



*View of Presanella
from Cimon Bolentina*

Val di Sole:

the charm of an Alpine Valley in the winter



Church in Vermiglio

In the western part of the province of Trentino, between Lake Garda and South Tyrol: the Val di Sole is surrounded by some of the best-known mountain groups of the entire region: the **Brenta-Dolomites**, the **Adamello-Presanella Massif**, and the **Ortles-Cevedale Group**. It is the most extensive ski area in West Trentino

with its winter holiday areas of **Folgarida, Marilleva, Peio** and **Passo Tonale**, true paradises for those passionate about their skiing and snowboarding. And in the small valley towns and villages, all rich with history and tradition, there awaits you a warm, welcoming and cordial atmosphere in the **many hotels**

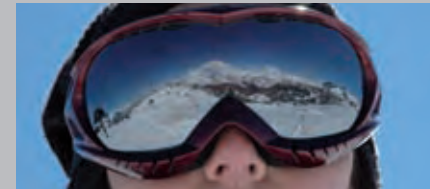
that provide an optimal level of different services, (health centers, saunas, swimming pools, gyms, beauty centers, mini-clubs, shuttle buses for the ski lifts), while not forgetting **the residences, hotels, bed and breakfasts, refuges, campgrounds and the numerous apartments available.**





*The "Rocce" ski slope in
Folgarida/Marilleva*

A different ski slope every day



Do you find ordinary ski slopes boring? Would you like to try different slopes? **Then Val di Sole is the right place for you!** That's because here you can use a single ski pass and the convenient ski bus connections to strap on your skis and zoom down different ski slopes every day. You'll be able to admire new winter landscapes –they'll always be white, but still unique. Variety is the spice of life on the ski slopes. The high quality of the ski schools which are found in the resorts of Folgarida–Marilleva, Passo Tonale and Peio, are all factors which render the experience of skiing in Val di Sole of the highest quality possible. **Try for yourself!**



A ski slope
380 km long!

You can ski on the slopes of the most beautiful ski areas in western Trentino with a single Ski Pass: **150 aerial lifts and a total of 380 kilometers of slopes.** That's the "SUPERSKIRAMA DOLOMITI Adamello Brenta" Ski Pass. This pass is valid from a day to 14 consecutive days on the slopes in the Val di Sole in Folgarida-Marilleva, Peio, Tonale with Ponte di Legno but also in the following areas which have joined these resorts: Madonna di Campiglio, Pinzolo, Andalo and Fai della Paganella, Monte Bondone, and Folgaria-Lavarone.





Valbiolo - Tonale

Live the winter

The Val di Sole Ski Resorts



From Monte Vigo to Marilleva

Folgarida-Marilleva

connected with Madonna di Campiglio

Folgarida and Marilleva feature 27 quick, modern ski lifts, and 32 slopes (including 47% easy, 40% medium, and 13% difficult) with a total of 53 kilometers of slopes! These two winter sport centers offer total ski enjoyment, with floodlight slopes for evening skiing – a true paradise for alpine skiers and snowboarders. Because of **the lift connection with Madonna di Campiglio**, this large-scale ski region features a total of 120 km of slopes with a breath-taking view of the majestic Brenta Dolomites.

The Folgarida – Marilleva – Madonna di Campiglio ski area is reachable also from the heart of Val di Sole thanks to the new 8 seater cabin lift which departs from the adjacent train station in Dao-lasa – Commezzadura!

Thus the Folgarida and Marilleva ski resorts are perfectly linked with the Trento-Malé-Marilleva train system, creating a unique system of “tires, train wheels and lifts”, which has helped to dramatically reduce the daily traffic up to the ski areas.



The Ponte di Legno-Tonale cabin lift

Tonalepass

Ski up to 3000 meters

Not only skiing in Winter! The area divided between Trentino and Lombardy guarantees the opportunity to ski in late Autumn and in Spring, thanks to the ski lifts that allow access to the **Presena glacier at 3000 meters**. Passo Tonale offers 30 modern lifts that service 100 km of ski tracks, that receive abundant natural snowfalls and which boast a complete artificial snow-making system. The jewel in the crown is the famous black ski slope, “Paradiso”, one of the longest, most beautiful and thrilling downhill runs in all of Europe.



