



www.visitvaldinon.it

IMAGINE...

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... riding your mountain bike along the rocky paths of the northern Brenta Dolomites; reaching the heart of the region through narrow canyons formed by streams; discovering a green valley that becomes a garden in full bloom with thousands of apple orchards...

Imagine walking by ancient walls marked with history and faith; finding your natural balance with yourself and those who love you, leaving your footprints in the fresh snow...

Val di Non is nearby.







A vertical photograph of a mountain valley. In the foreground, a wooden boat with a white stripe is on a pebbly shore. The water is calm and reflects the surrounding green forest and the blue sky. In the background, steep mountains with patches of snow and forest rise against a clear blue sky.

DISCOVERING NEW HORIZONS

5 areas, one unique welcoming feeling

Mountains, pastures and paths: the Maddalene mountain range. Vast meadows interrupted by small villages: the upper valley and the Predaia area.

The apple kingdom: the Quattro Ville d'Anaunia and the enchanting natural beauties of the Brenta Dolomites.

All of these are brought together in one large valley: Val di Non.

Val di Non...

Is the widest valley in Trentino, full of woods, flowing water and above all apple orchards that it owes its fame throughout Europe to. Lake Santa Giustina, at the centre, is the heart of the valley.

A holiday for all four seasons

Val di Non is a masterpiece with ever-changing shades of colour. In summer, the intense green of pastures and woodlands merges with the light blue crystal waters; in winter, the bright white snow envelopes the landscape; in autumn, the leaves change into a thousand shades of warm colours; and then spring is also shrouded in white, thanks to the petals of the apple blossom.

Navigate through Val di Non

Before leaving: to plan your journey. On arrival: to discover the region. On departure: to see what you have missed. The "Discover the Valley" service at www.visitvaldinon.it helps you to orientate yourself and gives advice!



GET AROUND





ARRIVING AND FEELING AT HOME

A Family Welcome

Just like at home. Grandma baking a cake, the children sitting around the fire and Mum and Dad's friendly smiles. This is the typical welcome in Val di Non: from one family to another.

Your holiday is just a click away! Just choose the accommodation you like the most, check whether rooms are available and book online with just one click!

Intimacy & Friendliness...

Are the keys of a warm welcome to Val di Non. Small hotels in farming villages, comfortable resorts with the scent of wood from the forest and welcoming rooms heated by traditional earthenware stoves. Furthermore, many accommodation facilities offer brand new wellness centres... because going on holiday is all about feeling at one with yourself!

Apples, cows and jam

The genuineness of the land is transformed into an authentic welcome at the many renowned characteristic local farmhouse accommodation often surrounded by apple orchards, located by ancient historical dwellings or at the foot of the mountains.

Feel at home in an apartment. We guarantee it!

All of our apartments have been inspected and classified following strict quality criteria. They can be chosen with nothing to worry about.

We guarantee it.

Camping holiday

A campsite with 160 pitches, characteristic chalets nestled in the greenery, a splendid swimming pool and playground areas for little ones for a carefree holiday.

Business opportunities

Business training meets holiday! A selection of high level accommodation facilities are specialising in "incentive" and "team building" activities. For businesses seeking new stimuli and horizons...



WHERE TO STAY



JOURNEYING TO THE CENTRE OF THE HEART

Vertical thrills for all

An underground world of canyons, gorges, narrow passages through the rock and crystal clear waterfalls are hidden in dense woodland and small farming villages. Magic, adventurous, accessible and safe... equipped with a helmet, coat and transceiver!

Canyon Rio Sass

In the heart of Fondo's historical centre, ancient palazzi overlook the deep canyon formed by the fast flowing waters of Rio Sass stream. Traverse it over metallic walkway and stairs, surrounded by drops of cool water and plays of light and shade!

www.canyonriosass.it

Fluvial Novella Park

The Novella Fluvial Park, runs over 3,5 Km through the countryside below the villages of Dambel, Cloz and Romallo. It was awarded the green flag in 2008 by Legambiente (Environmental league) for the conservation and development of the waters that flow through it and create special scenes, almost a Jurassic Park type of adventure.

www.parcoflivialenovella.it

Canyon valley

For the geologists at heart, for those who love combining nature and culture, those who want to find new and unusual landscapes and those who want to become explorers for the day... Eight paths along rock face to venture on.



