



TRENTO
MONTE BONDONE
VALLE DEI LAGHI
Azienda per il Turismo



COMUNE DI TRENTO



Urban trekking itineraries

15 excursions to discover
Trento and the surroundings

with information and suggestions
suited to different skill levels



 **Cooperativa HandiCREA**
Handicap Ricerche E Attività

TRENTO FOR EVERYBODY

Such a catch phrase sparks off the ambitious project which introduces, through only one tool, the different itineraries of urban trekking gathered in the past few years and destined to EVERYBODY. The aim is to offer usable paths deprived of particular technical difficulties and accessible to EVERYBODY.

*In order to realise this innovative and qualified initiative, the **Tourism Board of Trento, Monte Bondone, the city of Trento – Culture, Tourism and Political Youth Service together with HandiCREA cooperative**, have worked closely and created a new guide, among the first in Italy, designed and realized with indications and advices for EVERYBODY.*

The stroll is an experience for EVERYBODY, especially when going along the beautiful paths that the Trento city offers, between culture and nature, history and tradition. And the people involved in this project have considered the architectural barriers, so often invisible to many, so that nobody will be left behind.

*The **guide** exemplifies, for every proposed itinerary, the historical – artistic description, the images of what you could discover and the technical information, whereas the attached **map** indicates the paths.*

Choose among the 15 itineraries which range from the historical city centre to the different outskirts of the city.

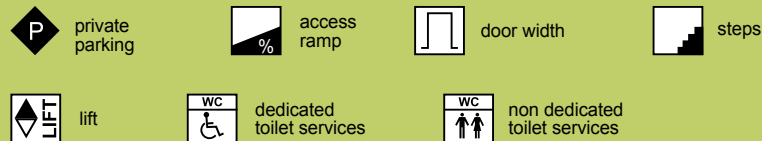
Have a good trekking EVERYBODY!



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Key symbol suiting different skill levels





The Imperial Walk

Difficulty	easy
Time	30 min.
Distance	1 km
Max. height	195 m
Features of interest	history, art, culture, landscape

The Imperial Walk is a short walk through the centre of Trento, following the historical route of the Prince Bishops' progress from their Cathedral to the Castle. The walk begins at **Piazza Duomo** – Trento's large Cathedral Square, referred to as the city's living room – a harmonious and refined urban space, with the **Fountain of Neptune**, the **Palazzo Pretorio**, frescoed house facades and the **Cathedral dedicated to St. Vigilius**, the patron saint of the city, the most representative setting of the Council of Trent.

Continue along Via Belenzani, which is a truly striking Imperial street: wide and colourful, with many imposing town man-



sions and the characteristic tower houses. Turn right into Via Mancini, which also features a number of historic town mansions, full of art and legend, such as the **Palazzo Galasso**, also known as the "Devil's Mansion".

At the next junction, one of the most busy of the Medieval city, turn left onto Via del Suffragio, with its characteristic arcades and the historic houses of what used to be known as the "German Quarter". After a while you arrive at the Medieval **Green Tower**, so named



because of its large Gothic dome, built in the 15th century as part of the Adige river port defences, along the old course of the river, before its diversion in Modern times.

Turn right for the last stretch onto Via Clesio, flanking the bastions of the **Castello del Buonconsiglio**, the imposing yet elegant symbol of the secular power of the Prince Bishops, who made it their residence from 1255 to 1803.

The castle complex is a treasure trove of history and art, culminating in the lively and celebrated "Cycle of the Months" fresco, a masterpiece of International Gothic painting in the **Eagle Tower**. Currently housing a number of prestigious museums and exhibitions, the Castle is the arrival point of this very historic and symbolic walk, between the two centres of spiritual and temporal power.



1

URBAN TREKKING FOR EVERYBODY: information and suggestions suiting different skill levels




Piazza Duomo > Via Mancini > Torre Verde > Castello del Buonconsiglio




The itinerary, about 1 km long, crosses the historic centre of Trento and can also be completed by car, provided that you have a disabled badge. Time required: about 1 hour. Disabled car parking in via Belenzani, via Mancini, via Suffragio . Disabled badge holders may also park free of charge in the blue-striped parking areas throughout the city . Always ensure you display your badge. There are no signals and warnings for people with impaired sight or impaired hearing. The itinerary – which is in a pedestrian



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and restricted traffic zone – is flat, evenly paved. The pavement narrows in via Mancini (60 cm) and along the walls surrounding the Castle in via B. Clesio (73 cm), where there's a cross slope of 7.4% .

All the historical buildings/sites are open to the public and are easily accessed, except for Palazzo Galasso (which houses offices), the Green Tower and the Buonconsiglio Castle, which is only partly open and which can be accessed via a 12 metre long ramp with a 7% slope .





Subterranean Tridentum

Difficulty	easy
Time	30 min.
Distance	1 km
Height	195 m
Features of interest	history, archaeology

This is an easy and interesting walk touching on the remains of Roman Trento, which was an important military outpost and crossroads at the foot of the Alps. The remains of the Roman “magnificum municipium”, built using the local red and white stone, can be seen 4 metres below the current ground level. These subterranean sites can be visited from a number of locations:

A. From the interior of the **Cathedral of S. Vigilio**, where visitors can descend to the remains of an **Early Christian Basilica**, erected outside the ancient walls to house the mortal remains of 3 Trento martyrs, Sisinius, Martyrius and Alexander, and the patron



saint of Trento, St. Vigilius.

B. Beneath **Piazza Duomo**, in the entrance hall of the **Tridentino Diocesan Museum**, there are the remains of the monumental **Porta Veronensis**, the principal southern gate of the Roman city, and traces of the main north-south street (cardo maximus), with its surprising cart ruts.

C. In via Belenzani, near the archaeological area of **Casa Terlago** (to visit call 335.6933961), there are the remains of a Roman residential quarter, with parts of streets and houses.



D. In via Oss Mazzurana, in the basement of **Palazzo Tabarelli** (to visit call 0461.888111), the remains can be seen of another housing block of the Roman city, with a precious mosaic from the dwelling of a wealthy citizen.

E. In the archaeological area of **Piazza Lodron**, we can observe stretches of the walls, a tower, private houses and a wine maker's shop.

F. Near **piazzetta Anfiteatro** there are the remains of a large building (71x50m, closed to the public), where gladiatorial and other games were held.

G. At the **S.A.S.S.**, in Piazza Battisti, there is a huge area (1,700 square metres) of the Roman city, open to the public, featuring parts of walls, streets, mosaics, courtyards, wells and shops, giving us an insight, albeit necessarily limited, into the atmosphere of the ancient **Tridentum**, a 2,000 year old city of stone.



Piazza Duomo > Piazza Battisti

The 1 km long itinerary runs on flat ground, in the pedestrianised historic centre of the city and can also be completed by car, provided you have a disabled badge. Estimated time, about 2 hours 15 minutes, including short tours of the open

sights. Pink stone pavements and smooth porphyry road paving. Ring the numbers given above to visit the archaeological sites. Disabled drivers may also park free of charge in the blue-striped parking areas throughout the city. Always ensure you display your badge. There are no signals and warnings for people with impaired sight or impaired hearing. The archaeological areas/sites partly inside private premises and/or public buildings open to the public can be accessed as follows:

- the Early Christian Basilica inside the Cathedral can be



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reached via a flight of steps (more than 20);

- the area inside the Tridentino Diocesan Museum (Piazza Duomo), features 17 steps 19 cm high, followed by slightly sloping ramps and other steps. The passageway narrows to no less than 80 cm;

- the archaeological site called “La Cave des Artistes” at Casa Terlago (via Belenzani 37), can be reached via 21 steps 20 cm high. Inside there are rooms with other steps (335.6933961);

- the Subterranean Area of Piazza Lodron 31 (at the headquarters of Volksbank 0461.492161) can be reached via a lift (the door is 74 cm wide, while the lift cab is 122x80 cm), followed by 2 steps at 90°, 5 and 7 cm high. The area is only partly open to the public (various slopes and steps);

- the remains in the basement of Palazzo Tabarelli (via Oss Mazzurana 63), which can be partly reached by lift (the door is 80 cm wide, while the lift cab is 138x118 cm), can also be accessed from the entrance hall of the bank (0461.888111);

- the S.A.S.S. space (Piazza C. Battisti) can be reached from behind the stage of the



Teatro Sociale, with a 10 cm high step and a lift (the door is 86 cm wide, while the lift cab is 150x115 cm). The area is only partly open to the public (various slopes and steps);

- Piazza C. Battisti and Piazzetta Anfiteatro can be accessed.