Peio ski school practice hill

Peio

In the Stelvio National Park

The ski center in the middle of the famous Stelvio National Park. In a valley reaching right up to the summits of the famous **Cevedale Group** lies the town of Peio, in the middle of the Stelvio National Park.

Peio is the highest community in Trentino, the oldest tourist resort in Val di Sole, famous since 1650 for its **thermal springs**. This winter sport resort is especially suitable **for families with children** – for people looking for peace, and who want to enjoy the long ski slopes extending from the sides of Monte Vioz to the outskirts of the town.



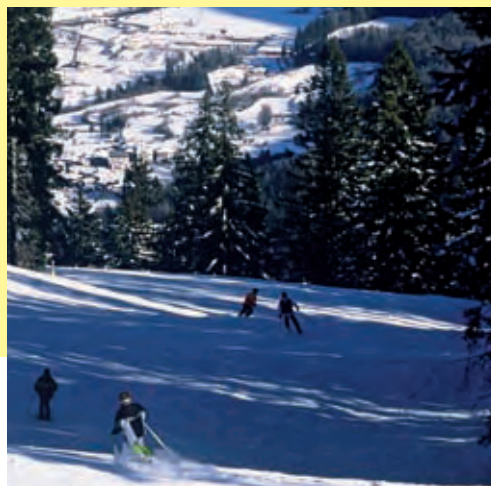
The magnificent three

There are three black ski slopes that you must try in Val di Sole. With frequent direction changes, gradient plunges and incredible views, these slopes offer three unique and unforgettable experiences. These are "cult" slopes, the best that any skier could ask for. All of these slopes have one important common factor; a deep and optimal base thanks to the artificial equipment and the optimal grooming techniques available in Val di Sole.

The Folgarida Black Run

A severe run, with a drop in gradient of over 600 meters, ratified for several competitions, and hemmed in by the surrounding forest. A thrilling descent with the last wall illuminated at night, allowing night skiing of impeccable quality, which was used in the 1999 ISF World Snowboarding Championships as well as numerous editions of the Topolino Snowboard Cup. If you are able to get down this slope without stopping you really deserve a pat on the back.

Technical Details:
Ski slope "Black"
Start 1.854 meters asl
Finish 1.300 meters asl
Gradient drop 554 meters
Length 1.850 meters



Folgarida Black run

Orti and Marilleva

A challenging slope, carved out of the heart of the forest, it has many turns and gradient changes. The steepest part, the "Orti" slope, which is over 700 meters in length, is found at the very beginning, while the rest of the slope is sweeter which allows for many breaks if required.

Technical Details:
Ski slope "Black"
Start 2.100 meters asl
Finish 1.450 meters asl
Gradient drop 650 meters
Length 2.500 meters

Paradiso - Passo Tonale

This is one of the more historical ski slopes in the entire Alpine arc. Opened to the public in 1963, over the last 40 years many works have been carried out to ensure that the track stays up to date while keeping to its historical past. The last improvements were carried out in 2004/2005 together with the opening of the new Tonale-Paradiso lift that replaced the old but glorious lift which was gracefully retired.

Technical Details:
Ski slope "Black"
Start 2.585 meters asl
Finish 1.851 meters asl
Gradient drop 734 meters
Length 3.000 meters



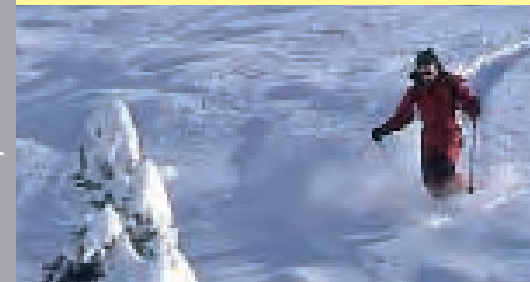
"Paradiso" slope in the background



"Orti" black run in Marilleva

After a fairly simple start of 200 meters, from the Paradiso Pass, the slope gathers pace towards Tonale. The track is quite wide but with a challenging and constant gradient, which after 1500 meters steers diagonally across the face so as to limit the skiers speed, where you can catch your breath for a moment if needed. After 250 meters of relatively easy track the slope hits another vertical wall, after which you arrive at the new bridge which crosses the road and arrives at the upper parking level. From the bridge it is 300 meters to the start of the new cabin lift. A very technical slope, designed for skiers of high ability, with a constant snow cover of optimal quality due to its North facing position. It is especially recommended during the months of February, March and April.