CANYONS





MOVING THROUGH GREEN SETTINGS

Be active on holiday!

Sport for all tastes distinguishes a holiday in Val di Non. Horse riding in the open air, walking through apple orchards in full bloom, cycling and mountain biking... In all seasons this region ought to be travelled, discovered and experienced!

Dolomiti Golf Club

18 hole championship, over 50 hectares in total, 3 executive holes. Dolomiti Golf Club in Seio di Sarnonico is one of the most spectacular and technical golf course in the whole Alpine area. Its real strength? A natural context of rare beauty.

www.dolomitigolf.it

Passion for cycling in the Dolomites

Stretching all around the rocky Brenta massif, the “Dolomiti di Brenta Bike” is a circuit of 171 Km in the Adamello Brenta Natural Park. A true paradise for mountain bike riders. Two tracks of different difficulties, special accommodation and all the necessary assistance.

www.dolomitibrentabike.it

Horse rides

Val di Non is a wonderful setting for riding. Three major stables are to be found at the foot of the mountains. Here it is possible to learn how to mount, go on group rides, trot under the moonlight and in winter travel romantically on a horsedrawn sleigh as in the past.



OUTDOOR PURSUITS





LOOKING THE WORLD FROM ABOVE

I CAN'T get lost!

On the www.visitvaldinon.it website an online map service is available that allows users to virtually discover the valley, select mountain routes and download them to a GPS free of charge

In the Adamello Brenta Nature Park

The Adamello Brenta Natural Park, with an area of over 620 Km², is the largest protected area in Trentino. It comprises of the spectacular and wild Val di Tovel which is home to brown bears and natural gems such as the splendid Alpine lake of the same name.

www.pnab.it

Meadows in bloom, pastures and woods: Simply Maddalene!

The Maddalene mountain range closes Val di Non to the North. This ideal arena for trekking and Nordic walking is crossed by the famous "Sentiero Aldo Bonacossa" path that stretches across the whole mountain range: starting at Passo Palade and reaching Val di Rabbi over a three day walk.