The City of the Future

Difficulty	easy
Time	45 min.
Distance	2,5 km
Max. height	195 m
Features of interest	art, nature, wine & food, architecture

This route gives an insight into how Trento has developed through the centuries to the present day. Starting at the central **Piazza Duomo**, walk round the **Torre Civica** and **Palazzo Pretorio** and take via Calepina, on the left, to **Palazzo Sardinia**, which houses the **Trentino Natural Science Museum**.

This prestigious network of scientific institutions and centres for spreading scientific culture combines knowledge and research with a state-of-the-art hands-on interaction.

Behind the Museum is **Palazzo Roccabruna**, another historic mansion transformed into the “House of Trentino Products”, the

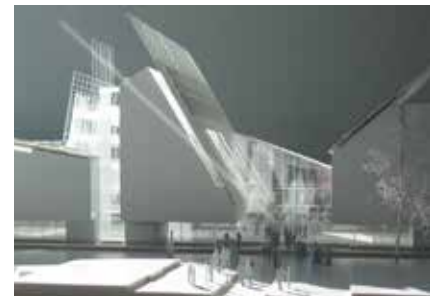


place to go for an interesting regional wine & food tasting experience.

Back in Via Mazzini, with its colourful paving and elegant shop windows, after a while you reach the vast **Piazza Fiera**, with its characteristic **Torre (Torrione)** and imposing 13th century city walls.

Here fairs and events are held the year round, culminating in December with the Christmas Market.

Continuing along Via S. Croce, you reach the remains of a large



gateway – called the “**3 portoni**” (3 gates) – which opens on Via Madruzzo, a long avenue laid out in the 16th century and leading to the **Palazzo delle Albere**. Along Via Madruzzo, Via Rosmini and Via Verdi you can also see the university departments of Sociology, Law and Economics, eventually reaching Via da Sanseverino and the marvellous **Palazzo delle Albere**, which houses the local **Museum of Contemporary Art**.

The enormous construction site nearby is an energy-efficient redevelopment project “Le albere” by Renzo Piano overlooking the Adige river. The development will feature the new **Muse** (Museum of Sciences) next to a cycling path, with a huge park linking water, green spaces and the mountains, achieving the dream of an Alpine city projected into the future.



Piazza Duomo > Piazza Fiera > Palazzo delle Albere

The itinerary, about 2.5 km long, starts in the city centre, which is a pedestrianised area. Except for the Via Verdi subway – 150 metres long, with slopes of 7% to 9% – the route is entirely on flat ground and ends on the

bank of the Adige river. Time required: about 1 and a half hours, on foot, with no indoor visits. Cars are allowed into the city centre of Trento, provided you have a disabled badge. There is disabled car parking along the entire itinerary, except for a short stretch of Via Mazzini. Disabled badge holders may also park free of charge in the blue-striped parking areas throughout the city. Always ensure you display your badge.

There are no signals and warnings for people with impaired sight or impaired



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hearing. On the central Piazza Duomo is the Palazzo Pretorio, which houses the Diocesan Museum, which can be accessed via a 740 cm long ramp, with a 9% slope, a door 120 cm wide and a threshold 5 cm high. Inside, two carpeted ramps – of 99 cm and 110 cm, respectively – with slopes of 7.6% and 15.1%.

In Via Calepina, Palazzo Sardaña houses the Trentino Museum of Natural Sciences and features an access ramp 125 cm long, with a 25% slope and a lift (the door is 90 cm wide, room size 110x140 cm).

Inside there are wheelchair friendly/easy access toilets (176x174 cm).

About 50 metres further on is Palazzo Roccabruna. Here, the pavement is rather uneven. The upper storeys of the building can be reached by lift, except for the conference room, which is preceded by 5 steps 17 cm high. There are wheelchair friendly/easy access toilets (the door is 81 cm wide, room size 164x197cm).

Along Via Mazzini is Piazza Fiera (paved in por-



phy), on which are the Torrione and the Medieval walls of the city. At about 100 metres from the Tre Portoni is Via Madruzzo. Continuing along Via Rosmini you pass the University departments of Sociology, Law and Economics. All the department buildings are accessible and served by lifts inside, with wheelchair friendly/easy access toilet.

The end stretch of Via Verdi is a 150 m long subway, with slopes of 7% to 9%, leading to the San Severino car park (8 spaces reserved for disabled parking). In the same street is Palazzo delle Albere (currently being refurbished), which can be accessed via two carpeted ramps with slopes of 8% to 13%.

Nearby is the construction site of the Muse, the new Science Museum of Trento.



The ancient village and Doss Trento

Difficulty	easy
Time	1 hr.
Distance	2 km
Altitude change	105 m
Max. height	300 m
Bus lines	n. 2
Features of interest	views, history-archaeology, nature, recreation

This is one of the best loved walks, encompassing the Adige river, several churches, an ancient village and a peculiarly shaped hill. It goes from **Piazza Dante** to the banks of the Adige river and includes the interesting **church of S. Lorenzo**, built in the 12th century by Benedictine monks. Today, the church is curiously below ground level, due to the numerous floods that, over the centuries, have deposited alluvial soil raising the surrounding ground level. Cross the Ponte S. Lorenzo bridge to one of the most typical urbanised river landscapes in Trentino, with the **church of S. Apollinare**, the ancient village of **Piedicastello**, with its workers' district, towered over by the huge rocky outcrop of **Doss Trento**.





The slender church, built in the 13th century and painted by Dürer, reflects in its shape the rocky outcrop, while Piedicastello still preserves the old-time atmosphere of a village of fishermen and raft-builders, the houses all neatly arranged in a row against the nearby escarpment. Cross the little square and take Via Brescia to Piazzale Divisioni Alpine, from where an easy road leads up to the summit of the Doss Trento. This is a place of considerable historic and natural interest, having been the site of an inaccessible Prehistoric fort, a Roman fortress and an **Early Christian church**, and also featuring a number of rare plants and monumental trees. The 1940 road and its tunnels, and the **National Historical Museum** on the summit, were built by the Alpine Corps and form a sort of "shrine". On the side facing toward Trento there is the monumental **Mausoleum of Cesare Battisti**, built with the red and white stone of Monte Calisio. This is a great spot for some marvel-








ous views. Returning to the church of S. Apollinare, nearby are the so-called "**Galleries**", a prestigious and original exhibition space of the **Historical Museum of Trentino**, where local history is on show according to state-of-the-art display techniques.



Piazza Dante > Piedicastello > Doss Trento



This walk is predominantly uphill, with slopes of between 7% and 18% . There is a short tunnel and a flat stretch at the top of the hill. The roads are all metalled, except for the park. The itinerary is about 6.6 km long, return, and the estimated time is 2 hours 40 minutes, by car, with brief visits. We recommend you use a vehicle to reach the Doss Trento Park, although this requires a permit issued by the Roads & Parks Department (Servizio Gestione Strade e Parchi) of the Local Authority of Trento (0461.884528). There is a bus stop for disabled passengers on the bus line 2 at “Doss Trento Apuleio”.





In Piazza Dante, near the main train station, there are 3 parking areas reserved for disabled drivers, who can park there free of charge, including the blue-striped areas, by showing their badge . There are no signals and warnings for people with impaired sight or impaired hearing.

The first part of the walk (about 1.6 km) is wheelchair accessible, on the pavement. The main attractions along the way are:

- the Badia di S. Lorenzo, which has a 31 metre ramp with a slope of 9.5%  and a 6 cm high step . In the courtyard, there are 2 parking spaces reserved for disabled parking ;
- the S. Lorenzo overpass features an average cross slope of 4% and 6.6% ;
- the church of S. Apollinare is temporarily closed to the public;
- the Galleries of Piedicastello (“Nera” and “Bianca”, i.e. White and Black), both of which are accessible, feature a 115 cm wide door .





The Piazza di Piedicastello can be reached by car or on foot, via an asphalt-paved ramp 43 metres long, with an average slope of 7.6% . There are parking spaces reserved for disabled parking .

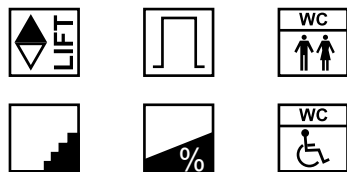
The second part of the walk (1.7 km) is inside the Doss Trento Park, uphill, with various slopes (from 7% to 18% ), there is a short tunnel and a flat area right next to the Mausoleum of Cesare Battisti. The paving is asphalt. There is a large parking area in the upper reaches of the walk .