The Jewels in our Crown



13 - 21 December and 28 March - 5 April
ski for free on over 380 km of slopes

For these periods, the SUPERSKIRAMA Ski Pass is included in the price of 7 days accommodation, which enables you to ski for 6 days on 380 km of ski tracks in the SKIRAMA DOLOMITI Adamello – Brenta resorts (Folgarida-Marilleva, Madonna di Campiglio, Peio, Passo Tonale-Ponte di Legno, Monte Bondone, Pinzolo, Paganella, Folgaria-Lavarone). The offer is valid for all accommodation facilities in the brochure that display the “free ski” logo.



CHILDREN, up to 8 years,
DON'T PAY FOR THEIR SKI PASS!

For the entire winter season, including New Year, a child up to 8 years of age, (born after the 30.11.2000), will receive a free ski-pass, (from 3 to 14 days), of the same type and duration of that purchased by their parent, (1:1 ratio, excluding the free ski weeks).



During Christmas and Easter, one child up to 8* years of age will be able to use the following services for free **:

- Hotel stay, ski pass, ski school course, equipment hire, meals in refuges on the mountain;
- Besides which, parents will receive, directly from their accommodation facility, a coupon for

the discount of 20% on their ski pass.

- Families who stay in apartments will be able to take advantage of a 20% discount on the cost of their stay.

During Christmas the 6-day Ski Pass valid from **20 to 26 December 2008**, will allow you to ski at the Folgarida-Marilleva and Peio ski resorts.

During Easter, the 5 or 6 day-Ski Pass valid from **4 to 14 April 2009**, will allow you to ski at the Folgarida-Marilleva ski resorts.

The offer is valid for all accommodation facilities in the brochure that display the respective logos.

* a child born after the 30.11.2000 staying in same room as parents.

** the services offered must be purchased by the accompanying parent. With regards to hotel stay, a second child under 8 years will be able to take advantage of discounts offered by individual hotels. The rooms and apartments for this offer are limited both in number and type.



Ladies' Day: **December 13th 2008**, all women will receive a FREE SUPERSKIRAMA DOLOMITI Adamello - Brenta day-pass.



TONALE PASS: All inclusive weeks

7 days ACCOMMODATION + 6-day SKI PASS Adamello Ski
from **10 to 18 January and from 21 to 28 March**

7 days ACCOMMODATION + 6 day SKIPASS Adamello Ski + SKI SCHOOL
from **17 to 24 January and from 31 January to 7 February**

Details of the offer found from page 23 to page 42

PEIO: SPORT and NATURE weeks

from **10 to 25 January and from 14 to 29 March**

7 days in hotel or apartment

+ 6-day SKI PASS Peio

+ 1 afternoon or evening excursion with snow-shoes or as an alternative an entrance to the Thermal Spa area with pool and sauna

+ 1 visit to the Museum “Peio 1915 -18: war at the doorstep”

+ 1 visit to the wildlife area of the Stelvio National Park

Children up to 8 years, FREE board + Ski Pass (in same room as parents; ratio 2 adults:1 child).

Details of the offer found from page 23 to page 42.

In the fresh snow

To discover the natural elements of the mountains in winter, the Alpine Guide Association organizes many activities. Among the more traditional there are, excursions with snowshoes, off-piste ski excursions and exciting activities such as climbing the ice waterfalls with ropes, special boots and ice-picks.



Information:
SCUOLA DI ALPINISMO E SCI ALPINISMO Val di Sole
I-38027 MALÉ (TN) Piazza Regina Elena 17
Tel. 0463.901151, Mobile 347.7457328 - Skype: guide alpine
www.guidealpinevaldisole.it info@guidealpinevaldisole.it



For a slightly different day on skis.

The "Val di Sole" Alpine equestrian center, between Mezzana and Pellizzano, offers horse riding excursions in the snow with the option of having lunch in a high mountain barn, exiting sled trips and horse riding lessons.
Tel. 0463.751552; Mobile 338.6078681



Snow tracks in the Stelvio National Park

Marching on snowshoes through the profound silence of the forest, gliding over an untouched blanket of snow, finding animal tracks in the snow...

