

VAL DI SOLE

WOW

DoiMan Special Edition

An illustration of a family walking away from the viewer on a path through a mountain landscape. A man in a yellow jacket and a child in an orange shirt are holding hands. The background features a large, snow-capped mountain, evergreen trees, and a blue sky with clouds. In the foreground, there are yellow dandelions and some glowing bokeh effects.

EXPERIENCES
QUIZ AND PRIZES
summer

DOIMAN

BECOME A KEY PLAYER

DoiMan is Val di Sole's project dedicated to those who wish to experience our valley in a conscious, sustainable, and kind way.

It's an **impact pact**, that was born out of a desire to create a deeper connection between the land, its people, and its visitors. A collective journey in which local stakeholders, who are already involved, provide authentic experiences that respect our Planet.

Now it's your turn!

Experiencing Val di Sole with kindness means observing, respecting, and making more mindful choices. Every action you take can be a valuable contribution to preserving this unique ecosystem.

But that's not all! With DoiMan, you can protect nature while having fun: on the **DKind app** you'll find quizzes, sustainable actions to complete, and WOW Experiences. With each mission, you'll **earn points** that can then be used to **win prizes** while also increasing your sustainability awareness.

"Open for Kindness" isn't just our motto - it's an invitation.

To be inspired. To take action. To experience Val di Sole with open eyes and a conscious heart.

Are you ready to start this journey with us towards a more sustainable future?



TOURIST



EMBRACE

In Val di Sole, we want every visitor to feel part of a vision, not just a passerby. Embrace our values and experience Val di Sole with awareness and respect for the land.



SLOW DOWN

Val di Sole is even more beautiful when explored slowly. Plan your days at a different pace, let yourself be surprised as you travel in harmony with nature - on foot or by bike - and take advantage of trains and buses to rethink a car-free holiday.



RESPECT

Nearly 50% of Val di Sole's land is a protected area. Respect nature - leave no trace. The valley's name comes from Sulis, the Celtic goddess of water. Use water wisely - it's a precious resource.



LEARN

Your choices help preserve our traditions. Support us by choosing authentic local food and small-scale artisans who lovingly keep our identity alive.



CHOOSE

Val di Sole welcomes guests with generosity and hospitality. It's easy to become part of the valley's harmony: choose experiences that encourage cultural exchange, foster a connection with nature and help to care for the land.

OPERATOR

INCLUDE

Through our change program, we aim to empower our guests to make a meaningful contribution to the well-being of our territory by positively influencing its environmental, social, economic, and cultural dimensions.



INFORM

Val di Sole aims to become a natural-movement zone with sustainable mobility. You can make a difference by encouraging your guests and collaborators to use public transportation and by creating experiences that focus on means of sustainable mobility.



RECYCLE

Pejo has been declared the world's first plastic-free ski area. Let's uphold our commitment to sustainability by eliminating plastic in our businesses and encouraging tourists to reduce single-use materials.



PROTECT

Preserve what makes Val di Sole unique: celebrate our roots by choosing local products and encouraging guests to buy from regional producers, and connect them to our rural identity with authentic activities and places.



WELCOME

Our community welcomes all visitors. Let's be inclusive - ensure the destination is accessible to everyone, encourage tourists to be kind and respectful, and use clear, accessible local information materials.



INDEX



The best experiences to enjoy in Val di Sole. Choose from 46 different activities, divided into: outdoors, environment, taste, culture, and wellness. Access the DKind app, play, collect points, and win prizes. Check out the game rules at the end of the booklet!

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OUTDOOR



ACTIONS

Open the DKind app to see how to validate your actions - everything you need is explained there.

DISCOVER VAL DI SOLE BY BIKE

Val di Sole has 35 km of cycle paths, make sure you ride them all at least once during your vacation.

20
POINTS

SLEEP IN A MOUNTAIN HUT

Experience nature firsthand by staying in a SAT refuge at least once during your vacation.

10
POINTS

USE THE BIKEBUS

At least once during your vacation, take the BikeBus that will take you to the starting points of some of the best bike trails.

20
POINTS



TAKE
THE

QUIZ



GO TO
THE APP



ANDAR PER MONTI



The locals' favorite trails in Val di Sole. Walking through the mountains "Andar per Monti", is one of those activities that locals do even as children. Discover the trails that "Solandri" enjoy together with a local mountain guide by participating in one of these 14 outings.



ANDAR PER
MONTI

**BOOK
ONLINE**





every day

from 16 June to 31 August



Val di Sole Tourism Board

T. +39 0463 901280

info@visitvaldisole.it



booking required

by 6:00 PM the previous day



€ 20 adults | € 10 children (ages 3–13)

€ 55 family package (2A + 2C)

€ 5 for each additional child in
the family package



Full Day



Min 2 - Max 20

MALGA VAGLIANA –ORTI DELLA REGINA

Malga Vagliana is nestled at the foot of the Brenta Dolomites. Surrounded by mountain pastures, silent forests, and meadows embroidered with edelweiss, Malga Vagliana is a place where time seems to stand still. Here, among fragrant mountain pines and blueberry bushes, it is said that Princess Sissi would seek refuge, turning these lands into the perfect setting for her walks.



16 June | every Monday

in July and August - 8:45 AM



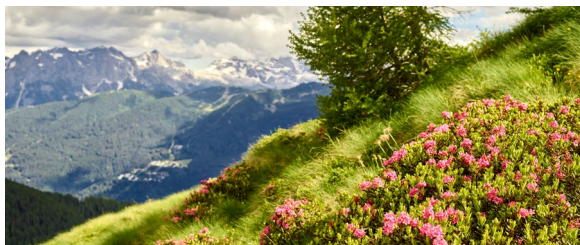
FOLGARIDA

Information Office



470 m

Intermediate



ALTA VIA DEGLI ALPEGGI

A path steeped in tradition, where every step is a journey into the past, among alpine pastures and mountain huts - silent witnesses to a culture that endures. The silence is broken only by the sound of cowbells and the voice of the herdsman, who, with confident gestures, preserves an ancient knowledge. Climbing through tall grass and boundless views, one finds themselves immersed in an authentic world where time seems to stand still.



23 June | every Monday

in July and August - 8:45 AM



COGOLO

Information Office



540 m

Intermediate

LAGO DELLE MALGHETTE E 3 LAGHI

The 3 Lakes are gems set among the rocks above Lake Malghette. Starting from Alpe Daolasa, the guide will lead you through larch and Swiss pine forests to these tranquil mountain lakes with views of the Brenta Dolomites, a UNESCO World Heritage Site. Here, we Solandro people reconnect with ourselves and with nature, as these lakes are little known and rarely visited.



17 June | every Tuesday

in July and August - 8:45 AM



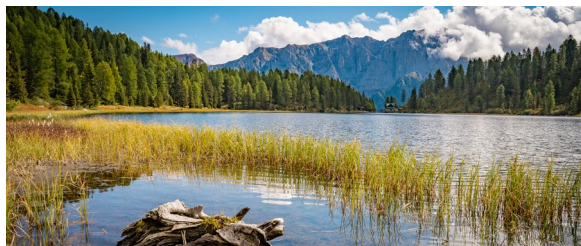
MESTRIAGO

Information Office



550 m

Intermediate



BAIT MANDRIA BUSE

Bait Mandria Buse is located in the beautiful Val Saent, where majestic waterfalls and wide-open views frame this mountain shelter. Accompanied by a guide, you'll reach one of the spots where the locals of Rabbi love to retreat on summer days. Enjoy the silence—and stay alert: in this corner of paradise, it's easy to spot deer and marmots, iconic animals of the Stelvio National Park.



