



FREE at your arrival in Hotel*,
Fiemme-Motion Card, the
 passport for an unforgettable
 vacation which includes:

Ski-bus in Val di Fiemme, means of transport with Trentino Trasporti, admission to the **Geological Museum of the Dolomites**, museums and castles of Trentino, free entry to the **Cross-Country Stadium** of Lago di Tesero and to the Marcialonga track, weekly program of activities;

1 euro discount:

- on daily admission to the Cross Country Center of Passo Lavazè (for adults)
- on daily or half-day admission to the playground Greta & Gummer at Passo Lavazè (for under 18);

20% off:

- on daily admission to the Ski-Kindergartens (Cermis and Pampeago)
- on admission to the indoor playing area "La Stazione dei Bambini" in Lago di Tesero.

* in partners hotel only

Fiemme-motion WinterCard

from 30.11.19 to 13.04.20

These activities have a minimum value of € 10 each, but they are **FREE** for Fiemme-Motion Card holders

From 25% to 50% off on the activities with the symbol €

COMPULSORY booking of the activities by 12.00 pm of the previous day calling +39 331 9241567 (8.30 am - 12.30 pm and 2.30 - 6.30 pm)

SUNDAY

10.00 – 11.30 am "From the see-through bridge to the suspended bridge: walk in the Natural Park of Paneveggio"

This flat walk crosses a see-through bridge and a Tibetan bridge suspended by ropes. From these two panoramic viewpoints, let yourself be enchanted by the waters of the lively Travnolo stream. This naturalistic guided excursion in the Natural Park of Paneveggio - Pale di San Martino goes through the wood known for its resonance firs, appreciated by luthiers from all over the world.

Paneveggio: meeting point at the Visitors' Centre

€ 11.00 am – 1.00 pm "Your first time on cross-country ski: group lesson at the Cross-Country Centre of Passo Lavazè"

Are you a beginner? Then you will love this group cross-country ski lesson with classic technique in Lavazè, surrounded by the Dolomites, where cross-country ski champions train. As a matter of fact, Val di Fiemme has already hosted three World Championships. The Cross-Country centre of Passo Lavazè counts on one of the most amazing natural locations and a favourable altitude (1.800-2.100 mt. asl) which allows skiing from December to April.

Passo Lavazè: meeting point at the Cross-Country Ski School

€ 34 adult (€ 25 with the card), 50% off under 12 (born after 30/11/2007), equipment rental and admission to the Cross-Country Centre included. Min. 3 - max. 12 persons

MONDAY

10.00 am – 3.00 pm "Your oversized footprints around the Pale di San Martino: guided snowshoes walk at Passo Rolle"

Leave your huge snowshoes footprints on the snow at the foot of the Pale di San Martino, a "World Heritage Site". Amazing full-day guided excursion in the silence and beauty of nature. Possibility to have lunch in a mountain hut (not included).

Predazzo: meeting point at the swimming pool, Via Venezia 52

Transfer from the meeting point the starting point of the excursion with own car.

€ 20 adult (**FREE with the card**), 50% off under 12 (born after 30/11/2007) snowshoes rental € 5. Min. 3 - max. 15 persons

3.00 – 5.30 pm "Art and Taste: guided visit to Varena and Daiano"

The little town of Varena, one of the oldest villages in Trentino, turns back time. This guided visit will take you inside the house where Father Antonio Longo was born, to discover the great artist he was and to admire his paintings. Later in Daiano, visit to the brewery of the local Birra di Fiemme and tasting of speck and other products by the butcher shop Dagostin.

Varena: meeting point at COOP supermarket. Transfer from the meeting point to Daiano with own car

€ 4.00 – 4.45 pm "A carriage ride in Cavalese among historical houses"

The villages of Val di Fiemme love quietness and clean air. Here time is marked by the tolling of bells and the pawing of hooves. Around the alleys and squares you can enjoy glimpses of quiet life. Sitting on a carriage pulled by two splendid horses you can admire the historical centers of these villages. One of the eleven seats could be yours!

The meeting point will be communicated when booking

€ 10 adult/child (€ 5 with the card)

TUESDAY

10.00 am – 12.30 pm "Predazzo, back to the origins: a walk to the Triassic age"

With an easy guided walk around Predazzo, discovering its ancient houses, you will learn more about its history. Time goes back to the age of dinosaurs when entering the Geological Museum of the Dolomites. Through ama-

www.visitfiemme.it



zingly captivating videos, reconstructions of environments and installations, we will understand how and why Val di Fiemme has always been at the centre of global geological studies.

Visit the museum on your own or ask for a guided tour (€ 3 per person)

Predazzo: meeting point at the entrance of the Geological Museum

€ 11.00 am – 1.00 pm “Your first time on cross-country ski: group lesson at the Cross-Country stadium of Lago di Tesero”

Group cross-country ski lesson for beginners in a valley that guarantees an exclusive close relationship with nature. The Cross-Country Stadium of Lago di Tesero, illuminated at night, boasts of cutting-edge facilities and offers the emotion of skiing on the tracks of the World Championships (1991-2003-2013).