Hiking in snowshoes enables you to effortlessly discover the magic of the winter-time forest – a unique experience thanks to the special conditions present in a natural park.

One-day and half-day expeditions are available on a weekly basis **between**

December and April.

You can explore the hidden, little-travelled corners of the Stelvio National Park.

Weekly night-time excursions are also available. Special skills are not necessary, and all of the equipment you need (e.g. a forehead-mounted lamp) will be provided.



Information:

Parco Nazionale dello Stelvio
I-38024 COGOLO DI PEIO (TN)
Via Roma, 65 - Tel. 0463.746121
www.stelviopark.it info.tn@stelviopark.it

Cross-Country skiing: in the depths of nature

The Vermiglio Cross-Country Ski Center



The Vermiglio Cross-Country Ski Center

The main cross-country skiing area is in Vermiglio, which is part of the regional **SuperNordicSkipass circuit**. It offers 4 different difficulty levels for a total of 25km of Nordic ski trails. The trails wander between the hamlets of Volpaia, Stavel and Velon, amongst pine forests and ancient mountain shelters.

All the trails are designed for varied technical settings, both for competitions and ski orienteering. The 1 km "Lagheti" ski trail is floodlit until 11pm in the evening.

Services in the center include, showers and changerooms, bar, parking, ice skating, ski hire and a ski school.

Information: SGS Vermiglio - Tel. 0463.758200
www.vermigliovacanze.it

From 12 January 2009, free lessons for all.

The Val di Sole tourist board offers the possibility for all visitors to try cross-country skiing

Free cross-country skiing at Commezzadura



Commezzadura cross-country track

The Commezzadura tourism board supplies all the equipment necessary for visitors staying in participating hotels. Try something different for a day. The cross-country trail is very close to the hotels in Commezzadura.

Information:

Tourism Association Commezzadura - Tel. 0463.974840 (seasonal opening)
info@commezzadura.com or ask your participating hotel for details.

thanks to two hours of free lessons including ski equipment. Lessons will be held at the Vermiglio Cross-Country Ski Center, every **Monday from the 12th of January 2009** until the end of the winter ski season. Lessons must be booked directly at the Ski Center.

Nordic skiing has always been a major tradition for tourists and sportsmen alike in Val di Sole. Tonale Pass, Vermiglio, Cogolo, Ossana, Mezzana, Commezzadura, Rabbi: these towns offer cross-country skiers everything they need: well-prepared runs for every style on a total of 55 km, waxing facilities, equipment rental agencies, changing-rooms, places where you can have a snack, ski schools, and certified ski instructors for every level, from beginners to competition-level skiers.

You can forget about bringing the car!



Val di Sole ski bus

In Val di Sole during the winter season, an efficient **free ski bus shuttle service** is active, which connects the various towns and villages of the Valley with the ski resorts, allowing you to ski in a new spot every day.



Fly ski shuttle

Transfer services from the airport to Val di Sole

The Bergamo and Verona airports will be connected by bus directly to Val di Sole. The service will be **available every Saturday from the 6 December 2008 to 4 April 2009** with transfers in both directions.

The Bergamo and Verona airport staff will be able to supply all details of timetables and destinations available with this service. You can buy tickets directly from the airport itself.

Bookings (compulsory) care of Trentino Welcome S.p.A. tel. 0461/391111.

From the train to the ski slopes in just 12 minutes!



The only project of its kind in Italy!

Just 12 minutes from the center of Val di Sole directly to **the heart of the skiing area Folgarida – Marilleva – Madonna di Campiglio: all thanks to the new 8 seater cabin lift from Daolasa which departs directly in front of the Daolasa – Commezzadura train station!**

The lifts at Folgarida and Marilleva perfectly integrate with the Trento-Malé-Marilleva railway, therefore creating a unique “tire - railway track-cable” system.

The snow in Val di Sole is now closer than ever before. From the train station in Trento, skiers can take the train of the Ferrovia “Trento-Malé-Marilleva” directly to **Daolasa-Commezzadura** where the new cabin lift awaits to whisk them up to the top of the **ski carousel Folgarida-Marilleva-Madonna di Campiglio.**

Now you can reach the ski slopes from the city without having to worry about traffic or parking or the problems of bad weather. In Trento the departure point for the Trento - Malé - Marilleva 900 train is in the same train station as the state rail system.