24 June | every Tuesday

in July and August - 8:45 AM



SAN BERNARDO

Information Office



550 m

Intermediate

RIFUGIO DENZA

A welcoming mountain hut, a quiet little chapel, and a crystal-clear alpine lake reflecting the majestic silhouette of Mount Presanella. At 2,300 meters above sea level stands Rifugio Denza, built over 125 years ago and named after Father Francesco Denza. It's not unusual to be swept up in the cheerfulness of Mirko, the hut's host, who delights guests with old-time songs and music played on his accordion.



18 June | every Wednesday

in July and August - 8:45 AM



VERMIGLIO

Information Office



680 m

Intermediate



€30 adults | €20 children (ages 3–13)

€90 family package

(2A + 2C)

€10 for each additional child

in the family package

*The price includes round-trip transfer
from Vermiglio to Forte Pozzi Alti

LAGO DI ORTISÉ

Lago Ortisé, at 2,450 meters, is a jewel set in the Vegaia-Tremenesca group. Together with a guide, you will reach it via Malga Stabli and Bronzolo, passing through larches, rhododendrons, and landscapes that open up over Val di Sole, the Brenta Dolomites, Presanella, and the Ortles-Cevedale peaks. A hike to experience with all your senses, surrounded by scents, sounds, and colors that create a truly unique natural scene.



25 June | every Wednesday

in July and August - 8:45 AM



PELLIZZANO

Birreria Stal



650 m

Intermediate

MYSTERY TREKKING SOLVE THE MYSTERY IN PEIO



An evil witch, a brave young girl, and a magical stone... What connects these three fates? Set off along the ancient Via dei Canai, where every stone hides a clue and the wind whispers secrets from the past. Help the daughter of a wealthy lord break the curse that holds her prince captive by solving riddles and uncovering the mysteries scattered along the path.



**Thursday, June 19; July 10 and 24;
and August 7 and 21 - 9:00 AM**



PEIO PAESE
Bus Square



250 m
Easy

MYSTERY TREKKING SOLVE THE MYSTERY IN RABBI



A mysterious spirit, a group of brave children, and a lost talisman... Who is the Grotol, and why has he left only traces of his presence? Set off on an adventure to the Valorz Waterfalls. Help the young explorers decipher clues, follow hidden tracks, and recover the ancient talisman that will unveil the secret of the spirit of the woods.



**Thursday, July 3, 17 and 31; and August 14
and 28 - 9:00 AM**



SAN BERNARDO
Information Office



280 m
Easy



IN COLLABORATION WITH THE STELVIO NATIONAL PARK



RIFUGIO VIOZ

Together with a Mountain Guide you'll ascend to an altitude of 3645 meters, reaching the Rifugio Vioz Mantova in the Stelvio National Park. You'll enjoy a landscape of glaciers, the stage of the highest mountaineering-military combats in history, the Ortles-Cevedale Group, and the Adamello-Presanella. In these areas you might be lucky enough to spot eagles.



26 June | every Thursday

in July and August - 7:45 AM



PEIO FONTI

Gondola entrance



1.330 m

Difficult



€25 adults | €12.50 children (ages 3–13)
€67.50 family package (2 adults + 2 children) | €6 for each additional child in the family package



LAGO DI BARCO

From the meadows of Valpiana, a trail winds into the shaded heart of the forest, leading to Lake Barco, a jewel of pure water nestled among the rocks of the Adamello-Presanella range. For us who grew up in the upper valley, this lake is a symbol of childhood: running barefoot through the damp grass, lazy afternoons spent counting clouds. A place where the scorching summer gives way to the cool embrace of the mountains.



27 June | every Friday

in July and August - 8:45 AM



OSSANA

Information Office



640 m

Intermediate



MALGHE PALÙ E CALDESA

The mountain huts Palù and Caldesa Alta are surrounded by the pastures of the Stelvio National Park. Accompanied by a guide, you'll reach these alpine meadows in a unique setting between forests and mountain grasslands. Along the way, you're likely to encounter cows and other grazing animals. On the way back, stop by Cristian and Bruna at Malga Caldesa Bassa to enjoy local products.



20 June | every Friday

in July and August - 8:45 AM



SAN BERNARDO

Information Office



760 m Difficult
intermediate

LAGHETTI IN VAL DEL MONTE

Discover some lesser-known gems hidden among the mountains of the Ortles-Cevedale group. To reach them, follow a forgotten path along narrow military roads carved out during the Great War. In this timeless valley, it's easy to meet Gabriele, who every day, with ancient patience, leads his heifers to pasture. As he works, his gaze drifts toward the surrounding peaks.



21 June | every Saturday

in July and August - 8:45 AM



PEIO FONTI

Information Office



740 m Difficult
intermediate



BAIT DE LE BECE

The Bait de le Bèce, a historic alpine shelter, is located just below the summit of Camocina at 2,233 meters. Together with a guide, you'll cross high-altitude pastures and forests, enjoying wide views over the Brenta Dolomites. Renovated and inaugurated in 2024 thanks to the commitment of the Commezzadura community, the shelter enhances the value of local heritage and the mountains, offering a facility open to all.



28 June | every Saturday

in July and August - 8:45 AM



PELLIZZANO

Birreria Stal



420 m
Intermediate

TREKKING DEI FORTI



The Trekking of the Forts is an easy loop trail that passes by several World War I forts with views of the Presanella massif. It guides you through history, nature, and ancient legends. According to local folklore, it was right here - where the winds of Val di Sole and Val Camonica collide - that the Witches of Tonale would gather for their sabbath, amidst dances, rituals, and mystery.



22 June | every Sunday

in July and August - 8:45 AM



PASSO TONALE

Information Office



120 m

Easy



CIMA VESA

Accessible via a scenic ascent, Cima Vesa is a natural balcony suspended among centuries-old larches, offering a breathtaking view of the Madalene mountains. Local legend tells that the Salvanel, a mysterious spirit of the Val di Sole woods, lives here. Perhaps even today, hidden among rocks and trees, he watches over travelers - a silent guardian of secrets, stories, and mountain magic that have enchanted for centuries.



29 June | every Sunday

in July and August - 8:45 AM



TERZOLAS

Torraccia Square



740 m

Difficult

WOW OUTING, WHAT A KIND GESTURE!



Combine the pleasure of walking with a commitment to the environment. Follow natural or urban trails and collect litter along the way. This activity is inspired by “plogging” and promotes an active, responsible lifestyle. Join us and make a difference: walk, collect, and help make the world a better place... you can also become “WOW”.



every Thursday

from 3 July to 28 August
9:00 AM



It varies depending on the day
the activity is booked



Azienda per il Turismo Val di Sole

T. 0463 901280
info@visitvaldisole.it



booking required
by 6:00 PM the previous day



€ 12 adults | € 6 children (ages 3–13)
€ 33 family package (2A + 2C) | € 3 for each
additional child in the family package



Min 2 - Max 20



3 h

**BOOK
ONLINE**



THINGS TO KNOW

Being “WOW” takes commitment!
Live Val di Sole kindly: observe,
respect, choose mindfully.