The Mausoleum area is flat (grass and gravel). The monument can be accessed via a 7.5 cm step. Only parts of the interior can be visited because of the many steps . A 100 metres further on, along an unpaved road (even surface, slopes of between 10% and 18% ) and a grassy stretch of 20 metres (slopes of between 8% and 15% ) is the Early Christian Basilica. Nearby there are stretches of a Nature Trail on flat ground. There are toilets, but no easy access toilets for the disabled (size 182x182 cm .

The Museum of the Al-



pine Troops has a car park about 100 metres further on . The approach road features slopes of between 7.5% and 10% . Disabled badge holders are allowed to park inside the internal courtyard of the Museum, subject to permission by the staff (call 0461.827248) . Access to the Museum is via an internal mobile ramp 314 cm long, with a 15% slope . The entire Museum can be visited. The surrounding space is paved with porphyry slabs joined by short ramps (for accessing the exterior display areas). There are no public toilets.



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The fortress of Trento

Difficulty	average-to-easy, on unpaved ground
Time	2 hrs. and 30 min.
Distance	7 km
Altitude change	320 m
Max. height	770 m
Bus lines	n. 6
Features of interest	view, military sites, historical routes

The Sorasass Circular Route. This is a rewarding circular excursion, featuring some interesting military sites, breathtaking views from dizzy heights, along several old trails. From **Cadine**, you cross the crafts estate, headed North-East, until you reach a large white stone cross. Continue straight ahead for another 100m up until you reach several signs, then continue left to the car park at **Fer de Caval**.

The route begins here (information signs) and continues, in a counter-clockwise direction, through thick woodland. At the eve of World War I, a series of important military defence works were built in the area of Cadine, and in the nearby

locations of **Vintitrè Pini**, **Poza dei Pini**, including, on the left, the military road with a Fuciliera, an interesting military facility, which has now been restored and opened to the public. It includes a trench, a 40m long tunnel, 11 casemate emplacements and various other emplacements. Back on the original route, there is a stretch of the main trail, a stretch of the **San Vili Trail**, dedicated to the patron saint of Trento, Saint Vigilius, who during his evangelisation mission, in the 4th century, travelled a number of times along this 95 km route, from the Vela di Trento to Madonna di Campiglio.

Continuing north, you come to a number of military sites, including various stoi (shelters in natural caves) and the pontesel, an

extraordinary observation point at the top of a sheer precipice 500 metres high; quite an eagle's nest. On the way back, you pass through **Spazadomeneghe** and **Poza de la Casara**, passing an old lime furnace, which is a relic of one of the ancient crafts practised in the valley, before returning to the Fer de Caval. Alongside the tunnel leading back to Trento is the Forte **Buss de Vela Fort**, one of the most important fortifications in the whole of Trentino.



Piazza Dante > Cadine > Sorasass

The itinerary is about 14 km long: 7 on paved roads (from Trento to Cadine) and 7 on the Giro Sorasass, which is an unpaved road, with an uneven surface at times and slopes of between 8% and 20% ▣, as well as flat stretches.

The estimated time needed to complete the circu-

lar route is about 1 hour 40 minutes, by car, keeping in mind that this includes only half the Giro Sorasass route. To access the Giro Sorasass by car you need a permit issued by the Azienda Forestale di Trento (Trento Forestry Division) (call 0461.420578). There are no public transport services along this route.

In Piazza Dante, near the main train station, there are 3 car parks with spaces reserved for disabled people ◆, who can park there free of charge, including the blue-striped areas, by



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displaying their badge ◆. There are no signals and warnings for people with impaired sight or impaired hearing.

From Piazza Dante, travelling on the SS 45 bis main road, after 6 km you reach Cadine. At the traffic lights, turn right into Via Coltura and continue towards Tez, until you reach the Fer dei Cavai car park. This stretch is 1 km long, except for a short ascent leading to the car park ◆.

The area features a grass and packed earth picnic area, with slopes of between 8% and 12% ▣.

The Sorasass circular routes forms a 7 km long ring, which starts and ends at the Fer dei Cavai car park ◆.

You can drive to Poza dei Pini, but must then proceed on foot, or with other special means, along the narrow and steep hairpin turns further on.

The military road with the Fuciliera, above Poza dei Pini, is a trail about 1 metre wide, which climbs up through the woods.

The second part of the ring (after Pontesel and up to Poza dela Casara), is a wide and even forest road,



the end stretch of which narrows and becomes rather rough.

The Bus de Vela Fort, which is currently closed to the public, can be reached via a 70 metre long unpaved road surfaced with gravel, with slopes of between 8% and 14% ▣.



A glance up ancient chestnut oaks

Difficulty	easy, with unpaved uphill sections, while the descent can be classified as medium
Time	2 hrs.
Distance	5 km
Altitude change	170 m
Max. height	710 m
Cableway	Station on the Lung'Adige
Features of interest	view, religion, nature, art


A balcony overlooking Trento. This excursion combines breathtaking views, nature, ancient and contemporary art. Start at **Piazza Dante**, near the Adige river bank, by the interesting **church of S. Lorenzo**, built in the 12th century by Benedictine monks. Today, the church is curiously below ground level, due to the numerous floods that, over the centuries, have deposited alluvial soil raising the surrounding ground level. Beyond the railway overpass is the cableway station, right on the bank of the river. This cableway is 1,200 metres long, with an altitude change of almost 400 m, and is one of the oldest in Europe, having been opened in 1924. After having



ascended the slope of Monte Bondone, you reach the upper station of **Sardagna**: this is a great observation point overlooking the city and the Adige Valley, the second longest river in Italy. Descending to the southern edge of the town, you will find the isolated **church of SS. Filippo e Giacomo**, built in the 11th century and containing important 16th century frescoes by




Fogolino. Nearby is the great waterfall, 174 m tall, which is visible from the centre of Trento. Tracing your steps back to the town, you can admire the interesting **Villa Rizzi**, now housing an educational establishment, and the 18th century parish church. Passing through the town centre you will notice some modern and interesting mural paintings, depicting local country life between the 19th and 20th centuries. Following the signs, you climb up towards the mountain, on the left, in the southern part of the town. This is where the **Sentiero dei Castagni** – Chestnut Trail – begins (signposted), an unpaved circular route offering some spectacular views and returning back to the town. You can climb up the steep wooded sides of Monte Bondone, cutting through some old and more recent chestnut woods, from which the appreciated Sardagna “marrons” come, where even the monumental centuries-old trees have a story to tell.


Piazza Dante > Funivia > Sardagna > Sentiero dei Castagni




The itinerary features slopes of between 6% and 12%. The average slope for the Chestnut Trail is 25% . The area of Sardagna can be reached by car (Monte Bondone road) or cableway.



The time required is about 1 hour 10 minutes, return, by car and with no indoor visits, except for the Chestnut Trail, which is 15.3 km long. In Piazza Dante, near the main train station, there are 3 car parks with spaces reserved for disabled people, who can park there free of charge , including the blue-striped areas, by displaying their badge. There are no signals and warnings for peo-




ple with impaired sight or impaired hearing.



The first part of the route is wheelchair friendly, on the pavement from Piazza Dante to the Badia di S. Lorenzo Abbey, which can be accessed via a 31 m long ramp, with a slope of 9.5%  and a 6 cm high step . The internal courtyard features 2 spaces for disabled parking .




Past the bus station, take the S. Lorenzo overpass, which has an average cross slope of between 4% and 6.6% , to the Trento-Sardagna cableway.

Access is by means of a stairlift (dimensions 80x79 cm, max. capacity 200 kg) . The cab (door width 72 cm, size 235x137.5 cm), features down steps of 3 cm . The exit at the Upper Station of Sardagna (viewing point at the Centro Congressi Europa conference facility) is by means of a 23 metre ramp, with a slope of 17.5% . There is a large flat car park with 2 spaces reserved for disa-


bled parking . The road leading to the town is 900 metres long, with slopes of between 6% and 9% and with a pavement .

In the Piazza dei SS. Filippo e Giacomo, which features an average slope of 9% , there are spaces reserved for disabled parking  and the parish church which can be accessed via a 107 cm wide door .


Descending towards the cemetery, on a road with a maximum slope of 9.7% , you will pass alongside Villa Rizzi to a large car park .

