

A BEAUTIFUL HOMELAND

PATHWAYS THAT REVEAL
THE ESSENTIAL SPIRIT OF PLACE



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In summer 1948 a girl from Paris called Jacqueline arrived for sentimental reasons. She saw the Brenta Dolomites for the first time and gasped: "What a wonder. My Beautiful Homeland!".

Her amazement created an epithet that we still use today. San Lorenzo Dorsino is our *Beautiful Homeland*, imbued with ancient wisdom and natural harmony. You see it everywhere, in the rustic architecture, landscapes intertwined with human activities, a calm equilibrium between forest and farmland.

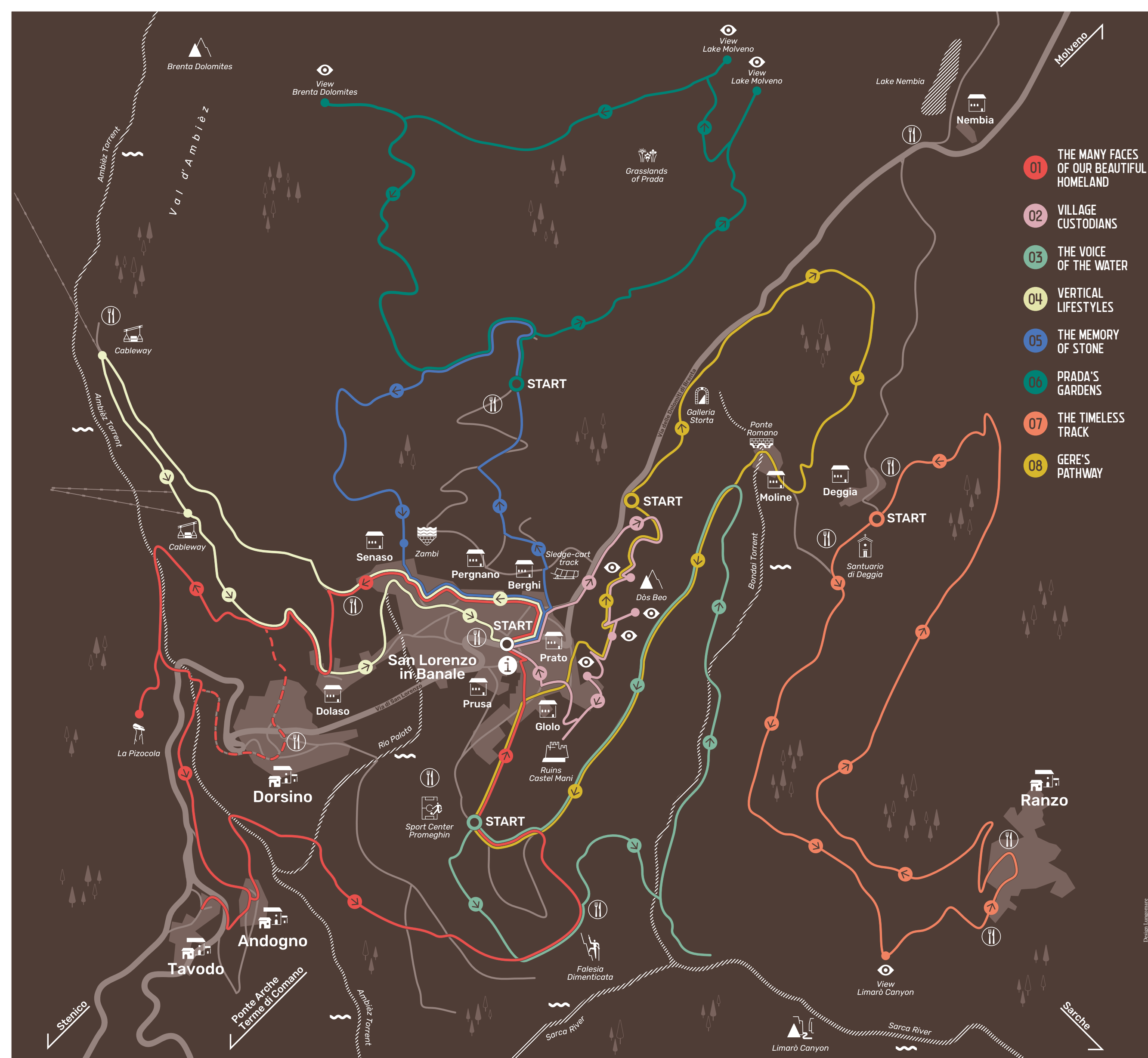
Centuries of labour have moulded the stone villages, fragrant herbal meadows, footpaths that show what can be achieved, starting from so little.

These walks do not climb mountain peaks. They explore the local ambience, observing those who look after this place in a rare and enduring simplicity. Choose a route and let our *Beautiful Homeland* enchant you.

Welcome!