BARBA DI FIOR BY VIA FERRATA



Adrenalin rush as you see the void beneath your feet. Using a snap hook attached to the wire rope, climb up the rock together with a professional mountain guide and reach Barba di Fior Fort. It consists of three activities in one: via ferrata, 30-metre rappelling and 70-metre zipline.



every Wednesday

from 25 June to 17 September
2:00 PM



PEIO FONTI

Malga Frattasecca Car Park



Guide Alpine Val di Sole

T. +39 347 7457328

info@guidealpinevaldisole.it



booking required

by 6:00 PM on the Monday prior



€60 per person

equipment included



Min 4 - Max 8



3 h 30 m



THINGS TO KNOW

The experience ends with a tasty aperitif at Malga Frattasecca featuring typical local products.

**BOOK
ONLINE**



CANYONING IN VAL DI SOLE



Challenge the force of nature with a professional guide by descending into gorgeous gorges, jumping into crystal-clear pools and tackling the sparkling waterfalls of the Vermigliana Stream. You will overcome obstacles and as the adrenaline builds, the views will leave you breathless: an unforgettable experience.



every day

from 15 June to 15 September
9:30 AM & 2:30 PM



OSSANA

Ursus Adventures



Ursus Adventures

T. +39 0463 636175 - +39 334 8468540
info@ursusadventures.it



48 h prebook required



€ 75 per person
(children aged 14 and over)



Min 4 - Max 8
for each mountain guide



3 h



THINGS TO KNOW

The Vermigliana Stream is located below the Presanella Peak, the highest in Trentino.

**BOOK
ONLINE**



DOGA: FROM THE DOLOMITES TO LAKE GARDA



From Daolasa to Lake Garda, cycling through 4 alpine valleys - from the Brenta Dolomites to Riva, on the lake's shore. It's one of the most loved routes among bike enthusiasts. Ready to cross all of Western Trentino by bike? No worries about the return: the DogaBus takes you back from Riva del Garda to Val di Sole.



every Friday

from 6 June to 19 September
8:30 AM



COMMEZZADURA

Departure from Daolasa Cable Car



Andreis Bike Rent - T. +39 3386076376

Centro Bike Val di Sole - T. +39 3348575209

Skiarea Sport Shop - T. +39 3755249652

Trentino Wild - T. +39 0465973278

Ursus Adventure - T. +39 0463636175



48 h prebook required



€60 per person (includes MTB Guide, cable car lift ticket, return transfer)



Min 2 - Max 10



10 h circa

**BOOK
ONLINE**



THINGS TO KNOW

A MTB Guide will accompany you along the route that takes you from the Dolomites to Lake Garda.



DOWNHILL IN THE LAND OF THE WORLD CHAMPIONSHIPS



Are you looking for a healthy way to have fun on a bike? You have come to the right place: welcome to Val di Sole Bikeland, land of world bike events. Here is what we have in store for you: Nothing less than riding through the Pontedi-Legno-Tonale Bike Park. Put your helmet on, tighten your protective gear, and let's get started!



Tuesdays and Thursdays

from 24 June to 4 September
10:00 AM



PASSO TONALE

Valbiolo Chairlift departure point



Centro Bike Val di Sole

T. +39 334 8575209

info@centrobikevaldisole.com



booking required

by 1:00 PM the previous day



€ 80 per person



Min 2 - Max 6



2 h



THINGS TO KNOW

Have fun safely at Trentino's first Family Bike Park, guided by expert Bike Instructors.

**BOOK
ONLINE**



E-BIKE AND AUTHENTIC FLAVORS: TOUR AND LUNCH AT THE MALGA



An experience on an E-bike among nature, culture and food in Val di Pejo in the Stelvio National Park. Discover the hidden gems of Val di Pejo with an expert MTB guide, treat yourself in an enchanting local farm and recover your energy by refueling with the typical dishes of Malga Frattasecca.



every Friday

from 30 May to 26 September
9:30 AM



MEZZANA

Ursus Adventures



Ursus Adventures

T. +39 0463 636175

info@ursusadventures.it



48 h prebook required



€ 125 per person



Min 4 - Max 8



7 h



THINGS TO KNOW

You will enjoy a lunch with local products in one of the mountain huts in the Stelvio National Park.

**BOOK
ONLINE**



EMOTIONS SUSPENDED BETWEEN HEAVEN AND EARTH



At the Flying Park in Malé, the fun flies higher and higher, walking suspended among the trees in a centuries-old larch grove. Have fun in total safety between different adventure courses, suspended in the trees... and if you really prove to be brave, there's the dreaded jump into the void!



every day from 14 June to 7 September
from 10:00 AM to 6:30 PM | other weekends
in June and September (10:00 AM – 5:00 PM)



MALÉ

Località Regazzini



Flying Park

T. +39 392 4860806
info@flyingpark.it



booking required
by 6:00 PM the previous day



from € 35 per person



2 h

**BOOK
ONLINE**



THINGS TO KNOW

Challenge yourself and try to push your limits, while having fun!



CYCLING AT DAWN



Departure at dawn from Malé (yes, that's right, we'll get you up early) with the aim of reaching Malga di Bolentina on an E-bike. Is it worth the effort? Well, imagine a panorama at dawn sweeping from the Brenta Dolomites to Presanella. Then, don't worry: we'll take care of breakfast and get you pumped up for a really fun descent!



every Thursday

from 3 July to 28 August
6:00 AM



MALÉ

Andreis Bike Rent



Andreis Bike Rent

T. +39 338 6076376
info@andreissnc.com



compulsory reservation
by the previous Tuesday



€90 per person for groups of at least 3
people | €135 for 2 people



Min 2 - Max 8



3 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

Sunrise over the Brenta Dolomites,
fueled by a tasty breakfast - not bad,
right?



RAFTING IN VAL DI SOLE



Are you looking for a fun and exciting activity? Then rafting along 28 km of the Noce River is definitely a must! Share this experience with family and friends or with your colleagues to take part in a unique team building activity. Unleash your desire for the great outdoors and enjoy a day in nature.



every day

a pre-booking is required



It varies depending on the rafting center through which the activity is booked



Ursus Adventures - T. +39 (0)463 636175

X Raft - T. +39 347 7448137

Extreme Waves - T. +39 (0)463 970808

Trentino Wild Rafting & Outdoor -

T. +39 (0)463 973278



Prices for a 2 hr descent:

Adults starting at € 39

Children from age 6 starting at € 29



Min 2



starting from 2 hours

**BOOK
ONLINE**



THINGS TO KNOW

The National Geographic has named the Noce River as the best river in Europe for rafting.



XRaft

From May 1st
through
September 21st

CUSIANO

Ursus Adventures

From April 25th
through
September 21st

MEZZANA

Extreme Waves

From May 1st
through
September 10th

COMMEZZADURA

Torrente Noce

DIMARO

Trentino Wild

From April 11th
through
September 18th

CALDES



TRAIL TOUR ON THE EMPERORS' ROUTE



Set up your e-bike, helmet on, and let's go! Cycle through the Val Meledrio, heading towards the Dolomites of Brenta, all the way to Madonna di Campiglio. And then? Down thrilling dirt trails, adaptable to the group's skill level, always delivering excitement and adrenaline! You'll have professional guides and top-performing bikes at your disposal!