Inside the cemetery is the church of SS. Filippo e Giacomo, preceded by a 197 cm wide gate and a ramp, 10 metres long with a slope of 4.2% . The door of the church is 139 cm  wide and inside there are 6 steps .

Continuing, whether on foot or by wheelchair, about 150 metres further on is the waterfall. The ground here is grassy and uneven.

Walking in the narrow alleyways of the town, with slopes of between 8.7% and 11.3%, you can admire the Mural paintings . The Chestnut Trail is all



uphill, behind the wood; the trail is unpaved and rather uneven, with variable slopes, of 20-25%  on average. It can be travelled on foot, or using special vehicles, although permission must first be obtained from the Azienda Forestale di Trento (Trento Forestry Division) (call 0461.420578).



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Among the vineyards on the right of the Adige river



Difficulty	easy, while the descent to Romagnano can be classified as medium-to-easy
Time	2 hrs.
Distance	4,5 km
Altitude change	200 m
Max. height	445 m
Bus lines	n. 12
Features of interest	landscape, military history, archaeology, alpine,

Featuring the attractions on the right bank of the Adige river. This is an easy varied walk between luxuriant vineyards and several country houses built by the nobility, at the foot of Monte Bondone. The suburb of **Ravina**, with its mansions, castles and wealthy residences, features the extraordinary **Navarini Copper Museum** and a **Museum of Rural Life**, housed in old summer residences erected by noble Trento families. The imposing hydraulic works in the centre of the town and upstream reveal the crossing of the wild Rio Ravina torrent, which used to cause much flooding in the past. The walk starts across the bridge in front of the **church of S. Marina**, southwards,

in the direction of the clearly visible **Torre dell'Orco**. Walking past the romantic 16th century tower, you continue uphill on a paved road to the **Forte di Romagnano Fort** (1890-1895, now a private residence), a massive defensive structure dominating the Adige Valley, and a pleasant landscape planted with orchards and vineyards. This is an area of production of excellent still and sparkling wines. On the right, a detour leads to the esplanade in front of the magnificent **Villa Margòn**, one of the most exclusive country houses (open to the public by reservation only 0461.972416). Its elegant lines, refined decorations and large park make it one of the most important examples and monuments of the Trentino Renaissance. Return-







ing to the road, you continue past some large oaks, hornbeams and beech trees, descending towards **Romagnano**, encountering a number of military defence and fortification works along the way. Cross the town, with its picturesque alleys, doorways, the church of S. Brigida, and continue 1 km southwards, to the beautiful waterfall of **Roggia del Bondone**, at just a few metres from the **archaeological site of Loch** (a shelter with deposits ranging from the Mesolithic to the Iron Age), set in an enchanting rocky environment, which also features a historic rock climbing wall.

Piazza Dante > Ravina > Romagnano


This route is mostly uphill, with slopes varying between 9% and 17% , and is almost entirely paved. We recommend the use of a vehicle. The estimated time is 1 hour 45 minutes, by car and with no indoor visits. The distance is around 24 km, return, with alternative sections to those detailed in the general description. Public transport bus 12 stops at both Ravina (Ravina "Piazza") and Romagnano (Romagnano "Piazza Condini"). In Piazza Dante, near the main train station, there are 3 car parks with spaces reserved for disabled people , who can park there free of charge, including the blue-striped areas, by



displaying their badge. There are no signals and warnings for people with impaired sight or impaired hearing.




AT RAVINA - The Navarini Copper Museum, in via Val Gola, 22 in Ravina, is a private residence (call 0461.923330 to visit).

There are spaces for disabled parking at 40 metres from the Museum , which can be reached via a road with a 9.8% slope . Parking is allowed in the inner courtyard as well. Access to the Museum is up a 7 cm high step  and through a 94 cm wide door . The lower storeys can be reached from the garage, through a 135 cm wide door  and an internal step 5 cm high .



The pavements along the banks of the Rio Ravina, which crosses the town, are wheelchair friendly.

The church of S. Marina has 2 spaces reserved for disabled parking , right next to the side entrance door; the door is 92 cm

wide  and has a 15 cm high step .

The uphill Via Margone, beyond the bridge over the Rio Ravina, has an average slope of 13% and leads to the Torre dell'Orco, the Forte di Romagnano and Villa Margon . The Torre dell'Orco and Forte di Romagnano, which are both private residences, can be seen on the left, ascending towards Villa Margon. Villa Margon, which is also a private residence, is open to the public by appointment or by calling the Cantine Ferrari Winery to check opening times, which change during the year (0461.972416). The last stretch of the access road is unpaved and features slopes of between 8% and 14.7% . The park, inner courtyard and ground floor can be visited. The upper floors can be accessed by stairways. There are wheelchair friendly/easy access toilets . From Villa Margon, the route continues on a trail through the woods accessible only on foot. We therefore recommend to return to the centre of Ravina and continue on via Stella, towards Romagnano.



AT ROMAGNANO - The Museum of Rural Life, on the road to Romagnano, is currently being set up and is not yet open. The church of S. Brigida is preceded by a road with a 19.3% slope . The entrance to the church can be reached by car. The main door is 176 cm wide and is preceded by a 5 metre long ramp with a slope of 6% . The Roggia del Bondone is a torrent on the southern edge of the town; it is accessible by wheelchair, with assistance, via the unpaved lane, with varying slopes, starting at the roundabout. The archaeological area of Loch can be visited on the opposite side of the torrent. For the alternative route by car, contact the Azienda Forestale di Trento (Trento Forestry Division) at 0461.420578.



reserved parking areas, white and blue parking areas of Trento municipality



The Alpine Wildlife path

Difficulty	medium easy
Time	A) 2 hrs and 30 min.
	B) 3 hrs and 30 min.
Distance	A) 5 km
	B) 7 km
Altitude change	A) 180 m
	B) 300 m
Max. height	405 m
Bus lines	n. 8
Features of interest	landscape, Alpine wildlife, historic-military

The door of Trento. From the ancient road on the valley bottom to the cultivated and reinforced reliefs. A classic mountain landscape with 2 different souls: the farming-rural soul, perched up in the heights, and the commercial one at the bottom of the valley, close to the highway crossing through Trento, heir of the Imperial road which connected Italy and Central Europe.

You get off the bus in the town of Ronchi, go up the “**Strada ai Palazzi**” (wooden boards) continue and then turn left (board) towards the **Fauna Alpina di Casteller**, an interesting wildlife recovery centre, managed by the Associazione Cacciatori Trentini

(Hunter’s Association of Trento) (guided tours only) 0461.825834. Next to the parking area you go into the woods on the **Fauna Alpina Path**.


You continue up going along the wildlife area fence up to a clearing with a park bench on the right and a closed gate to the left. Climb up to the right to reach the county road in the town of **Novaline**: splendid vineyard landscape featuring 3 aristocratic mansions dating back to the sixteen hundreds (**Saracini, Sardagna, Gentilotti**) and ancient mountain farmhouses dominated by the massive Vigolana group. Go down 250m, go back up to the left (boards and capital) to Valli and then start down on the opposite slope, at first on a narrow path, then on a more comfortable track up to Laste.

ROUTE A - going along the left bank of Rio Valsorda you will encounter many old windmills, a


round-about, and then will reach Via della Decima in the centre, the name of this road refers to the old tax that was paid there; the tall houses and large portals leading to the inner spaces are quite characteristic. To the right you can see the long walls of the **Torre Franca**, which was once an important Medieval castle, now in ruins.

ROUTE B - from Laste go to the south for 2 km on the 2 high-grounds (vast panorama) occupied by the massive ruins of the **forts of Mattarello**, dating back the end of the 1800s, and then come down on route A).

Piazza Dante > Ronchi > Novaline > Mattarello

The route goes uphill and downhill with slopes ranging from 4% and 25%  and a few flat stretches. The route is paved and can also be travelled by motor vehicle, except for the Alpine wildlife path and the path between Valli and Laste which can only be covered on foot.



The total distance is about 15 km circa, except for the foot paths and the Trento-Mattarello stretch, and lasts two hours (in the car without stops). For motor vehicle access to the Forte "Medio" contact the Forest Agency of Trento (0461.420578).


There are two reserved car parks in the Centro Fauna di Casteller and some rest stops along the route (in Novaline, Laste, Villa Piani Longhi and at the forts) .





reserved parking areas, white and blue parking areas of Trento municipality


The stops of bus route 8 going towards Mattarello: Mattarello "Nazionale" (c/o Shopping Centre, 500 metres after Ronchi), going towards Trento: Mattarello "Catoni".