From an Eurocity directly to the local train “Trento-Malé-Marilleva” reaching the ski resorts of Val di Sole. **For information on train timetables, visit the internet sites at www.valdisole.net and www.ttspa.it**

This historical train line Trento-Malé began to run in 1909 in an era of social revival that pushed Trentino into the modern age. It was one of the first European train lines to use electricity. After a reconstruction in 1950, in May 2003 the extension of the rail line from Malé to Marilleva 900 was opened.

Now with the opening of the new cabin lift in Daolasa and the connecting train station, the progression of this unique rail system continues into the future, with the opportunity to reach the slopes by train.



Dolomiti Express | THE ONLY ONE THAT TRANSPORTS YOU
DIRECTLY TO THE SLOPES.

TRENTINO TRASPORTI
**TRAIN + SKI =
Dolomiti Express**



Something for everyone

THE CUISINE

Solandrian cuisine centers on simple but by no means unimaginative dishes, many of which are based on secret recipes dating back to grandmother's era. They are characterized by their Alpine origins, and make use of dairy products still carrying the aroma of hay, the fragrance of fresh grass, and the smell of pristine mountain air. Solandrian cuisine includes many game dishes, often garnished with forest berries and health-giving herbs. You really ought to try such dishes as Strangolapreti ("Priest Chokers"), gnocchi di comede (wild mountain spinach dumplings), capellazzi or monchi (delicious pasta dishes), potato pancakes, and many different kinds of soup. And when it comes to dessert, why not try some torta di fregoloti (a kind of crumble-topping cake), carrot cake, or the all-time favorite: strudel. Traditional Solandrian cuisine is available in numerous restaurants and hotels in the valley.



SHOPPING

For those with taste for shopping, there are two excellent hubs in Val di Sole to satisfy your craving: **Cogolo di Pejo**, with its pleasant and quiet pedestrian area that is closed to traffic, has a wide variety of shops in a traditional atmosphere; **Malé**, the administrative center and main commercial point of Val di Sole. In Malé, the political, cultural and economic historical center of the valley, you can find a wide variety of shops offering clothing, sporting goods, crafts and local products, with wine bars and pastry shops scattered amongst them offering a multitude of products.



MALÉ POOL

Great news for lovers of swimming and wellness services: the Malé public swimming pool. Completely rebuilt with an innovative and modern bio-architectural system, the new Malé swimming center has two main pools: a semi Olympic pool 25x12,50 meters with 6 lanes and a depth ranging from 1.2 to 1.8 meters; and a 140 msq recreation pool dedicated to learning how to swim and relaxing, with lounge beds and a hydro-massage with a constant depth of 1.25 meters. A third pool of a smaller size and depth with a small waterfall and water shower is reserved for children. The modern structure which has been built with families in mind, also boasts a nursery, services and a children's play area.

The thermal springs in Winter Wellness in Pejo

Pejo is the source of three thermal springs: the **Fonte Alpina** (with a low mineral content), the **Fonte Antica** (a high-pH spring rich in iron and bicarbonates), and the **Nuova Fonte** (with a medium level of carbon dioxide). The new Thermal Center has a wide assortment of therapeutic **thermal-water treatments** effective in dealing with the following illnesses and conditions: respiratory diseases, impairments of the locomotive system (legs and feet), rheumatic disfunctions, skin conditions, and cellulitis. The Health Center – with a fitness center, the indoor swimming pool, and the hydromassage tubs – as well as the Wellness Center – with a steam bath and an aroma bath – are accessible to all.



Info: Pejo Terme Natura
I-38024 PEJO FONTI (TN)
Tel. 0463.753226
Fax 0463.743207

www.termepejo.it
info@termepejo.it

Opening:
from December
to April

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11.09 – 12.09.2009 / 18.09 – 19.09.2009 /
25.09 – 26.09.2009

Concert will be on Friday or Saturday night.

DETAILED PROGRAMME – PRICES – INFORMATION and BOOKINGS:

Info: TOURIST BOARD VAL DI SOLE
Viale Marconi, 7 I-38027 MALÉ (TN)
Tel. 0463.900793 – Fax 0463.900095

info@valdisole.net - www.valdisole.net