Monday, Wednesday, Saturday and Sunday

from 19 May to 14 September
8:30 AM



DIMARO

Trentino Wild



Trentino Wild

T. +39 0463 973278
info@trentinowild.it



booking required by 5:00 PM,
two days prior to the activity



€ 75 per person



Min 4



4 h



THINGS TO KNOW

You'll climb on two wheels through different environments - from the valley floor to the Brenta Dolomites.

**BOOK
ONLINE**



RIDING THROUGH THE SAN LEONARDO LAKES



An E-Bike tour from Marilleva 900 to Vermiglio in upper Val di Sole. Discover ancient villages, forests, high peaks, rivers, and streams on a magical journey through nature, history, and Trentino flavors. Don't worry if it seems tough - most of the route follows cycle and pedestrian paths, ending with a special aperitif just for you.



every Monday

from 3 June to 23 September
2:30 PM



MARILLEVA 900

Skiarea Sport Shop



Skiarea Sport Shop

T. +39 375 5249652

info@skiareasportshop.com



booking required

by 12:00 PM the previous day



€ 69 adults

€ 55 children (height from 130 - 150 cm)



Min 4 - Max 15



4 h

**BOOK
ONLINE**



THINGS TO KNOW

On your bike, you will ride the new stretch of cycle path that goes from Ossana to Vermiglio!



ENVIRONMENT



ACTIONS

Open the DKind app to see how to validate your actions - everything you need is explained there.

MOVE AROUND WITH THE STELVIOBUS

The Stelvio National Park is a protected area. Don't use your car, take the StelvioBus to explore it.

20
POINTS

REACH US BY PUBLIC TRANSPORT

Choose the train or bus to reach your destination (distance > 30 km).

10
POINTS

USE THE GREENBUS

On Wednesdays, visit Lake Caprioli and Valpiana using the GreenBus.

20
POINTS

VISIT THE PEIO WILDLIFE AREA

The area is home mainly to deer and roe deer. See if you can spot any!

10
POINTS

VISIT THE FRUSCIO SOUND PARK

Explore the park and let yourself be enchanted by the melody of nature.

10
POINTS

VISIT THE VAL MELEDRIO ECOMUSEUM

An open-air museum in the Adamello Brenta Nature Park.

10
POINTS



TAKE
THE

QUIZ



GO TO
THE APP



ANIMAL TRACKING



How about spending a morning as a real wildlife researcher? An early start at dawn, surrounded by silence and fresh air. The hope is to spot an animal or its tracks while walking through the forests of the Adamello Brenta Nature Park, all the way to Lake Malghette. Once there, the guide will involve you in an environmental monitoring activity.



every Thursday
from 10 July to 4 September
6:30 AM



CAMPO CARLO MAGNO
Centro Fondo car park



Parco Naturale Adamello Brenta
T. +39 0463 986608
info@pnab.it



booking required
by 5:00 PM the previous day



€ 12 per person - participants will be given a small gadget from the Park



Min 2 - Max 12



5 h



THINGS TO KNOW

A telescope, binoculars, and materials for recording any tracks you find will be provided.

**BOOK
ONLINE**



WATER AND ITS ANCIENT CRAFTS



Imagine the historical and cultural value of being able to witness first-hand ancient crafts with the operation of an ancient Venetian mallet and saw-mill. A journey through history and the legends that characterise Val Meledrio, not only its natural heritage but also the beating heart of the life and memories of the Dimaro community.



every Friday

from 4 July to 5 September
2:30 PM



DIMARO

Venetian Sawmill



Val Meledrio Ecomuseum

T. +39 0463 986608

info@visitdimarofolgarida.it



booking required

by 6:00 PM the previous day



€ 5 per person



Min 3 - Max 20



3 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

Discovering the Ecomuseum of Val Meledrio, a medieval manufacturing industry in Val di Sole.



HOUSTON: IT'S WONDERFUL HERE!



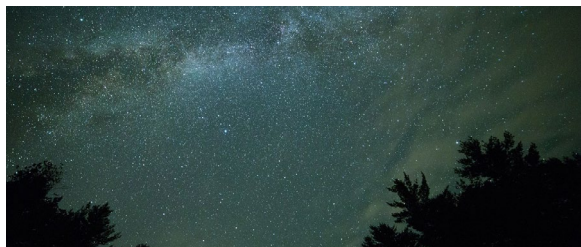
Did you know that the Ossana sky has been certified as one of the most beautiful in Italy? Admire it in the Valpiana forest. The stars will hold no more secrets from you: the accompanying astronomical guides will satisfy every curiosity, also thanks to the support of a telescope. A hot tea made from local herbs will be provided to warm you up.



25 July from 9:30 PM to 11:30 PM
+ **August 1, 8, 22, and 29**
from 9:00 PM to 11:00 PM



OSSANA
Valpiana



Bosco Derniga

T. +39 353 33 05 004

boscoderniga@comune.ossana.tn.it



booking required, bookings accepted up to the same day based on availability of places



€ 15 adults | € 7 children (6-14 years old)
60 € family package (2A + 2C)



Max 30



2 h

**BOOK
ONLINE**



THINGS TO KNOW

You will observe the stars in one of the most beautiful skies in Italy. The sky of Ossana.

VALPIANA'S QUEENS



Experience the mountains with all your senses! Among pastures and flowers, discover the true Queens of Valpiana: the cows, guardians of alpine cheeses, and the queen bees, creators of mountain honey. At the end, you'll taste the flavors of our land, surrounded by nature, in a traditional malga of Val di Sole.



Tuesday afternoons 3:00 PM
from 1 July to 2 September
+ special event on 7 September



OSSANA
Valpiana parking area



Museo Mulino dell'ape

T. +39 328 3285780
info@mmape.it



booking required
by 6:00 PM the previous day



€20 per person | €60 family package
(4 people)



Min 5 - Max 20



2 h



THINGS TO KNOW

The tastings will show you how both honey and cheese are born from the same alpine pastures.

**BOOK
ONLINE**



THE YELLOW GOLD OF THE ALPS



Have you heard a beehive buzzing or smelled wax and propolis? With the support of a beekeeper you will experience this powerful emotion first hand. By approaching the beehive, you will discover the secrets of this fascinating world up close and get to know this super organism that is indispensable for our survival and that of the entire world.



Every day

from 1 June to 30 September

EXCEPT TUESDAYS in July and August



CROVIANA

MMape



Museo Mulino dell'ape

T. +39 328 32 85 780

info@mmape.it



booking required



€60 for 2 people | €10 for each additional participant beyond 2



Min 2 - Max 6



2 h



THINGS TO KNOW

To learn more about the world of bees, you can visit the museum.