In Piazza Dante, near the train station, there are 3 parking spaces reserved for disabled people . Disabled people may also park free of charge in the blue-striped parking areas throughout the city, by displaying their badge .


There are no signals or warnings for people with impaired sight or hearing. From Ronchi go up Strada dei Palazzi leading to the Centro Fauna di Casteller and Novaline. The road has a 11% slope in the first part and reaches 17%  in the second part with some flat stretches.


Centro Fauna di Casteller can be reached on a 30-metres long road having a slope of 20% . The Fauna Alpina path starting from the car park and leading to Novaline can be covered only on foot due to

its broken surface and gradients up to 30% . As an alternative, take Strada dei Palazzi up to. Novaline, where you can see the private Villas.

To reach Le Valli, turn into via Menestrina with slopes between 4% and 20%  with flat stretches, where it is advisable to leave your car and continue on foot or by wheel chair, due to the narrowing of the road.


The route continues over a narrow, broken path leading to Laste, which can also be reached by car by going back to the Strada delle Novaline, going down to the fork for Strada dei Forti having gradients between 5% and 17%  which crosses the bridge on Rio Valsorda.


ROUTE A - Go down along the narrow road flanking Rio Valsorda. If you are travelling by motor vehicle it is advisable to take the road located 50 metres after the sign the first part of which has a gradient of 25% .

At the round-about go down along Via della Decima. The historical centre of Mattarello has slopes between 8% and 15% .

Castello della Torre Franca is visible from Via del Castel.

The shop Mastro 7 can be reached by flat road.

ROUTE B - From Laste go up Strada dei Forti having slopes from 2% to 15% . After 1 km take the road right towards Forte "Medio". The access road is 250 metres long, is a dirt road and is uneven. Before the last 50 metres there is a closed bar without side passages and a rest area. The large flat space in front of the fort has an uneven grass coverage. You can visit the ground floor of the fort.

By proceeding on Strada dei Forti for another 800 metres you will reach Forte "Alto" which is located about 250 metres after Villa Piani Longhi. The access road, uneven dirt, has an average slope of 15%  in the last 50 metres. The area surrounding the fort is flat with an uneven grass coverage. For the return trip, follow Route A in Laste.



The slopes of Marzola

Difficulty	A) easy
	B) medium
Time	A) 40 min.
	B) 50 min.
Distance	A) 2 km
	B) 2 km
Altitude change	A) 90 m
	B) 230 m
Max. height	611 m
Bus lines	n. 6 and n. 13
Features of interest	panorama, botanical, historic- military, mountaineering

The slopes of Marzola. Double route on the panoramic highlands South of Trento: in the **Botanical Garden** and the historic gym of the Trentine Alpine Troops.

ROUTE A - once you have reached Piazza di San Rocco, and gone past the overpass on the highway, go west (table) to reach the entrance of the Botanical Garden "**Bosco della Città**". This is a 17-hectare area located on the Dosso di San Rocco (463m), served by a network of convenient paths, fountains and benches. The Trento-Sopramonte Forest Agency designed the area to enhance the forest characteristics with paths, tables and significant



panoramic features. The ruins of the Fort S. Rocco (1880-1882) are located on the top of the mount, whereas at the entrance to the park there is a **wildlife and wild bird reserve centre** managed by LIPU (Italian Association for the Protection of Birds).

ROUTE B - from Piazza di San Rocco, you go up Via Castel di San Rocco and go past a crossing, continue straight ahead for another 200 m, after a flat stretch, you will see a path in the forest (table). Follow it a long way uphill up to a crossing with a forest road: turn left, on a seemingly flat path to the North, and you will reach the **Prati ai Bindesi Refuge** (611 m) owned by the SAT di Villazzano. This is a unique area, rocky and woody together. Here there are enormous fallen calcareous masses buried everywhere evoking




Dante-like atmospheres: generations of Trentine mountain climbers have challenged their skills on these slopes. From the terrace of the refuge you can enjoy a panoramic view of the city. You can come back by the same route or you can go down to the North on a 1-kilometre asphalt road up to the bus stop in Grotta.




Piazza Dante > San Rocco >

A) Bosco della Città B) Rifugio ai Bindesi

The route is mainly uphill with gradients between 5% and 19%  and is about 10 km long, one-way only and excluding the part from Piazza Dante to San Rocco.

The entire route lasts about 2 hours in a car with short side trips. Bosco della Città is a green area

that can be reached by car if you have a special pass and authorisation from the Forestry Division of the Autonomous Province of Trento (0461.495943).



The Pino Prati ai Bindesi refuge can be reached by a 7-km long paved road with an average gradient of 19% .



Bus line 13 of the city of Trento provides service for disabled people with a specially equipped stop in Piazza di San Rocco.

In Piazza Dante, near the train station, there are 3 parking spaces reserved




reserved parking areas, white and blue parking areas of Trento municipality

for disabled people . Disabled people may also park free of charge in the blue-striped parking areas throughout the city, by displaying their badge . There are no signals or warnings for people with impaired sight or hearing.


ROUTE A - The large car park Bosco della Città having an average cross gradient of 7.6%  is about 200 metres from Piazza di San Rocco. Proceed for a few hundred metres along an even dirt road having a gradient between 5% and 11.3% .



The green area is divided in two parts: the first part is a Botanical Garden and Wildlife and Bird Recovery Centre, the second is for forest nursery and hunting management activities.


The area is provided with panoramic points, benches and drinking water. The main routes (Pian dei Pini, Dosso and Busa dei Castagnari) have slight gradients and flat grassy meadows. The secondary routes, suitable for trekking, have maximum gradients of 46% .

It is possible to visit the Wildlife and Bird Recovery



Centre (Centro di Recupero Avifauna Selvatica) and it can be reached by an even dirt road which is about 50 metres long and having a max. gradient of 14.7%  (0461.931481).

ROUTE B - From Piazza di San Rocco go uphill to Grotta, with an average gradient of 13% . After 1.4 km turn for the Bindesi refuge. The road is narrow and paved and has a gradient of 26.1%  in the steepest parts.

Along the route, there is a rest area with a large car park. The Refuge is about 1 km away. There is parking for disabled people near the access ramp which is 15 metres long with a gradient of 8%  leading to the entrance (the door is 100 cm wide) and the panoramic terrace.



Path of the kites

Difficulty	medium
Time	50 min.
Distance	2 km
Altitude change	230 m
Max. height	620 m
Bus lines	n. 6 and n. 13
Features of interest	multi-sensory route, panorama

Innovative multi-sensory route on the Western slopes of the **Marzòla**. Once you have reached the square in San Rocco, go down a few metres towards Trento to take Via delle Torricelle on the right, then continue up to the villa having the same name. Turn right into the **Sentiero degli Aquiloni**, a multi-sensory route for sight impaired people designed by the Forestry Department of Trento-Sopramonte.

Different parts of the route are equipped with wooden railings, tables with touch and visual information, consolidation and levelling of the footpath, special pavements and other special provisions. The route winds through the sun-

kissed vineyards of san Rocco and then up the steep slopes of Marzòla, in the woods, through small streams and the remains of ancient landslides for a quite varied landscape.

After you have completed the most tiring parts of the route with the help of steps, you reach the top of the first terrace.



You can enjoy a superb view of Trento from the hanging rock cliffs among bushes of heather and bearberry, bonsai pine trees and aged junipers.

If you are a sensitive person you will be able to notice the different sounds coming from the busy valley bottom and the woods as well as the richness of the vast range of odours and sensorial stimuli of the natural environment. You now

continue on an easier wide path following the wood pallets up to the **Pian dei Bindesi** (620m), a large glade equipped as a rest area with benches, tables, free yard, shaded areas.



Close by is the comfortable refuge called **Rifugio Prati ai Bindesi** and a vast panorama: the length of the Adige Valley, the city of Trento with its surroundings, the highest peaks of the Brenta group. You go back over the same route or going down routes 9A or 9B.