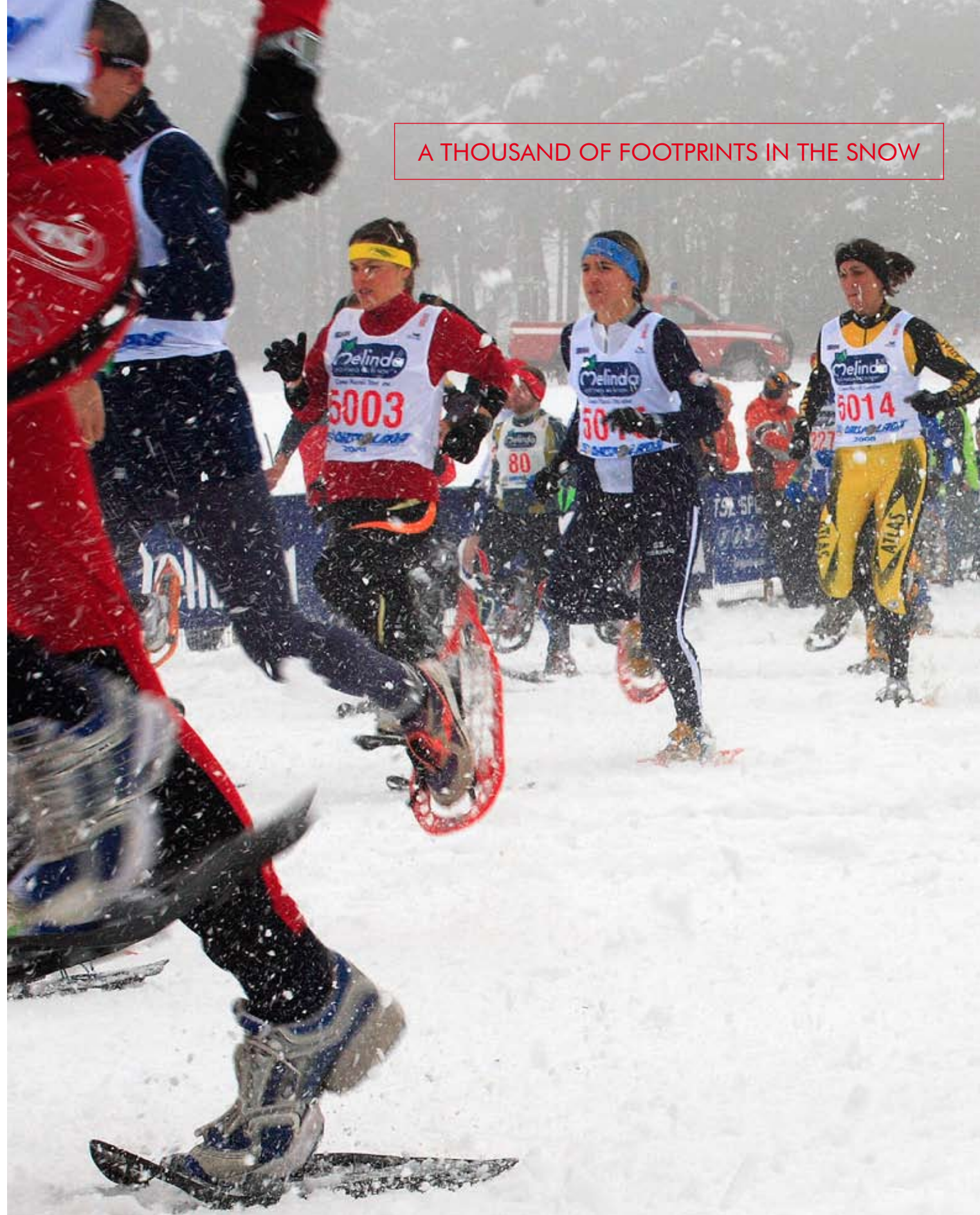
Mouth-watering breaks along the way

A glass of warm freshly milked milk, tasty regional cheese or a sweet apple temptation... What could be better than a brake in an alpine farm to recharge after a tiring walk? Each village in Val di Non has its own alpine farm where the cattle are moved to for the high summer pastures.



MOUNTAIN ROUTES

A THOUSAND OF FOOTPRINTS IN THE SNOW





Sport, nature and family during winter

Not only skiing... Winter in Val di Non also means ice skating on frozen lakes, snowshoeing under the moonlight. There is also a snow-adventure playgrounds for children, massages and steam baths for the romantics, fireplaces and hot chocolate for those with a sweet tooth!

Snowshoes?

They are the symbol of winter in Val di Non. Once used by hunters to move nimbly through snow covered woods, they now represent a new way of experiencing mountains in winter. What is the secret? Their strange bean shape that allows you to float on the snow!

Love for the "Ciaspolada"

The race of records. The "Ciaspolada" is the most popular event on snow in Italy. The participants of this international sport event battle it out on a 7 km track covered in snow. Everyone can join in: sport lovers, families, athletes and grandparents. The only requirement? Snowshoes on your feet!

www.ciaspolada.it

Just right for those wanting to learn

Being easy, cheap and spacious, the ski pistes of Val di Non are a perfect nursery slope for beginners of all ages!



WINTER SPORTS





LEARNING THROUGH PLAY

Open farms, Adventure Parks & Co

Swinging through the trees like Tarzan, exploring canyons like Indiana Jones, running in the fields surrounded by goats like Heidi... In Val di Non little is needed to feel like being in a fairy-tale!

Having fun altogether

“Val di Non... on the look out” is the summer entertainment programme for children and families. Activities seven days a week, lots of fun and educational offers. At the farm, in the woods, around the walls of ancient castles or aboard magic trains...

Adopt an apple tree!

If you stay in a farmhouse in spring you can browse the apple orchards, choose and name the apple tree you like the most and come back in autumn to pick your own apples that the farmer's capable hands have been looking after in the meanwhile.


Mum, look how much fun I'm having!