**BOOK
ONLINE**



SCENT OF LARCH: COLLECTING TURPENTINE



Walk through the woods of Val di Pejo with a local guide. You will be able to witness the ritual of collecting the turpentine, the precious resin extracted from the larch trunk. Similar to honey in consistency and color, but completely different and with natural healing powers.



every Sunday

from 22 June to 7 September
9:30 AM



PEJO

Covel o Celentino area (see calendar)



Consorzio Turistico Pejo3000

T. +39 0463 754345
info@visitvaldipejo.it



booking required
by 6:00 PM the previous day



€20 adults
€10 children up to 13 years old



Min 2 - Max 15



2 h 30 m



THINGS TO KNOW

“Largaiòl”, an activity passed down from father to son: the extraction of the turpentine called “largà”.

**BOOK
ONLINE**



RESEARCHER FOR A DAY



A new discovery every week! The experts of the Stelvio National Park will teach you how to analyze natural phenomena. To explore the environment, you will use tools normally reserved for researchers, learning how to use them and understand how scientific results are interpreted.



every Friday

from 20 June to 5 September
9:00 AM



PEIO - RABBI

Stelvio National Park



Stelvio National Park

T. +39 0463 909770
parcostelvio@provincia.tn.it



booking required
by 6:00 PM the previous day



€5 adults
€2.50 children



Min 5 - Max 15



3 h



THINGS TO KNOW

You'll get to experience just what a researcher does, as you learn and have fun as well.

**BOOK
ONLINE**



SUNRISE EXPERIENCE



Put your backpack on your shoulders and watch the sunrise at 2000 meters above sea level. Enjoy the stunning scene when the sun peaks through the mountains and shines on your face. Celebrate with coffee, bread, butter, and jam. Furthermore, behind you, there will be an old fort from the Great War, Zaccarana Fort, a place with much to tell.



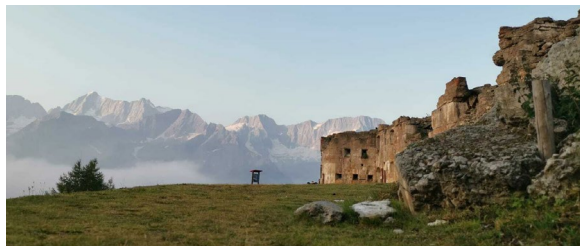
every Tuesday

from 10 June to 14 October
5:00 AM



PASSO TONALE

Ospizio San Bartolomeo



Experience Val di Sole

T. +39 327 8512910

info@experiencevaldisole.com



booking required

by 6:00 PM the previous day



€ 30 adults | € 15 children (6-11 years old)
free up to 5 years old



Min 2 - Max 20



3 h



THINGS TO KNOW

Easy hike. The only challenge? The early morning wake up call... but it's worth it!

**BOOK
ONLINE**



A HORSE AS A FRIEND



Get on the horses and enjoy the quiet summer morning atmosphere of the wood. If you're lucky and paying attention, you might catch a glimpse of some cute animals moving quietly through the underbrush. When you get back, a tasty aperitif will be waiting for you.



every Tuesday and Saturday

from 1 July to 20 September
10:00 AM



PEIO

Fede Ranch



Fede Ranch

T. +39 339 7911521

federicadelleva83@gmail.com



booking required

by 12:00 PM the previous day



€ 50 per person

Children from 9 years old



Min 2 - Max 4



1 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

The little ones will be able to enjoy a pony ride in the paddock at the end of the experience.

A DOLOMITE SUNSET



Do you want to experience the most beautiful natural spectacle in front of the Brenta Dolomites? There are three main stars: the sun, the mountains, and your emotions... Head up to high altitude with our guide and take in the colors of the sunset. At the Orso Bruno Mountain Hut, a tasty apericena with 'tortei de patate' awaits you.



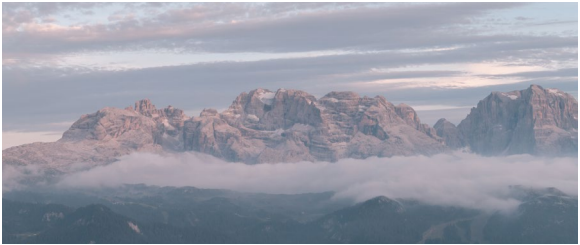
every Thursday

from 17 July to 28 August
4:00 PM



COMMEZZADURA

Mestriago Information Office



Pro Loco Commezzadura

T. +39 0463 974840
prolococommezzadura@gmail.com



booking required
by 6:00 PM the previous day



€30 adults
€15 children up to 13 years old



Min 5 - Max 20



6 h



THINGS TO KNOW

Walk along the Shepherds' trail. If possible, bring a small torch with you for the return.

**BOOK
ONLINE**



TASTE



ACTIONS

Open the DKind app to see how to validate your actions - everything you need is explained there.

ENJOY LOCAL CUISINE IN A MALGA

Dine in one of the local malghe (alpine dairies), where flavor and nature come together. Choose from: Malga Fratte Bassa, Malga Mondent Alta, Malga Monte Sole, Malga Polinar, Malga Stablasolo, Malga Stablaz (Maleda Alta), Malga Stableti, Malga Alta Fazzon, Malga Valpiana, Malga Campo Nestalp, Malga Pontevecchio, Malga Mondifrà

10
POINTS

VISIT THE FARMERS' MARKET

Explore one of the farmers' markets in Malè, Pellizzano, Cogolo, or Ossana — the perfect opportunity to pick up the best local products.

10
POINTS

BUY A LOCAL PRODUCT

*Purchase a food or wine product from one of the following local shops and farms:
Azienda Agricola Olga Casanova, Caseificio Presanella, Nido delle Aquile, Azienda Agricola La Contenta, Caseificio Comprensoriale Cercen, Caseificio Turnario di Peio, Macelleria Anselmi – La Bottega del Pinelo, Gustonatura, Azienda Agricola Berry Farm, Azienda Agricola Pedergrana Ettore, Azienda Agricola Ruatti Giovanni, Caffè Pasticceria Roma, Azienda Agricola Valdisole, Birrificio Birra Pejo*

10
POINTS



TAKE
THE

QUIZ



GO TO
THE APP



CRAFT BEER TASTING



Discover the secrets behind the production of the excellent craft beer brewed with the precious spring water of Val di Peio. Taste the various types proposed, paired with a selection of typical local products. How much sophisticated is your palate? Can you guess all the aromas that make it up?



every Friday

from 27 June to 26 September
5:00 PM



COGOLO

Pejo Craft Brewery



Birrificio Artigianale Pejo

T. +39 377 4386829
info@birrapejo.it



booking required
by 6:00 PM the previous day



€12 per person



Min 5 - Max 25



1 h 30 m

**BOOK
ONLINE**



THINGS TO KNOW

Pejo Beer is brewed with hops, malt, and yeast, and flavored with ingredients such as raspberry.



MAKING CANEDERLI: A DELICIOUS GAME



Cooking with kids has never been so much fun! Together we'll prepare cheese canederli. We'll make butter to dress them and pick flowers and herbs to decorate. Then we'll enjoy them with cold cuts and cheeses from the farm. Finally, we'll end this really special family lunch with a dessert.



Tuesday mornings on 24 June, 1 and 22 July, 5 and 19 August and 2 September
10:30 AM



PELLIZZANO
Valtresin local farm



Azienda Agricola Valtresin

T. +39 347 775 6808
valtresin@hotmail.it



booking required
by 5:00 PM the previous day



€ 25 adults
€ 15 children between 4 and 12 years old



Min 4 - Max 20



3h



THINGS TO KNOW

Remember to bring an apron with you, it will be fun!