Piazza Dante > San Rocco > Rifugio ai Bindsesi



The route called degli Aquiloni (kites), a variant of route 9, from San Rocco reaches the Refugio Bindsesi. It was designed for people with sight impairment and is challenging due to the gradients ranging from 8% to 39.5% . It has different tactile pavements, mainly on dirt roads alternating with porphyry paved areas. There are steps an average of 14 cm high . Along the route there are wooden poles indicating the positions on the information tables. On the right side of the route, at about a metre high, there is a wooden railing and, in the final part of the route, a 20 cm high curb on both sides of the path. The route is about 2 km long and it takes about


an hour and a half on foot, one way only considering a few rest stops for reading the information tables. Bus line 13 provides service for disabled people and has a specially equipped stop in Piazza di San Rocco. In Piazza Dante, near the train station, there are 3 parking spaces reserved for disabled people . Disabled people may also park free of charge in the blue-striped parking areas throughout the city, by displaying their badge . From Piazza Dante after about 6 km you will reach Piazza di San Rocco. From here proceed for 1 km on a paved road along via Torricelle up to Villa Torricelle. The Sentiero degli Aquiloni is just to the right of the villa (SAT 412, route 11). After the first 100 metres on dirt road, turn left into the path starting uphill with a gradient of 20% . On the right side there is a 1 m high round wood railing. After about 20 metres there are wooden cross


boards on the dirt road which indicate the tactile information tables.


Go up a stretch of porphyry paved road at a gradient of 33.8% . There is a diagonal water duct 8 cm deep. Proceed on dirt road having gradients between 20% to 29% .

You will then reach the plain “Armonia” intersecting with a variant of the route; proceed to the Refuge on a dirt road.



The route has gradients reaching up to 38% , followed by 34 14-cm high steps , of different depths and 1.30 m wide.




The steps alternate with ramps. At the end of the stairway you reach a seemingly flat plane and after going downhill briefly you reach a panoramic terrace which is accessible by 11 12-cm high steps . There is a 103-cm high metal railing.

A route going up and down having a gradient of 9%  and a 65-cm high curb on the left side follows.

The last climb is 50 metres long having a gradient of 20% . There is a short downhill stretch and flat stretch with a 30-cm high curb on the left side.



Park with rest areas for picnics. The park area is followed by a road (150 metres), partially closed by a bar, the remaining passage is 85 cm wide; the road is clay having slight gradients (max. 13% ). The park is situated on a slanted grassy area having different gradients (max. 20% ).

The Rifugio Bindsesi is a few metres away from the park. Parking spaces reserved for disabled people near the access ramp which is 15 m long  and has a gradient of 8% , and leads to the entrance (100-cm wide door ) and the panoramic terrace.



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The path among the Maranza woods

Difficulty	easy on forest road and path
Time	1 hr. and 40 min.
Distance	6 km
Altitude change	170 m
Max. height	1,240 m
Bus lines	n. 5. During the summer there is a shuttle bus between Passo del Cimirolo and Maranza refuge
Features of interest	panorama, prestigious forest ambience, military history

A beautiful ring trek in the woods at the foot of Monte Marzola (1,738 m), in a mountain ambience full of different kinds of biological aspects. From Trento to **Passo del Cimirolo** (730m), to reach the **Maranza refuge** in about 6 km. Today's refuge is located on a green glade at a height of 1,070 m where there used to be an ancient mountain dairy.

Right under the refuge is a path going South which passes by the chapel of the Alpine troops, built on the ruins of an Austrian capital of 1914-15.

By following the characteristic signposts you start the "**Maranza Nature Route**", designed by the Trento-Sopramonte Forest Agen-



cy, accompanied by tables and signs describing the forest types and species that you meet along the way.

The rocky spur called **Doss de le Spazadore**, a spectacular panoramic point is just a few minutes away from the refuge where you can admire: the city of Trento, the Adige Valley, opposite the Monte Bondone, to the South la Vigolana. It was a strategic military observation point, was connected to the overlying **Forte di Maranza**, whose ruins are close by, and other similar works in the area.

Proceeding pleasantly under the coverage of the treetops of many types of forest vegetation, you reach **Prà dell'Albi** (you can return to the refuge at this point), **Malga Nova**, Busa dei Pezi for the exciting meeting with 2 monuments of the vegetable world: a huge red fir and a mountain ma-




ple. At Salizoni, the path curves back towards the Maranza refuge, thus completing a circle featuring a full immersion in the forest ambience, full of awesome trees, plays of light, bird songs, solemn atmospheres.





Trento > Povo > Passo del Cimirlo > Rifugio Maranza > Percorso Naturalistico di Maranza



The route goes mainly through the woods, on paved roads with varying gradients, max. 14% and flat stretches . The Nature Route goes into the woods and can only be covered on foot.




The total length is 16.5 km (from Piazza Dante to Maranza Refuge, excluding the Nature Route), and takes about 50 minutes by car.


The city bus line no. 5 cannot be used by disabled people. In Piazza Dante, near the train station, there are 3 parking spaces re-

served for disabled people . Disabled people may also park free of charge in the blue-striped parking areas throughout the city, by displaying their badge .

There are no signals or warnings for people with impaired sight or hearing. The distance between Trento and Povo is 6 km, between Povo and Passo Cimirlo is 4.5 km and between Passo Cimirlo and Rifugio Maranza another 6 km. From the village square go along via Per Sprè towards Oltrecastello. Along the road there are car parks and rest areas which can be reached on short dirt roads having a max. gradient of 10% .

There is a large car park at Passo del Cimirlo .

The Maranza refuge has a car park reserved for disabled people next to the building . Door width: 124 cm . Accessible outside terrace. Another large car park 100 metres away .

The small church of the Alpine troops can be reached by a route which is partially grass and uneven dirt road; it is about 150 m long and has a gradient ranging from 8% to 15% .

The rest of the route is in the woods and can be covered only on foot.



reserved parking areas, white and blue parking areas of Trento municipality



A journey in the past

Difficulty	il Dosso - medium, the rest is easy
Time	2 hrs. and 20 min.
Distance	4,5 km
Altitude change	170 m
Max. height	550 m
Bus lines	No. 5 and No. 13; No. 9 and No. 10 for the return
Features of interest	panorama, landscape, geology

A trip going back in time. From avant-garde science research centres to primordial natural events written in the rocks. There are many interesting things to see in the main square of Povo: **the Cosbi Research centre of the Microsoft company**, the **Parish church** with precious operas by Fogolino and Moroder. In the immediate vicinity old local stone fountains, typical houses built on the walls, narrow alleys: elements of a rural village with the atmosphere of times gone by.

Go 100 m up the main road, then turn left (table) towards Dosso di S. Agata, continue along this varied, panoramic road, some stretches of which cross through gardens or



the woods, up to the small hermitage **church of S. Agata**.

The top, which was the location of a prehistoric castellar and a Medieval castle, offers the visitor a large glade inspiring the contemplation of the large surrounding area.

Go down in a North East direction to the edge of the field on the well-marked, steep path up to **Oltrecastello** (which can also be reached directly from Povo going through the lovely village of Sprè), an inhabited area situated on a vast terrace overlooking the wild gorge of Fersina.

After a short, pleasant trip around **Villa di Sopra** and **Villa di Sotto**, with the Villa Pompeati and Villa Fogarolli, dating back to the 1600s, go down towards **Ponte Alto**, and, after 200m, turn right (table) proceeding up to the bridge on the Torrente Fersina.

Here the stream becomes a spectacular 40-metre cascade, after




having dug a deep canyon in the 65 million year old red rocks.

Cross the road, pass the prestigious **Villa Madruzzo** and reach Cognola, an ancient, characteristic village, important stopover on the **ancient Roman road Claudia Augusta Altinate**.









Piazza Dante > Povo > Dosso di S. Agata > Oltrecastello > Ponte Alto > Cognola




The route is all ups and downs with gradients from 5% to 14% , and flat stretches. It is completely paved except for the part going up to Dosso di S. Agata, which can be covered only on foot. The route is approx. 11.5 km long and takes about an hour by car (except for the Dosso di S. Agata and using the alternative taking you straight to Spré). The only bus line providing service for disabled people is no. 13 (Povo "Piazza Mancini"). In Piazza "Piazza Mancini". In Piazza Dante, near the train station, there are 3 parking



reserved parking areas, white and blue parking areas of Trento municipality

spaces reserved for disabled people . Disabled people may also park free of charge in the blue-striped parking areas throughout the city, by displaying their badge . There are no signals or warnings for people with impaired sight or hearing. The distance from Trento to Povo is 6 km. At 30 metres from Piazza Mancini there is a car park reserved for disabled people. On the left, on the other side of the road, is the Parish Church, which can be reached by a 9 metres long ramp having a max. gradient of 11.4%  and a 176 cm wide door . Going down along the road to the Fall you can see the modern buildings of the Trento science research area. From the square we advise you to proceed uphill along via Spré to the villages of Spré and Oltrecastello since the trek to the Dosso di S. Agata is possible only on foot. This stretch of road is 1.5 km long and has a gradient of 5.4% ; some parts are provided with sidewalks. The stretch of road leading to Ponte Alto, passing through the Villas (private residences) has gradients ranging from 4% to 14% .



