placid waters and the ravine below is quite striking. Walk on the rim through the narrow gorge where the dam (126 m high) was built, until you get to the tarmac road leading to Val Noana Provincial Road (SP 221), which from the centre of Mezzano reaches Rifugio Fonteghi (1100 m). The owners, who adhere to the “The taste huts” initiative will welcome you with a glass of TRENTO DOC Metodo Classico accompanied by typical Trentino food. The à la carte dinner with 3 courses and wine glass includes dishes from the Trentino gastronomic tradition, revisited with recipes especially developed by starred chef Rinaldo Dalsasso. Overnight stay.

**Day 2 → (Rifugio Fonteghi – San Giovanni – Rifugio Caltena):** 3h, difference in altitude, uphill - 300 m. Breakfast at the hut. After crossing the bridge, on the tarmac road you take the path to Val de Riva leading to Col (1105 m); from here, turn right on the trail going down to the ford on the Noana torrent. Cross the easy footbridge on the Noana torrent, which shortly downstream gives origin to the homonymous lake, then continue uphill on a steep mule track and through a few ups and downs in Iner (following path No. 726 up to the junction in Poit (1187 m). From here, ignoring the signs to Rifugio Caltena, starts a ring that will make the day's excursion something not to be missed. Walk right down the descent to Mezzano and, after 200 m, take on the left the access road to Maso Lorenzo, with a forest road departing from it soon after on the right. After a few metres you will find on the left a path going into the wood, well marked by signs with a red end and the “Mezzano Romantica” symbol. Here starts the “Cordognè-San Giovanni” trail that, despite having no SAT signs, is well marked with a series of explanatory boards telling about the mutual relationship between woods and meadows, but also about the religious background and essential resources like water and pastures. The trail leads to the ridge, where several clearings with benches offer spectacular views of the San Giovanni meadows, the homonymous small church, the Noana lake and the valleys you went through in the first part of the excursion, as well as the Pale di San Martino and the Vette Feltrine. The path drops later to reach again Falassorni. From here, rather than retracing the route covered the day before, on the next descent you turn towards the San Giovanni meadows (1150 m) and the church of the same name, going back to Poit. After coming to the Poit junction again, in less than half an hour you reach Caltena (1265 m), where you find the homonymous hut. The owners, who adhere to the “The taste huts” initiative will welcome you with a glass of TRENTO DOC Metodo Classico accompanied by typical Trentino food. The à la carte dinner with 3 courses and wine glass includes dishes from the Trentino gastronomic tradition revisited with recipes especially developed by starred chef Rinaldo Dalsasso. Overnight stay.

**Day 3 → (Rifugio Caltena – Fiera di Primiero):** 2h, difference in altitude downhill -500 m. Breakfast. From the hut, on a downhill tarmac road to Transacqua you reach the junction near Le Vale farmhouse inn, then go through Fedai, Boia (1048 m) and Cantarel back to the Primiero villages. A possible deviation worth mentioning for a longer return route is through the “Trois de le Caore” (with signs clearly visible in Segnarez near the Santa Barbara shrine, dedicated to miners). Once back in town, you can also visit the villages of the Primiero valley.

#### The quote included:

- 2 overnights and breakfast in huts in the surrounding of Primiero villages;
- 2 3-course dinner à la carte, included 1 drink;
- 1 glass of Trento DOC Metodo Classico accompanied by the flavours of our land;
- DVD and brochures to discover the whole area;
- hiking map 1:40.000.

**The quote does not include (rate on request):** guide service – luggage transport - insurance – extra nights.

### THE HUTS:



#### Caltena

Transacqua - Caltena  
Tel. +39 0439.62879 -  
+39 349.6539141  
info@rifugiocaltena.it  
rifugiocaltena.it



#### Fonteghi

Mezzano - Val Noana  
Tel. +39 0439.67043  
Fax +39 0439.725217  
info@rifugiofonteghi.com  
rifugiofonteghi.com



#### INFO AND BOOKING:

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