A pinch of adventure never hurt anyone... especially if safe and under professional guidance! An adventure park over 10 m high among trees; two snow parks for young skiers to play with tubing and sledding and equipped routes to learn climbing at the foot of the Brenta Dolomites.



FAMILY HOLIDAYS





THE FLAVOURS OF A UNIQUE REGION

A valley waiting to be... eaten!

Its majesty being the only DOP apple in the whole of Italy, the prized Grana Trentino cheese, rich in taste and the traditional smoked mortandela, a cold meat leader of Slow Food. The flavours of Val di Non are rich and of high quality, all waiting to be tasted!

Val di Non means apple

Fresh to touch, inviting to see and above all irresistible to eat. In other words, apples from the Val di Non. Their quality is guaranteed by the DOP Melinda label that encompasses over 5000 farming families. An excellence to be proud of! An opportunity to get to know how good they are? Get to "Pomaria", the great harvest festival in October!

www.melinda.it

Along the Apple and Flavour's Road

The "Apple and Flavour's Road" association incorporates over 150 farms, restaurants, farm houses and producers who are proponents of quality service of local food and wine. Its advice leads you along a route through the most authentic flavours in Val di Non. Apple and Flavour Road Valli di Non and Sole

www.stradedelvinodeltrentino.it
> Mela e Sapori delle Valli di Non e Sole

Rediscover rural tastes

The rural soul of the region is concentrated in simple recipes made from a few secret and authentic ingredients. In summer it is easy to recognise through the aromas that fill the streets during the village fêtes, in autumn it can be seen during "The Ancient Flavours of Val di Non" event... always accompanied by warm-heartedness and smiles in the many traditional inns of the area.



LOCAL FLAVOURS





A SOUNDTRACK FOR YOUR HOLIDAY

Signs, colours and gestures from the past

Val di Non's inhabitants look after their traditions. For this reason there are many fêtes, festivals and re-enactments that particularly in the summer months fill forgotten streets, squares and alleys of historical village centres with colour and music.

Great sporting events

Adrenalin rushes meter by meter with the finish line in sight, from the effort and the desire to win. Val di Non holds great sporting events all year round: in winter snowshoeing, in spring cycling or running or else summer on the lakes...

Art and music on holiday too

Frenetic travelling jazz rhythms invade historical centres and streets, ancient Gregorian chants rise up over the secular walls of parishes and sanctuaries, pine woods and forests become huge outdoor arenas. Art and music blend with the local nature and culture.

Autumn; time for harvest and time for celebration

When is the right time for gourmets to come on holiday? Autumn. Mushrooms, apples, potatoes, cheese from mountain pastures and fruits of the earth are celebrated in numerous festivals that bring the best local food and wine to the table.



EVENTS

FINDING PEACE FOR YOUR SOUL





Silent witnesses...

They overlook the streets and squares of the small villages to discretely tell Val di Non's story: an age-old faith preserved in the country parishes or the hidden monasteries, a border territory contested by the powerful, a population of farmers who have always loved and defended their home with tenacity.

San Romedio Sanctuary

Around the year 1000 a lone spur in the middle of a cold wild valley was chosen by Romedio as a place of prayer and silence. Today it is one of the most spectacular sanctuaries in Europe. Seven chapels perched on the rock, 131 steps of hope and faith, a unique place not to be missed.

Splendour, nobility and castles

Val di Non is the region of Trentino that can boast the highest number of castles and perfectly preserved nobles residences, symbols of power and wealth from the past. Castel Thun, near the village of Ton, opens its doors to those wishing to enter this fairy-tale world.

In the well of time

A virtual journey from the ice age to the barbaric invasions, passing through the periods of mysterious Raetic domination, Christianisation and Roman splendour. The Raetic Museum in Sanzeno explains the history and archaeology of Val di Non in an original manner.



ARTS AND CULTURE



INFO

AZIENDA PER IL TURISMO VAL DI NON
Via Roma, 21 - 38013 FONDO (TN)
Tel. +39 0463.830133 - Fax +39 0463.830161
info@visitvaldinon.it



WWW.VISITVALDINON.IT