**BOOK
ONLINE**



A TASTY TRAIN RIDE



On board! With a local guide, travel through the Val di Sole, the Val di Non and the Piana Rotaliana on a train to discover the flavors of Trentino. Visit the MMape in Croviana, Gusto Natura in Malé, the Golden Theater and the Melinda in Val di Non and the Rotari winery in Mezzocorona.



every Thursday

from 24 July to 4 September
8:00 AM



CROVIANA

Train Station



Consorzio Dimaro Folgarida Vacanze

T. +39 0463 986608

info@visitdimarofolgarida.it



booking required

by 12:00 PM the previous day



€ 35 per person | Free train ride with
the Val di Sole Guest Card



Min 6 - Max 20



8 h



THINGS TO KNOW

Delicious finger food made with local products and paired with Trentino wines.

**BOOK
ONLINE**



LA CASERADA: TRADITIONAL CHEESEMAKING



Have you ever seen how butter is made? The Casanova family will welcome you and tell you all about life on their small farm. You'll discover how milk is processed and how to use the churn, and we promise that by the end of the experience you'll be able to recognize good mountain butter! A tasting of cheeses and cold cuts will be waiting for you.



every Wednesday

from 18 June
11:00 AM



PEIO

Casanova Farm



Azienda Agricola Casanova

T. +39 0463 753100
peio@visitvaldisole.it



booking required
by 6:00 PM the previous day



€ 12 adults

€ 7 children between 4 and 12 years old



Min 2 - Max 20



2 h



THINGS TO KNOW

The sampling will take place in an underground cave: the aroma will be incredible!

**BOOK
ONLINE**



PICNIC IN THE BERRY FIELD



Taking care of plants with music? Yes yes, you read it right! Laura and Lorenzo grow their small fruit plants with the help of music, strictly at 400 hertz. Discover all the secrets of their method, collect your fruit basket and enjoy their sweet taste in a delicious picnic in the countryside.



every Tuesday and Friday

from 15 July to 12 September
2:30 PM



MALÉ

Località Molini (Ice Skating Rink parking lot)



Azienda Agricola La Contenta

T. +39 368 741 8854

agricolacontenta@gmail.com



booking required

by 6:00 PM the previous day



€ 20 adults | € 10 children between 6
and 14 years old | € 40 family (2a + 2c)



Min 4 - Max 10



1 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

You will listen to the music and you will discover its benefits.



AN AFTERNOON AS A FARMER



Strolling among strawberries, raspberries, and blackberries, you'll fill your fruit basket like a true farmer and then head to the hearth! Thanks to the teachings passed down by Grandma Oliva, you'll turn the fruit into jam or juice to take home as a souvenir. Then, enjoy a genuine farmer's aperitif in the farmhouse cellar with speck, cheese, and wine.



every Wednesday

from 29 May to 25 September
2:00 PM



MONCLASSICO

Maso Toffe



Maso Toffe

T. +39 342 5529282
masotoffe@gmail.com



booking required
by 5:00 PM the previous day



€ 25 adults
€ 15 children up to 13 years old



Min 4 - Max 13



3 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

Welcoming you, besides Leonardo, you'll find his faithful four-legged friend and other friendly animals.

CULTURE



ACTIONS

Open the DKind app to see how to validate your actions - everything you need is explained there.

DISCOVER THE DOIMAN MANIFESTO

Learn about the core values of Val di Sole: sign the DoiMan Manifesto available at the information offices

10
POINTS

DISCOVER THE VALLEY'S IDENTITY

Visit one of these cultural sites and dive into the heritage of Val di Sole: Museo del Contadino di Montagna - Museo delle Streghe - Castel Caldes - Museo della Civiltà Solandra - Museo Laboratorio dell'Epigrafe Popolare - Castello San Michele - Museo della Guerra Bianca di Vermiglio - Museo Peio 1914-1918 "La Guerra sulla Porta"

10
POINTS

VISIT FORTE STRINO

Discover the history and relics of Forte Strino, a key site during the First World War

10
POINTS

VISIT THE GALLERIA PARADISO

A long cave carved into the granite: discover the evocative sound installation inside

10
POINTS

VISIT THE PUNTA LINKE MUSEUM

Punta Linke was one of the key sites on the western front during the White War

10
POINTS

DISCOVER LOCAL CRAFTSMANSHIP

Visit one of these unique places: Fucina Marinelli "La Fucina di Vulcano" - Mulino di Cortina - Segheria Veneziana di Malè - Segheria Veneziana di Ortisè - Segherie dei Braghje e dei Begoi - Fattore Legno - Molino Ruatti Museo del Molino ad acqua - Laboratorio di Tessitura - Museo Etnografico del legno

10
POINTS



**TAKE
THE**

QUIZ



**GO TO
THE APP**



BETWEEN HISTORY AND NATURE



Do you know how flour is produced? You can discover this by entering the Molino Ruatti: a 19th century mill. The accompanying guides will tell you how the population of Val di Rabbi lived in the past and how the area's food culture has changed. You will then make a small gift thanks to a workshop with mountain flowers and herbs.



every Thursday

from 3 July through 28 August
5:00 PM



RABBI

Pracorno



Molino Ruatti

T. +39 0463 903166 - +39 339 8665415 /
+39 353 4264921 | info@molinoruatti.it



booking required
by 6:00 PM the previous day



€ 8 adults
€ 3 children up to 14 years old



Min 5 - Max 20



1 h 30 min



THINGS TO KNOW

You will take home a small gift that you will make with your own hands during the workshop.

**BOOK
ONLINE**



PONT POWER STATION: ALL THE POWER OF WATER



Discover how one of Italy's most beautiful hydro-electric plants works. You'll appreciate the story of a century of history, fall in love with the building's architecture and the graffiti, and understand how the water is used. At the end of the visit, you'll follow the White Noce river back, relaxing in the shade of some mountain farms.



every Tuesday

from 17 June to 9 September
2:30 PM



COGOLO

Pegaia Church



Mountain Leader International

T. +39 335 445376

attiliobrusa@gmail.com



booking required

by 12:00 PM the same day



€ 15 adults | € 5 children under 12 years old

Visit offered by Hydro Dolomiti Energia



Max 25



2 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

Discover the amazing graffiti of the Pont Hydroelectric Power Plant.



DISCOVER THE SECRETS OF KNITTING



Have you ever made a linen T-shirt with your own hands? If the answer is no, then don't worry Viola and Susy will guide you step by step! Choose the colours, put all the pieces together and create a T-shirt that you can take home with you. Visit this traditional knitwear workshop and immerse yourself in the history of this Italian art form!



June 24 | July 8, 22
August 5, 19
10:00 AM



PELLIZZANO
La Lana Lunatica



La Lana Lunatica
T. +39 346 1539427
lalanalunatica@gmail.com



booking required
by 6:00 PM the previous day



€95 per person (visit to the lab and creation of t-shirt) | €10 per person (visit to the lab only)



Min 1 - Max 3



2 h

**BOOK
ONLINE**



THINGS TO KNOW

The wool is dyed with natural elements like onion skins and lichens, making each piece unique.