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01

THE MANY FACES OF OUR BEAUTIFUL HOMELAND

I VOLTI DELLA BELLA TERRA

Startpoint
Piazza delle Sette Ville

Village circuit

Difficulty
● ● ○

This walk goes through various settlements, visiting squares, following stone walls, and encountering local people. The circuit explores different scenarios that emerge one at a time, in local people, architecture, and a landscape shaped by man.

11,4 km
————→

3:45 h
🕒

463 m
⚓

463 m
⚓

802 m
⚓
503 m

You start from San Lorenzo in Banale, known for its seven villas, all with different personalities that have persisted over the years. Dorsino's characteristic ramps demonstrate an ingenious way of connecting the street directly to the haylofts. They enabled carts loaded with hay to travel straight onto the top of the buildings. In Tavodo the old parish church conserves centuries of faith and silence. In Andogno you follow an Imperial Road between cultivated fields, wild cornel and elderberry trees, all the way to the Falesia Dimenticata, a rock climbing venue saved from oblivion and open for everyone as public property.

Each village centre presents its own face in stone and timber houses, antique doorways, colourful fresco church paintings, and fountains that have relieved the thirst of travellers over the centuries. But the most authentic faces of all are those of the local people, the quiet custodians.

A living journey narrated in each individual footstep.

Long route → crossing the Ambiez river
Short route → deviating directly to Dorsino



Discover more!

05

THE MEMORY OF STONE

MEMORIE DI PIETRA

Startpoint
Piazza delle Sette Ville

The sledge-cart track

Difficulty
● ● ○

This route is marked along its length with grooves cut into the cobbles, not as decorations but actual tracks worn down by the sledge-carts that were used for centuries to carry hay from the Prada meadows down to the valley.

5,6 km
————→

2:35 h
🕒

451 m
⚓

442 m
⚓

1.179 m
⚓
728 m

The cobbled *salegada* track is well preserved, straight, with some steep sections. The track was used at first light to walk up to the high meadows where the hay was rich in plant species and aromas. It was cut and harvested to feed animals over the winter. Haymaking was an important ritual that helped to keep the community together.

The stone grooves accompany the walk as an expression of extended effort. In descent the tracks guided the sledge-carts towards the village, determining their speed, control, and stability. The route descends down to the open spaces above the village, returning down steep sections where lengths of wood, steps, and drystone channels are used to slow down the water flow.

It is a demanding route without shortcuts, that brings you into close contact with the landscape and the human structures that have shaped it. Here you do not simply observe the mountain, you experience it.



Discover more!

02

VILLAGE CUSTODIANS

CUSTODI DEL BORGO

Startpoint
Piazza delle Sette Ville

Dòs Beo and Castel Mani

Difficulty
● ○ ○

The route winds suspended between two quiet guardian hills, Dòs Beo and Dòs Mani, ancient custodians of the land. People do not walk here to reach a summit but to enjoy the views.

4,3 km
————→

1:40 h
🕒

153 m
⚓

155 m
⚓

877 m
⚓
722 m

You climb up Dòs Beo, where for many years goats used to strip away every blade of grass. In 1940 a reclamation project planted conifer trees, and today you walk through a dense wood, perfumed with wild carnations and dog-roses.

Dòs Beo reveals itself in four stages, with four different viewpoints and perspectives. These are the rooftops of San Lorenzo Dorsino, the rock towers of the Brenta Dolomites, and the Baél meadows, which suddenly become vertical, ending abruptly with the land plunging down below your feet into the peaceful Bondai valley.

The descent leads to the ruins of Castel Mani, a Bishopric fortress where a captain collected tariffs on goods in transit. It is said that when the captain was facing imminent death, he hid a treasure at the foot of the tower. Nobody has ever found it because, according to legend, a cunning demon moves it every time somebody gets close.

When the path ends you are left with the sensation of having walked through an ancient stage set, among panoramas captured from the sky, and hidden mysteries that the earth refuses to reveal.



Discover more!

06

PRADA'S GARDENS

I GIARDINI DI PRADA

Startpoint
Parking La Rì at the bottom of Rifugio Alpenrose

A trove of biodiversity

Difficulty
● ● ○

You set off between clearings and forest margins where roe deer can be glimpsed disappearing quickly among the trees. As you ascend, the landscape opens up to the semi-dry calcareous grasslands of Prada, poor pastures on stony ground, never fertilized but yet extraordinarily fertile.

11,1 km
————→

5:00 h
🕒

906 m
⚓

907 m
⚓

1.813 m
⚓
1.054 m

Arnica, gentians, hypericum and dozens of other species blossom together in an ancient equilibrium established by a single annual mowing cycle. The best mountain hay grows around Prada, feeding livestock and sustaining families for generations. The farmers slept on hay in the barns to recover their strength after a hard day's work.

Higher up, the ground steepens and chamois appear on the ridges. A short diversion leads to a mud-hole, a dense pool where deer go to wallow during the mating season.

Your gaze rises to golden eagles circling in the open skies, a sign of a healthy ecosystem, as the landscape opens up into the distance, all the way to Lake Molveno.

Prada offers more than just meadows. It is a demonstration that people, working with care and patience, can live without harming nature, instead safeguarding it.