The last part, leading to the bridge on the Torrente Fersina and the Cascata dell'Orrido (gorge waterfall), has a sidewalk without ramps at the ends and has an average gradient of 9.4% . Here there is a small car park . The waterfall can be seen from the bridge which has a 110 cm high railing and from the terrace accessible from the nearby snack bar-restaurant. By going across the Valsugana road and taking the via Ponte Alto you go along Villa Madruzzo, which is now a restaurant and hotel. This final part of the route goes up and down slightly, with max. gradients of 7% , and leads to Piazza Argentario in Cognola where there is a car park reserved for disabled people .



The stone of Trento

Difficulty	easy
Time	A) 3 hrs.
	B) 2 hrs. and 40 min.
Distance	A) 5 km
	B) 4,5 km
Altitude change	A) 270 m
	B) 250 m
Max. height	585 m
Bus lines	No. 9 Villamontagna No. 10 Martignano
Features of interest	panorama, landscape, geology, history

The Stone of Trento. Double trek along the South slope of **Monte Calisio** facing the sun, where, after over 2,000 years we are still extracting the beautiful calcareous stone used to build Trento.

We start from the panoramic square of **Villamontagna** (spectacular view of Trento and the Adige Valley), and continue East, going over a narrow alley up to the **historical quarries of Pila**, which once were heavily exploited and are now equipped with information panel. You can still see the digging planes and faces and the barracks of the mine workers. Continue going down making a large semi-circle around the last active quarry



where you can see large blocks of white and red stone which are over 170 million years old and full of fossils.

The modern urban furnishings of Trento were made out of stone coming from this quarry. Now go down to Tavernaro and Moia, situated along the **Claudia Augusta Altinate route**, an ancient Imperial Roman road which, through the Alps connected the Adriatic Sea to the Danube River.

These places have the charming atmosphere of the small rural villages on the hills of Trento: manor villas, old country houses, fresh fountains made of local stone.


ROUTE A - Once you have gone past Moia, turn downhill on the left to reach Zell and the **Parco delle Coste**, which was once an important excavation site, and, thanks to wise town planning, has been turned into a popular town park. You are now close to the town, go down to the nice **Santuario delle**



Laste (sanctuary built in the 17th century), **Villa S. Ignazio**, **Porta Aquila**, the town centre.

ROUTE B - Once you have gone by Moia, continue to the East touching **Maso Bergamini**, Maderno, Martignano thus crossing the large terraces cultivated as vineyards, part of the prestigious wineries on the "Strada del Vino e dei Sapori" (Road of Wine and Flavours).



Villamontagna > Moia > A) Trento B) Martignano


This route goes up and down and has a max. gradient of 19%  alternating with flat stretches. In some parts the narrowing of the road makes it difficult for cars to pass through. The road is paved except for the "Quarry area" and the road leading from it to Tavernaro which is very uneven.

The length of the two routes is about 18 km, including the alternate routes from Parco delle Coste to Santuario delle Laste, from via Bassano, and from Villa Sant'Ignazio to the city, from via Cervara. The entire route takes about 2 hours by car. To enter into the Parco delle Coste you must have the permission of the "Servizio Aree Verdi"

(Green areas Department) of the Municipality of Trento to 0461.884528.

The city bus lines 9 and 10 do not provide service for disabled people.


In Piazza Dante, near the train station, there are 3 parking spaces reserved for disabled people . Disabled people may also park free of charge in the blue-striped parking areas throughout the city, by displaying their badge .


There are no signals or warnings for people with impaired sight or hearing. 7 km away from the city the square of Villamontagna offers a panoramic view of Trento and the Adige Valley. There is a parking area for disabled people in the square . Slightly ahead of the square you go into via Per Pila leading to the quarries with the same name: a flat, paved stretch about 900 metres long.


The area has a dirt road, crossed by a very uneven road with slight gradients and very broken stretches






in the part going through the woods leading to Tavernaro from via Cantanghel. The last stretch is about 1.3 km long.

You reach Moia by taking via Ciurletti which has slight gradients, up to a maximum of 10.7% .

ROUTE A - After Moia, at the fork in the road for Zell, go down a narrow paved road about 1.6 km long having a gradient between 5% and 10% , and near the intersection with via Pradiscola, you enter into the Parco delle Coste.


The park, preceded by two rest areas, is crossed by paved roads having gradients varying from 8% to 14% .

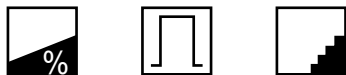
The Santuario delle Laste can be reached by going along the via Bassano alternate route, towards


Trento, going down via degli Olivi and via delle Laste having an average gradient of 13.9% . The sanctuary is surrounded by a large courtyard. The entrance to the Church has four 25-cm high steps  and a 90-cm wide door .

The area around Villa S. Ignazio is a flat park with a clay road.

To go back into the city it is advisable to continue on via Cervara. This last part of the route is about 3.9 km long.

ROUTE B - After Moia, turn into the road for Maderno and go up towards Maso Bergamini until you reach Maderno and then Martignano. This part of the route is paved and is about 3 km long with gradients from 10% to 19% alternating with flat stretches .



 reserved parking areas, white and blue parking areas of Trento municipality



The ancient Claudia Augusta road

Difficulty	medium/easy
Time	2 hrs. and 40 min.
Distance	5,5 km
Altitude change	250 m
Max. height	445 m
Bus lines	N. 17 S. Lazzaro ponte Avisio; Nos. 3,7,11 in Gardolo
Features of interest	panorama, historic, wine production

On the Northern hills of Trento. Quite varied route over historic roads and modern vineyards, ancient villages and wide panoramas. The route starts next to the **bridge of San Lazzaro**, a lovely village with a prestigious Medieval Church overlooking the Avisio stream, where it comes out of the rocky gorge.

Climb up the steep stairway so you can admire the beautiful river landscape towards Lavis with its unique **hanging garden called Ciuciòi**.

The sound of the water accompanies you as you go to the right up to **Camparta Bassa** and Media; then turn left up to **Gazzadina** along the Val dei Molinari, which



was once full of windmills. At the intersection with the highway, go down to the right for 50 m at the base of the mount where you can see the bell tower of the **Church of San Martino**.

Then turn left and immediately right in the direction of Meano (on the right there are signs for the Church) on the **ancient Claudia Augusta Altinate**, a Roman military road which connected the Adriatic Sea to the Danube River crossing over the Alps.

After passing a stretch of road carved out of the live rock, you finally reach **Meano**, a typical Trentine town where there used to be a lot of mining activity.


Resting among large vineyard terraces suspended over the Adige Valley, Meano offers a stupendous view of Paganella and Monte Bondone. From the central **Chiesa dell'Assunta**, you continue on a paved road to the village of



Gardolo di Mezzo, an interesting archaeological site dominated by the cone-shaped relief called Doss della Purga. Go down towards the valley on a paved road, in an area of prestigious wineries. Shortly thereafter, on the left, take the steep, picturesque **Via Crucis** (chapel and cross made of white stone dating back to 1727), sign of ancient popular devotion, and then it is a short way to **Gardolo**.



Piazza Dante > S. Lazzaro > Camparta Bassa > Gazzadina > Meano > Gardolo di Mezzo > Gardolo

The route goes mainly up and down with gradients from 7% and 19% , and some flat stretches. It is paved and is 20 km long including the alternative routes, it takes about 70 minutes by car.

It is possible to stop for a rest in the squares of the centres you travel through.





reserved parking areas, white and blue parking areas of Trento municipality

Bus line 17 going to Lavis “Lavis Cembra” and which leave from Trento Gazzoletti “Piazza Dante”, provides service for disabled people.


Bus line 11 doesn't make any stops near the route, whereas line 7, going towards Gardolo, has stops only up to Gardolo “Piazzale Neufahrn”.



Bus line 3 for Gardolo provides service for disabled people leaving from Trento Gazzoletti “Piazza Dante” and arriving at Gardolo “Piazza Chiesa”.