Lago di Tesero: meeting point at the Cross-Country Ski School

€ 27,50 adult (€ 20 with the card), 50% off under 12 (born after 30/11/2007), equipment rental included

Min. 3 - max. 12 persons

€ 2.00 – 3.00 pm “Games on the snow and first steps on narrow skis: Cross-Country Stadium in Lago di Tesero”

Kids between 3 and 5 years can try this fun experience on the snow. Alternating games on the snow, children will become familiar with cross-country ski on the tracks of the World-Championships.

Lago di Tesero: meeting point at the Cross-Country Ski School

€ 18 (€ 13 with the card) equipment rental included

3.00 – 4.00 pm “Inside the Olympic stadium: visit to the Cross-country ski Centre in Lago di Tesero”

In 2026 the cross-country ski stadium Fabio Canal will host the cross-country ski and Nordic combined races of the Olympic Winter Games Milano-Cortina. A guided visit to this temple of cross-country ski will let you relish the Olympic challenge. Here many athletes have competed during 3 Nordic World Ski Championships (1991-2003-2013), hundreds of World Cups and the famous Tour de Ski. Competition after competition, the countdown for the Olympic Games has already begun.

Lago di Tesero: meeting point at the Cross-Country Ski School

4.30 – 5.30 pm “The art of distillery: guided visit to Val di Cembra”

A unique experience as a sommelier. Along the Avisio river, visit the cellars and distilleries of the consortium Cembrani DOC. In Val di Cembra, with its terraced landscape, discover the production of grappa and wine by the distilleries Paolazzi and Pilzer and other famous cellars.

Valle di Cembra: the meeting point will be communicated when booking

WEDNESDAY

9.00 – 10.30 am “How milk becomes cheese, guided visit to the dairy factory of Cavalese”

Val di Fiemme is known also for its cheese, additive-free and with the smell of flowery meadows. The guided visit at the dairy factory of Cavalese, followed by a little tasting of ricotta, goat cheese, Trentingrana Dop and the tasty

“Formae Val Fiemme”, known for its high protein content and for being rich in calcium.

Cavalese: meeting point at the dairy factory, Via Nazionale 8

Info and reservation by 4.00 pm of the previous day by calling +39 0462 340284

10.00 am – 3.00 pm “Your steps in the white silence: full-day snowshoes excursion at Passo Oclini”

With this snowshoes excursion at Passo Oclini, discover the far away horizons that open up beyond the dolomites groups of Rosengarten and Latemar. This natural junction of alpine skiing, cross-country skiing and hiking, is located at the foot of Corno Nero and Corno Bianco, declared by UNESCO a “World Heritage Site”. Possibility to have lunch in a mountain hut (not included).

Cavalese: meeting point at the public swimming pool, Via Rossini 3

Transfer from the meeting point the starting point of the excursion with own car. Min. 3 - max. 15 persons

€ 20 adult (**FREE with the card**), 50% off under 12 (born after 30/11/2007), snowshoes rental € 5

2.30 – 3.30 pm “Everything deserves a second chance, sustainable energy in Cavalese”

This guided visit will take you to the world of the sustainable energy production by BioEnergia, a power plant in Cavalese. Here wood waste is turned into energy, heat and even perfume: this is not a fairy-tale, but a sustainable reality in Val di Fiemme. Through videos and animation, you will learn about the wood supply chain, even how pellets are created and how essential oils are distilled. Thanks to a new process, the invigorating scents of Val di Fiemme woods with the healthy properties of firs get enclosed in tiny bottles.

Cavalese: meeting point at the district heating power plant, Via Pillocco 4 (near the soccer field)

€ 4.00 – 4.45 pm “A carriage ride in Predazzo among historical houses”

The villages of Val di Fiemme love quietness and clean air. Here time is marked by the tolling of bells and the pawing of hooves. Around the alleys and squares you can enjoy glimpses of quiet life. Sitting on a carriage pulled by two splendid horses you can admire the historical centers of these villages. One of the eleven seats could be yours!

The meeting point will be communicated when booking

€ 10 adult/child (€ 5 with the card)

THURSDAY

11.00 am – 12.00 pm “How milk becomes cheese, guided visit to the dairy factory of Predazzo”

Val di Fiemme is known also for its cheese, additive-free and with the smell of flowery meadows. Take part to the guided visit at the dairy factory of Predazzo, followed by a little tasting of different cheese: the famous Puzzone di Moena, the Trentingrana Dop, the Dolomiti (aged only 30 days to maintain the freshness and flavor of milk) and other made with milk coming from the nearby malga.

Predazzo: meeting point at the dairy factory, Via Fiamme Gialle 48

3.00 – 5.00 pm “Once upon a time... Casa Begna in Carano: walk and guided visit”

Short travel back to the ancient time of Carano and guided visit to the Ethnographical Museum of “Casa Begna” where objects and tools of farming life are displayed in three sectors: the stall, the kitchen and the tabià with its



hayloft. The municipality of Carano renovated an historical property to share its roots and give importance to all those tools used daily back in the days, when often families had to rely on these very tools in order to survive.