WOOD LAB: IN THE CARPENTER'S WORKSHOP



Have you ever made something with your own hands? Tried feeling the veins of the wood and shaping it into an object? Together with us, you'll create a keepsake from your vacation with your own hands, which you can keep at home and use however you like. It could be a catchall tray, a flower pot holder, or simply a decoration.



every Thursday

from 2 July to 9 September
03:00 PM



MALÉ

Fattore Legno



Fattore Legno

T. +39 328 3285780

fattorelegnovds@gmail.com



booking required

at least 24 hours before the activity



€35 per item made (minimum 2 items required to activate the activity)



Min 2 - Max 6



2 h



THINGS TO KNOW

You will build a wooden object in the woodworking shop run for generations by the Baggia family.

**BOOK
ONLINE**



NIGHT-WATCH DUTY DURING WAR



You will understand up close the experience of a soldier who participated in the First World War by traveling through time inside Forte Strino, an Austro-Hungarian fortress built for the purpose of controlling and defending the last stretch of the road leading to the Tonale Pass.



every Wednesday

from 2 July to 3 September
9:00 PM



VERMIGLIO

Forte Strino



Ufficio Informazioni Vermiglio

T. +39 0463 758200

info@vermigliovacanze.it



booking required

by 12:00 PM the same day



€8 adults | €5 children 10-14 years old
and over 65 | free of charge for children
up to 10 years old



Min 5 - Max 20



1 h 30 m

**BOOK
ONLINE**



THINGS TO KNOW

Inside Forte Strino the guide will show you objects that lived through the Great War.

SHEPHERD FOR A DAY



Would you like to give up everything to move to the mountains? The sheep, the altitude, the smell of the freshly cut grass and wood will be the setting for a true shepherd's experience. During the visit to the Venetian sawmill our guide will help you make a small wooden object to take home as a souvenir.



every Thursday

from 19 June to 4 September
9:00 AM



MEZZANA

Library (travelling by car to Ortisé)



Consorzio Mezzana Marilleva

T. +39 0463 757588
info@marilleva.it



booking required
by 6:00 PM the previous day



€23 adults
€10 children up to 13 years old



Min 2 - Max 35



3 h



THINGS TO KNOW

Don't miss the delicious cheese tasting from the Caseificio Sociale Presanella.

**BOOK
ONLINE**



A NIGHT AT THE CASTLE AMONG GHOSTS AND LEGENDS



In the evening when the moon dominates the night sky, an atmosphere of mystery made of stories and legends characterizes the ancient walls of the Castel San Michele. Along the path, lit by torches and with a storyteller, you will cross the most remote corners of the manor to discover its history and its secrets.



every Thursday

from 3 July to 28 August
9:00 PM



OSSANA

Castello San Michele



Associazione San Vigilio

T. + 39 340 4183540

info@fondazioneesanvigilio.it



booking required

by 3:00 PM the same day



€8 adults

€5 children up to 6 and over 65

€20 family (2 adults + 2 under 6)



Max 25



1 h 30 m

**BOOK
ONLINE**



THINGS TO KNOW

Ossana is one of the most beautiful villages in Italy and at Christmas it hosts more than 1600 nativity scenes.



A THIN LINE OF SHADOW



Do you know what a sundial is? It's an ancient solar clock, used as far back as ancient Egypt. In the streets of Monclassico and Presson, there are 60 sundials painted on the façades of houses: an open-air museum, unique in Europe! Together with Attilio, your guide, you'll discover how they work, ending the tour with a tasty apple juice tasting.



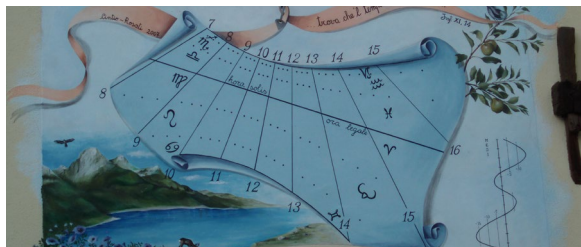
every Wednesday

from 18 June to 10 September
4:00 PM



MONCLASSICO

Biolago Park



Associazione Le Meridiane

T. +39 0463 986608

info@visitdimarofolgarida.it



booking required

by 12:00 PM the same day



€10 for adults

€5 for children up to 12 years old



Min 2 - Max 20



2 h



THINGS TO KNOW

At the beginning of the tour, you will enter a real camera obscura.

**BOOK
ONLINE**



A LEGENDARY VISIT OF VAL DI RABBI



During a pleasant walk suitable for the whole family, you'll discover one of the oldest settlements in Val di Rabbi. With guidance from the Mulino Ruatti Association, you'll dive into local legends and tales from the past. And to top it off, a delicious snack featuring authentic traditional flavors awaits you.



every Wednesday

from 2 July to 27 August
5:00 PM



RABBI

Information Office



Rabbi Vacanze

T. 0463 985048

info@valdirabbi.com



booking required

by 12:00 PM the same day



€15 adults

€10 children up to 13 years



Min 4 - Max 20



2 h



THINGS TO KNOW

Landscapes, stories, and flavors on a journey through wild nature and ancient farming traditions.

**BOOK
ONLINE**



VISIT THE CIVILTÀ SOLANDRA MUSEUM



A journey through science and nature. Discover the extraordinary multimedia section dedicated to Giacomo Bresadola, the “priest of mushrooms” and pioneer of modern mycology. Immerse yourself in his world and, at the end, join a creative workshop to make your own crafts with local flowers and plants!



every Friday

from 4 July to 29 August
5:00 PM



MALÈ

Museo della Civiltà Solandra



Museo Civiltà Solandra

T. +39 0463 903166 - +39 339 8665415 -
+39 353 4264921 | info@molinoruatti.it



booking required

by 6:00 PM the previous day



€8 adults

€3 children from 2 to 12 years old

free up to 2 years old



Min 5 - Max 20



1 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

Discover objects part of Val di Sole's heritage and a part of Bresadola's very own botany collection.



WELLNESS



ACTIONS

Open the DKind app to see how to validate your actions - everything you need is explained there.

PEJO THERMAL WATER TASTING

Have you ever tried mountain thermal water? At the Pejo Thermal Baths, you can taste waters rich in beneficial properties. With the Val di Sole Guest Card, the tasting is free.

20
POINTS

RABBI THERMAL WATER TASTING

At the Rabbi Thermal Baths, enjoy a special tasting of mineral-rich water that flows from the heart of Stelvio National Park. With the Val di Sole Guest Card, the tasting is free.

20
POINTS

KNEIPP PATH IN VAL DI RABBI

Enjoy a wellness experience on the only open-air Kneipp path in San Bernardo, Val di Rabbi, located in the Stelvio National Park. Walk barefoot through water, bark, leaves, and pebbles for a unique connection with nature.