In Piazza Dante, near the


train station, there are 3 parking spaces reserved for disabled people . Disabled people may also park free of charge in the blue-striped parking areas throughout the city, by displaying their badge .

There are no signals or warnings for people with impaired sight or hearing. From Piazza Dante go North along highway no. 12 and slightly before reaching Lavis, after about 7 km, turn right towards S. Lazzaro. Near the old bridge, climb the long stairway up to the hanging gardens of Ciuciòi.

The alternate route can be taken after a few metres, turning left for Meano and passing by the Medieval Church which can be accessed by 2 steps which are 16 and 10 cm high .

The road has a gradient of 7%  for a stretch and then becomes steeper until it reaches 19% . Take via di Camparta Bassa (at Maso Bianco) and stay on it up to the stairways; this part of the road is flat and makes it possible to have an overhead view of the river park and hanging gardens. Go back and keep climbing towards Gazzad-



ina on Strada dei Molinari, having a gradient of about 19% .

From Gazzadina, going down towards Meano, continue on the main road, going by the S. Martino Bell tower on your left. The ancient Claudia Augusta Altinate road is accessible only on foot.

Go into Meano on via Pederzolli; proceed up to Gardolo di Mezzo; the route is practically flat and part of it has a sidewalk.

The via Crucis connecting the town of Gardolo di Mezzo to Gardolo can only be covered on foot. An alternative route is the main road of Gardolo, via di Castel, turning left for Sant'Anna until you reach the town.



The hill of Science

Difficulty	easy
Time	2 hrs. + 30 min. for the park
Distance	5 km + 1 km the park
Altitude change	200 m + 70 m the park
Max. height	445 m
Bus lines	No. 7 or by the Valsugana train up to the stop Gocciadoro Arcate
Features of interest	scientific, landscape, history

A city park, aristocratic villas, modern science: a hill to discover by a ring route. You start from the entrance to the **Parco di Gocciadoro** going down and turning left right away for Via San Bartolomeo then go up to the highly esteemed, panoramic church dating back to the XII century. Go over the bridge opposite the church and over the railway line of Valsugana (dating back to 1896) to reach highway 349. Continue on it for 200 m, turn left between the houses (wooden table).

At the top there is a peculiar railway underground passage, and then, among chicken pens and woods, on the ancient road leading to the foot of **Toresèla Mersi**, Re-



naissance building for hunting and relaxation.

On the edge of large vineyards, in an ever vaster landscape, you will reach via Tambosi and then the square in Villazzano, close to the prestigious **Villa de' Mersi** (XVIII century), one of the most beautiful villas in Trentino, embellished with an Italian garden which you are free to visit.

From the square go up to the North East, where you will reach the ancient Franciscan convent, **Gabbio-lo** and the fascinating **Villa Salvadori** ('600/'700) with its park. Then you will come to Salè, crossing pleasant vineyard terraces, with country-style aristocratic villas here and there, and finally, **Povo**, vivacious scientific area. In the central square you can see the **Parish Church** with a precious painting by Fogolino, and the **Microsoft Cosbi Research Centre**.

Go down Via alla Cascata and then on Via dei Valoni and pass in front



of the Scientific and Technologic Research Institute, while you will see **Villa Gherta** immersed in its luxurious park on your right. Pass through the peculiar railway turnstile and go down to the Faculty of Engineering and steeper down to the 16th century bridge of Cornicchio, where the first hydroelectric power plant of Trento was built. Go along the imposing palace of **Dame di Sion** on your left, and you will be on the other side of the Parco di Gocciadoro, thus completing the ring route.

Piazza Dante > S. Bartolomeo > Villazzano > Povo > Ponte Cornicchio > Gocciadoro

The route goes uphill with gradients between 7% and 17% and has flat stretches in the area of Salé. It is almost completely paved, except for some parts which are not accessible to motor vehicles: from the Church of San Bartolomeo to Toresela Mersi and from the University Faculty of Engineering to Parco di Gocciadoro.

The length of the route is about 13 km, both ways, including the alternate routes. The route takes about an hour by car.

Bus line 7 stops at "Gocciadoro Arcate". In Piazza Dante, near the train station, there are 3 parking spaces reserved for disabled people. Disabled

people may also park free of charge in the blue-striped parking areas throughout the city, by displaying their badge.

There are no signals or warnings for people with impaired sight or hearing. From Piazza Dante you reach the entrance of the Parco di Gocciadoro; it is partially closed by a bar and the remaining passage is 120 cm wide. The lower part of the park is flat. Via San Bartolomeo, leading to the Church with the same name has a max. gradient of 17%.

Next to the building there is a car park with spaces reserved for disabled people. Toresela Mersi, a private building can be reached only on foot. Proceed on Via Asiago and, at the round-about, go up towards Villazzano. You will go along Villa Mersi on your right; it is possible to visit the building and its park.

Inside there is a lift with a 90 cm wide door, dimensions 150x138 cm.

The park has gravel paths and an average gradient of 6.6%. In via dei Colli and in the square of Villazzano there are two parking spaces reserved for disabled people.

Go up briefly towards Grotta, a road having a max. gradient of 9.7%, and continuing in the direction of Gabbio, you will reach the Salé area. This stretch is nearly flat, with an average gradient of 7%.

Along the route you can see the ancient Franciscan Convent and Villa Salvadori (private residence).

At 30 metres from Piazza Mancini, at Povo, there is a car park reserved for disabled people. In the square you can visit the Parish Church which has a 9 m long access ramp having a max. gradient of 11.4% and a 176 cm. wide door. Continue on via alla Cascata and via dei Valoni having a gradient of 13.5%, pass by the intersection with Via Sommarive, until you reach Villa Gherta (private residence). Along the route you can see the modern buildings of the science and research area of the city of Trento, all of which are accessible.



At the end of the road there is a turnstile near the railway from which you can continue on foot only. It is advisable to go back to the city by via Sommarive and, after having turned right, at the round-about go down in the direction of Trento on the road to Valsugana and via Venezia.

On the left you will see the Faculty of Engineering with a wide entrance lane and large car park. Or you can return to Parco Gocciadoro over the same route.



aree di sosta riservate,
 blu e bianche del comune
 di Trento

Useful numbers

Basilica Paleocristiana Piazza Duomo, 18 – Trento | Tel. 0461.234419
www.museodiocesano Tridentino.it

Castello del Buonconsiglio - Monumenti e Collezioni Provinciali
Via B. Clesio, 5 – Trento | Tel. 0461.233770 | www.buonconsiglio.it

Ecomuseo Argentario c/o Biblioteca Comunale | Civezzano
Tel. +39 0461.858400 | www.ecoarge.net

Fondazione Galleria Civica Via Belenzani, 45 / Via Cavour, 19 – Trento
Tel. 0461.985511 | www.fondazionegalleriacivica.tn.it

Le Gallerie di Piedicastello Piazza di Piedicastello – Trento
Tel. 0461.230482 | www.museostorico.it

Mart - Museo d'arte Moderna e Contemporanea di Trento e Rovereto
Palazzo delle Albere/Torre Vanga - Via Sanseverino, 45 – Trento
Tel. 0461.234860 | www.mart.trento.it

Mausoleo Cesare Battisti Doss Trento
Ufficio Parchi e Giardini del Comune di Trento | Tel. 0461.884528

Museo Del Rame Via Val Gola, 22 Ravina – Trento
Tel. 0461 923330 | www.navarinirame.com

Museo Della S.A.T. Via Mancini, 57 – Trento | Tel. 0461.982804
www.sat.tn.it

Museo dell'Aeronautica "Gianni Caproni" Via Lidorno, 3 Mattarello
Trento | Tel. 0461.944888 | www.museocaproni.it

Museo Diocesano Tridentino Piazza Duomo, 18 – Trento
Tel. 0461.234419 | www.museodiocesano Tridentino.it

Museo Storico delle Truppe Alpine Doss Trento | Tel. e fax 0461.827248
www.museonazionalealpini.it

Museo Storico in Trento Via Torre d'Augusto, 41 – Trento
Tel. 0461.230482 | www.museostorico.it

Museo Tridentino di Scienze Naturali Via Calepina, 14 – Trento
Tel. 0461.270311 | www.mtsn.tn.it

S.A.S.S. Spazio Archeologico Sotterraneo del Sas
Piazza Battisti – Trento | Tel. 0461.230171 | www.trentinocultura.net

Trentino Trasporti Esercizio Via Innsbruck, 65 – Trento
Tel. 0461.821000 | www.ttesercizio.it

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