Carano: meeting point at the Museum of Casa Begna, Via Leonardo Bonelli 2

€ 5.00 – 6.30 pm “Guided snowshoeing excursion at sunset in Passo Lavazè”

Wear your snowshoes to leave your oval footprints on the Lavazè plateau in the middle of a dolomitic sunset. Enjoy the snow, the silence of the fir forest and the walls of the Rosengarten which become fire red. Move forward slowly and look at the sky. Suddenly you are a light surrounded by stars. Here is your snowshoeing excursion with head torch between sunset and night! Possibility to have dinner in a mountain hut (not included).

Cavalese: meeting point at the tourist information office, Via Bronzetti 60

Transfer from the meeting point the starting point of the excursion with own car

€ 20 adult (€ 15 with the card), 50% off under 12 (born after 30/11/2007), snowshoes rental € 5 (head torch included)
Min. 3 - max. 15 persons

FRIDAY

10.00 am – 12.30 pm “Follow different trails, discover different lives: walk in Passo Lavazè”

The snowy nature of Passo Lavazè is motionless to all appearances. As a matter of fact, just look at the countless tracks left on the snow by deer, roe deer, foxes and other small wild animals. In the wood you will discover amazing trails of different lives. Possibility to have lunch at the mountain hut (not included).

Passo Lavazè: meeting point at Hotel Bucaneve

10.00 am – 12.00 pm “A wood as sweet as honey: meet a beekeeper”

“I Dolci Saporì del Bosco” in Castello di Fiemme welcomes you with a sweet delicious honey tasting. Love and respect for nature and extreme care during the production: this is how this beekeeper gets the best products for quality and genuineness.

Castello di Fiemme: meeting point at the lab, Via Stazione 4/A. Reservation is not necessary

€ 3.00 – 5.00 pm “The cow whisperer: visit to the cattle shed of Agritur Pianrestel”

The cattle shed warmth, the cowbells, the hay scent, the farm animals call... Guided visit to the cattle shed and farm of Agritur Pianrestel in Cavalese, discovering how it is like to be a farmer nowadays. After “having whispered to the cows”, enjoy a tasteful afternoon snack: the “merendol”.

Cavalese: meeting point at Agritur Pianrestel, Via Gastaldo 26

€ 13 adult (€ 10 with the card), € 7 child (€ 5 with the card)

3.00 – 4.00 pm “Visit to the wine cellars in Val di Cembra and tasting”

A journey through the oldest cradle of wine cultivation in the Trentino region. In the wine cellars of Val di Cembra, with its terraced landscape, you will learn everything about the production of wine. Guided visit to the wineries of Val di Cembra to discover and taste their fine wine, spumante and grappas.

Valle di Cembra: the meeting point will be communicated when booking

5.00 – 6.30 pm “Aperi-Green: aperitif with local products by Cembrani DOC”

Sitting at the panoramic terrace or inside the comfortable wooden building called Green Grill, enjoy local cold cuts, mountain cheese and flavoured caciottas (typical cheese) together with a selection of honeys and jams and the finest wines of Valle di Cembra.

Grumes: Valle di Cembra – meeting point at Green Grill Info e Saporì

SATURDAY

10.00 am – 3.00 pm “Enchanted by the Dolomites: snowshoeing at Passo Valles”

Amazing full-day guided snowshoes excursion at Passo Valles. At the borders of the Natural Park of Paneveggio, you will walk up a snowy slope and the view will get wider and wider over the Dolomites. On one side, the majestic Pale di San Martino and the peaks of the Lagorai mountain chain; on the other side, the view over Pelmo and Antelao. Possibility to have a typical lunch in a mountain hut (not included).

Predazzo: meeting point at the swimming pool, Via Venezia 52

Transfer from the meeting point the starting point of the excursion with own car

€ 20 adult (**FREE with the card**), 50% off under 12 (born after 30/11/2007) snowshoes rental € 5
Min. 3 - max. 15 persons

10.00 am - 12.00 pm “A wood as sweet as honey: meet a beekeeper”

“I Dolci Saporì del Bosco” in Castello di Fiemme welcomes you with a sweet delicious honey tasting. Love and respect for nature and extreme care during the production: this is how this beekeeper gets the best products for quality and genuineness.

Castello di Fiemme: meeting point at the lab, Via Stazione 4/A

Reservation is not necessary

10.00 am – 12.30 pm “Daiano, walk in the larch wood overlooking the Lagorai”

It is a flat land in the mountains. At an altitude of 1.300 m, a narrow road leads into the woods of larches and firs where the view opens over the mountain chain of Lagorai. The quiet walk of the Ganzai takes you to one of the most beautiful typical restaurants in Trentino, that is to say Maso dello Speck. Here, you can taste cold cuts and fragrant cheese, steaming polenta, canederli and goulash (not included).

Daiano: meeting point at the parking lot on the left side at Le Ganzai

These activities have a minimum value of € 10 each, but they are **FREE** for FiemmeE-Motion Card holders

From 25% to 50% off on the activities with the symbol €

COMPULSORY booking of the activities by 12.00 pm of the previous day calling +39 331 9241567 (8.30 am - 12.30 pm and 2.30 - 6.30 pm)