

TRENTINO SLOW - Lakes and Mountains of Trentino: Colors, Sports, and Nature

With the arrival of spring, Trentino's lakes change into shining landscapes, where vibrant colors and intense scents mingle with the crisp air. Lake Garda, with its Mediterranean climate, invites visitors to enjoy panoramic walks between Riva, Torbole, and Arco, while water sports enthusiasts challenge the waves driven by the Ora and Pelèr winds. The lakes of Ledro and Tenno offer a more intimate atmosphere, perfect for canoe excursions or picnics along turquoise shores. In Valsugana, the Blue Flag-awarded lakes of Caldonazzo and Levico welcome cyclists along the bike path that runs beside the Brenta River.

Detox in Nature: Natural Wellness, Barefoot, and Forest Bathing

At the foot of the Brenta Dolomites, the [Dolomiti Natural Wellness project](#) invites you to discover and experience well-being in nature through six key "elements" or practices, along eight specially designed trails. Starting in early June, a rich program of activities will allow visitors to explore the environments of the Adamello Brenta Nature Park. Guided by passionate and skilled trainers—true Wellness Coaches—and experts in specific practices such as Barefoot Walking or Yoga, these activities share a holistic vision of people and the environment. The proposed experiences are accessible to everyone, requiring no special effort, and are suitable both for those familiar with outdoor activities and for those leading a sedentary lifestyle who seek inspiration to improve their well-being.

The Path of Suspended Lands – Val di Cembra

The [Path of Suspended Lands](#) connects the slopes of Val di Cembra, exploring the deep and authentic identity of an ancient valley. It spans 92 kilometers of trails divided into six stages, forming a figure-eight route along the Avisio River and linking all seven municipalities of Val di Cembra. Along the way, you'll encounter timeless villages clinging to mountain slopes, vertical vineyards supported by daring terraces, medieval chapels, castles, historic roads, farmhouses, and forests of fir, beech, and larch—creating an unexpectedly beautiful landscape to enjoy in every season.

This path is not just a physical route but an ambitious community project to rediscover a shared identity and connect those who live in and love the valley. You'll uncover a wealth of natural and cultural landscapes: villages with their old quarters, faces and ancient fountains, terraced vineyards supported by dry-stone walls, medieval chapels, streams, and silent woods.

Twelve Cycling Routes

A [network stretching from the Dolomites to Lake Garda](#), crossing diverse natural

environments and cultivated landscapes. Over 465 km of paved, bike-only paths reveal hidden corners of Trentino and have earned the region the highest number of podium finishes—seven in total, including five wins—at the Italian Green Awards, the “Oscars” of national cycle tourism. The network expands every season, with new routes soon in Val di Fassa and Primiero.

Uniformly marked and equipped with downloadable GPS tracks, most of these cycling paths are family-friendly. Along the routes, you’ll find 20 bike grills offering refreshments and restrooms, while major tourist destinations provide bike and e-bike rentals and bike-friendly accommodations.

Giro del Vino 50: Cycling Among Wineries and Wine Villages

North of Trento, in the Rotaliana Plain, wines with strong character have been produced for centuries, starting with Teroldego Rotaliano DOC, as well as Nosiola and Müller Thurgau. This area is the focus of an original cycle tourism proposal: an itinerary that touches its most scenic spots, crosses vineyards and rivers, climbs panoramic hills, and reaches villages, wineries, historic farms, and agritourisms where you can savor Trentino’s food and wine. The [Giro del Vino 50](#) covers about 50 km in the Rotaliana Plain and includes all six villages of the area, with extensions north toward South Tyrol and east toward Val di Cembra. It consists of two loops: the northern, flat one and the southern, hilly one with climbs and greater elevation gain but more panoramic views. Over 50 wineries mark the route, from small family-run businesses to cooperative cellars, where guided tours and tastings can be booked.

Camping in Trentino: Sleeping Under Trentino’s Stars

Unzipping your tent warmed by the first rays of sun, breathing the crisp morning air while admiring a shimmering lake—could there be a better way to start a day in nature? Trentino is the perfect choice for such experiences, with lakeside [campsites](#) among the most organized and repeatedly awarded by major international associations like ADAC and ANWB. Equipped with bungalows, pitches, and excellent services—from pools to wellness areas to trendy glamping structures—they are just steps from the waters of Lakes Garda, Caldonazzo, Ledro, Molveno, Tenno, Levico, and Piazze. Others, nestled in the heart of alpine valleys like Val di Sole and Val di Fassa, are surrounded by forests, where you can embrace nature’s regenerative power from the early hours before setting off on foot or by mountain bike toward unique high-altitude experiences.

Info: <http://www.visittrentino.info>