20
POINTS



TAKE
THE

QUIZ



GO TO
THE APP



HORSEBACK RIDING TO LAGO DEI CAPRIOLI



Start your adventure! After choosing your horse and receiving some instructions from your guide, we will head towards the trails leading to the lake. The route winds through conifer forests and green meadows, where the scent of nature surrounds you. There will be a mid-ride stop with a snack included.



every day

from 20 May to 20 October
08:30 AM



PELLIZZANO

Agritur Bontempelli



Agritur Bontempelli

T. 348 487 6411

info@agriturbontempelli.com



booking required

by 6:00 PM the previous day



€90 per person



Min 2 - Max 8



4 h



THINGS TO KNOW

The center also organizes walks, lessons, activities for children, lunches, and dinners at the farmhouse.

**BOOK
ONLINE**



THE FRUITS OF SLOWNESS



A immersive morning among rows of berries, accompanied by the soothing sound of the rushing stream to help you relax your mind. An authentic experience to discover the world of mountain agriculture, where, after a rejuvenating walk, you can pick wild berries alongside Laura and Lorenzo and then enjoy them during an aperitif right in the field.



every Thursday and Sunday

from 3 July to 11 September
8:30 AM



MALÉ

Località Molini (Ice Skating Rink parking lot)



Azienda Agricola La Contenta

T. +39 368 741 8854

agricolacontenta@gmail.com



booking required

by 6:00 PM the previous day



€ 35 per person



Min 6 - Max 10



2 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

This experience will help you rediscover inner peace by disconnecting from the rush of everyday life.

SECRETS TO A GOOD NIGHT'S SLEEP



Claudio, a kinesiologist, will guide you through a rejuvenating experience that includes a walk, barefooting in the Rabbies stream, breathing exercises, and thermal treatments. A multisensory journey to restore psycho-physical balance and improve sleep. The afternoon ends with a gourmet aperitif featuring thermal water.



every Wednesday

from 15 June to 16 September
2:15 PM



RABBI FONTI

Hotel Terme di Rabbi



Terme di Rabbi

T. +39 0463 983000
info@termedirabbi.it



booking required
by 12:00 PM the previous day



€90 per person, from 14 years old



Min 4 - Max 15



4 h 30 min

**BOOK
ONLINE**



THINGS TO KNOW

You will have access to the salt room and the herbal thermal bath with a warm compress and herbal tea.



IMMERSE YOURSELF IN SILENCE



Immerse yourself in a sensory journey to relax your mind and body and rediscover the pleasure of silence. Experience an olfactory, sound, and sensory voyage in an alpine stube filled with the balsamic scent of Swiss pine. You will be able to disconnect from the digital world and reconnect with yourself through rejuvenating treatments.



every Monday

from 9 June to 6 October
8:00 PM



PEIO FONTI

Terme di Pejo



Terme di Pejo

T. +39 0463 753226
info@termepejo.it



booking required
by 12:00 PM the previous day



€150 per person (from 16 years old)



Min 2 - Max 2



3 h



THINGS TO KNOW

The thermal waters come from mineral springs originating in the Ortles-Cevedale mountain range!

**BOOK
ONLINE**



EDELWEISS ECOWELLNESS TRAIL



Breathe, observe, listen, and set out to discover the scents, colors, shapes, textures, and properties of the main mountain medicinal plants. Through simple wellness and sensory-opening practices such as breathing, meditation, and barefoot walking, you will experience their beneficial power.



every Thursday

from 19 June to 25 September
2:30 PM



PEIO FONTI

Olga Casanova Alpine Botanical Garden



Olga Casanova Farm

T. +39 329 377 1335
info@olgacasanova.it



booking required
by 12:00 PM the previous day



€ 18 over 14 years old



Min 2 - Max 15



2 h



THINGS TO KNOW

You will spend a relaxing and rejuvenating afternoon and take with you ancient knowledge.

**BOOK
ONLINE**



SIPS OF NATURE IN THE PARK

Experience authentic moments of peace in the silence of the mountains, breathing in the fresh morning air that renews both mind and body. Enjoy a delicious and wholesome breakfast at the refuge, and let yourself be carried away by the guide's stories - legends, traditions, and tales of rural life - during a walk in the woods at dawn.



every Wednesday

from 2 July to 10 September
7:00 AM



COGOLO

Farmacia Cogolo square



Attilio Brusaferi

T. +39 335 445376, +39 339 1006293
attiliobrusa@gmail.com



booking required
by 6:00 PM the previous day



€ 50 per persona



Min 5 - Max 25



5 h



THINGS TO KNOW

Remember to walk quietly; you might spot some forest animals waking up.

**BOOK
ONLINE**



A SOOTHING HUM



Relaxing and healthy multi-sensory experience in contact with nature. Walk barefoot among stones, water and bark. Enter the apiary where you can smell the scent of the hive which smells of honey, pollen, wax and propolis, and listen to the buzz of the bees to relax your mind and body. And finally, taste our honey!



every Monday, Tuesday and Thursday

from 30 June to 25 September | Monday and Tuesday 4:00 PM | Thursday 2:00 PM



ORTISÉ

Bee House



Casa dell'Ape

T. +39 333 3509094
francotripodi83@gmail.com



booking required
by 6:00 PM the previous day



€18 adults | €8 children up to 13 years
€33 couples
€40 family package (2 adults + 2 children)



Max 25



2 h

**BOOK
ONLINE**



THINGS TO KNOW

Not just bees: you will meet the cute sheep Nerina and Desiré, together with the ducks and the bunnies.



MOUNTAIN WELLNESS AND GOODNESS



Listen, breathe and regenerate yourself in an Alpine stube with the aromatic scent of stone pine. Discover Val di Peio with a mountain herb peeling, a edelweiss face mask, a hair pack with stone pine oil and an anti- Inflammatory arnica pack with foot massage. The sauna, Turkish bath and Jacuzzi will be all yours.



every Wednesday and Friday

from 11 June to 10 October

Wednesday at 10:00 AM | Friday at 7:30 PM



PEIO FONTI

Pejo Spa



Terme di Pejo

T. +39 0463 753226

info@termepejo.it



booking required

by 12:00 PM the previous day



€ 110 wow experience (Wednesday)

€ 130 wow experience deluxe (Friday)



Min 2 - Max 4



3 h

**BOOK
ONLINE**



THINGS TO KNOW

Additionally, you can treat yourself to a relaxing alpine massage with Swiss pine oil.



DOIMAN MANIFESTO

*DoiMan is the pact we want to make with all of you,
to keep working together to make Val di Sole a
better place to live in and to visit, contributing with
our commitment to a better world.*

TOURIST



GAME RULES

YOU TOO CAN BECOME A KEY PLAYER

When you claim a prize, your points won't be cancelled: keep playing to earn more points

1. Scan the **QR code** and open the **DKind app**
2. Take part in the **quizzes**, complete the **activities** and take part in the **WOW Experiences**
3. Earn **points** and turn them into amazing **prizes**
4. Claim your prizes at the Val di Sole **info points**



**SCAN THE
QR CODE**



PRIZES

When you claim a prize, your points don't reset — keep playing and rack up more!



80 pt

Stainless steel mug

120 pt

WOW Experience:
what a kind gesture!



160 pt

DOIMAN T-shirt

240 pt

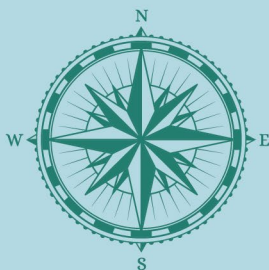
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2025



Val di Sole

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