Discover more!

03

THE VOICE OF THE WATER

LA VOCE DELL'ACQUA

Startpoint
Promeghin Parking

The Limarò Canyon

Difficulty
● ● ○

This is an auditory excursion. After an initial stretch between terraces and drystone walls, the path reaches the Bondai Torrent whose murmur accompanies you for the rest of the journey. The Bondai is formed by the convergence of two streams, the clear *Acqua dei Parói* rising from the karst aquifer, and the *Acqua Mora* flowing down from Lake Nembia. They merge into a single voice below the Moline bridge in a murmur recounting ancient mills, forges, sawmills, from the times when flowing water provided power, work, and life.

The area has always harnessed water for more than just water itself. Today the river provides a fish farm for Alpine char and supplies animals and vegetable gardens cut out of the surrounding forest, while also generating hydro-electric power.

The route follows the Bondai down to the Sarca River, where the flows converge and mingle. Here an echo of the past can be observed, where a walkway once crossed the Limarò Canyon for a shortcut on the way to Trento. A flood in 1960 washed it away and today only the memory remains together with the churning water that continues to recount its demise.

This is a demanding hike accompanied throughout by the sound of water, marking the tireless flow of history.



Discover more!

07

THE TIMELESS TRACK

LA VIA SENZA TEMPO

Startpoint
Parking at Santuario di Deggia

Along the Cammino di San Vili pathway

Difficulty
● ● ○

This route follows an ancient memory, along the Roman road taken by St. Vigilius, bishop of Trento, in the 4th century to spread the Christian faith around Trentino. This was also the road used when the Adige River flooded, or when the valleys were closed during warfare. Today the *Cammino di San Vili* is a hundred-kilometre hike from Madonna di Campiglio to Trento.

You start from the *Santuario di Deggia*, suspended in forest and silence. In the 1800s some local farmers who had survived a cholera outbreak took a vow, first to build a chapel for St. Roch, and then another for the Blessed Virgin of Caravaggio.

The pathway opens up like a deep breath, exposed and panoramic. Among the rocks you can spot the votive shrines of woodcutters who worked on the brink of the Limarò Canyon, where the rushing Sarca River sculpts incredible stone shapes. The summit book is inside a stone niche. While this is not a real summit, those who pass by can still leave their names. Further ahead stands the little church of Saint Vigilius, where you can ring the bell.

The return crosses a phantom road, started in the 1970s but never finished, followed by larch woods, pines, and the Baél meadows where mountain farms house seasonal livestock and hay. You end up at the starting point, where the Sanctuary awaits your return, immobile in time.



Discover more!

04

VERTICAL LIFESTYLES

VITE VERTICALI

Startpoint
Piazza delle Sette Ville

The road of the cable cars

Difficulty
● ○ ○

This is an easy walk that climbs slowly but travels far. In the Adamello Brenta Natural Park every step you take is through landscapes modelled by hard work and tenacity. Here life was lived on the vertical plane, from the village up to the *halfway houses*, and then further up to the high mountain farms.

People stayed in the *halfway houses* during the spring, preparing the animals for their communal time on the high Alpine meadows, and again in autumn to store hay for the winter. The young unmarried people went up, descending only on Sunday for mass. The rest of their time was hard work, silence, and patience.

No roads reach this point, only footpaths. The only connection to the valley was the cable car, and along this walk you encounter three. The one up to the Masi di Dengolo functions by gravity, without an engine. The steep slope and the weight of a loaded bin at the top raises the lower end upwards. When there is no wood for ballast they use water in a simple but ingenious solution.

The most recent cable car was constructed as a shared facility in 1927, supplying the mountain farms free in exchange for communal work.

As you walk you can look up the suspended cableways, symbols of initiative in the face of a tough vertical lifestyle, persisting in this forgotten corner even today.



Discover more!

08

GERE'S PATHWAY

SENTIERO DELLE GERE

Startpoint
Locality Manton

Old transit-ways

Difficulty
● ● ○

The route follows the old transport network along roads hacked out of the rock, constrained by a landscape that did not concede shortcuts and lengthened every journey. On the first section you go through the three *Crozèa* tunnels on the old road to Molveno.

11,3 km
————→

3:45 h
🕒

426 m
⚓

414 m
⚓

847 m
⚓
535 m

A stone slab records that over the three years from 1919 to 1921, hundreds of men tunnelled the rock to construct what the previous Austrian rulers had never achieved. The road opened up the world but also condemned Moline to silence, where the splendid craft workshops disappeared within a few years.

Exiting the tunnels, you descend to the *gere*, rock boulders accumulated from the crumbling Monte Prada, once a quiet shortcut to the Baél meadows.

The return from Deggia to Moline follows an old imperial road that connected Riva del Garda with Val di Non. A faded inn sign still overlooks a stone bridge where Franz Joseph once passed, first as emperor, and then returning with his defeated army.

It is a demanding pathway, and walking it takes you back to a world that moved slowly, before modern roads shortened distances.



Discover more!