

THE DOLOMITES,  
MOUNTAINS DECLARED BY UNESCO A "WORLD HERITAGE SITE": AN  
INNATE BEAUTY WHICH CAN BE EXPERIENCED IN EVERY SEASON



*From the steepest paths, to walks through the valleys, streams, crystal water lakes: during the summer, the Dolomites may awaken the green soul of the mountain, a destination for excursionists of all levels. Few minutes from the Resort, adventure lovers may have the possibility to do horse riding or mountain biking experiences.*

*Discover the selection of excursions and activities available at Lefay Resort & SPA Dolomiti.*

To live the beauty of the Dolomites, Lefay offers two selections of outdoor activities:

## "LEFAY SIGNATURE ACTIVITIES"

Group activities daily organised by the Resort  
and open to Guests for free upon reservation

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## "YOUR DOLOMITI EXPERIENCE"

personalised and chargeable private excursions to be  
organised and reserved at Reception Desk



For reservation, please dial 802 to contact the Concierge Team

## LEFAY SIGNATURE ACTIVITIES

*On complimentary basis, upon request only. Please ask the Reception Team, contacting 802.*

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### MONDAY: “Dolomites Natural Wellness”

A new form of completely eco-sustainable wellness that enhances the natural elements as a source of wellbeing for the body, mind and spirit, through a specially designed multi-sensory itinerary without altering the landscape and natural resources. The experience combines holistic activities and walking. Several routes are available with the possibility of guided meditation, yoga and breathing activities.

*From 9.30 a.m. to 12.30 p.m. / Holistic activity - low difficulty level / Max 6 persons / Subject to availability / Booking required*



## TUESDAY: “To Val Genova, Nardis waterfalls and Val Rendena on your E-bike”

Itinerary of medium difficulty that, from Lefay Resort & SPA Dolomiti, will take you to the Val Genova for 6 km to visit the Nardis Waterfalls. Along the way it will be possible to enjoy some of the most beautiful views of the Valley thanks also to the typical stone "Tonalite". Once you reach the waterfalls, the itinerary will continue to Caderzone exploring the antique farmstead, the alpine hut museum and, passing by the town of Spiazzo, the Adamellina War Museum.

*From 9.30 a.m. to 12.30 p.m. / Sport activity - medium difficulty level / Max 6 persons / Subject to availability*



## WEDNESDAY: “Typical Trento products tasting”

Tasting experience of local products, organised on exclusive use for our Guests, at "Alimentari Caola", historic market in Pinzolo owned by the Caola family. The experience will offer the opportunity to taste a selection of local cheese and wine, with possibility to shop (the shop can be reached on foot or by private car).

*From 11.30 a.m. to 12.30 p.m. / Max 4 persons / Booking required*



## THURSDAY: “Nordic Walking”

Starting from the resort, it is possible to do Nordic Walking along the Sarca river: the technique of Nordic Walking involves 90 per cent of the body's muscles, resulting in increased oxygen consumption, accelerated heart rate and energy consumption by about 20 per cent compared with normal walking at the same pace.

*Walk - low difficulty level / Activity accompanied by mountain guide from 9.30 a.m. to 12.30 p.m. / Max 6 persons / Subject to availability / Booking required*



## FRIDAY: “Walk to the San Martino Hermitage”

The hermitage is located at 1226 mt of altitude, it is surrounded by silence, the beauty of nature, the fascinating atmosphere still evoked in the legends: they tell about treasures, monsters and one hermit protected by a bear. His death is told to be miraculously announced by the laburnum flowers that bloomed in January.

*From 9.00 a.m. to 12.30 p.m. / Sport activity - medium difficulty level / Max 8 persons / Subject to availability*



## SATURDAY: “E-bike along the Brenta Valley”

This circuit starts from Lefay Resort & SPA Dolomiti and runs through the Val Brenta to the centre of Madonna di Campiglio. Flat stretches alternate with short climbs, offering an itinerary of ups and downs that promises views of unspoilt nature.

*From 9.30 a.m. to 12.30 p.m. / Sport activity - medium difficulty level / Max 6 persons / Subject to availability*



## SUNDAY: “the nature you may taste”

Enjoy walking in the mountain meadows and woods, exploring, recognising and collecting wild fruits, berries, edible herbs and flowers. A learning path between traditional knowledge and natural flavours.

*From 9.30 a.m. to 12.30 p.m. / Walk - low difficulty level / Max 6 persons / Subject to availability*

*\*All activities can be done individually. Maps and itinerary details can be requested at Reception Desk. Where applicable, it is possible to book the experience with an expert guide: this activity is subject to availability and may be subject to change or cancellation in case of rain. It is possible to book accompanied activities in advance.*

## YOUR DOLOMITI EXPERIENCE

*Personalise your own excursion and make your reservation, contacting Reception Desk at 802*

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### “Guided excursion on Mountain Bike”

Rendena Valley offers the biggest bike area of Italy: It runs from the Brenta Dolomites UNESCO World Heritage site, and from the Adamello-Presanella glaciers to Lake Garda. The bike area crosses five areas of Trentino region: from Tonale and Pejo to the Val di Sole, from the well-known Madonna di Campiglio to Tione and Comano Terme up to Riva del Garda.

*From € 350 - Max 6 persons*

*Mountain bike rental cost is excluded. The Resort offers limited mountain bikes on complimentary basis or, upon request, the possibility to rent professional mountain bikes against payment.*



## "Hiking and Walking"

Madonna di Campiglio and Pinzolo offer several paths for hiking and walking: enjoy the marvellous landscapes where nature at the foot of the Brenta Dolomites reveals itself in all its splendour in summer. New paths and antique trails have been mapped and signed to allow everyone, to know more about the valley, its historical villages and hidden corners.

*From € 350 - Max 6 persons / Transfer not included*



## "Art Alpinistica Ferrata"

This is a unique via ferrata that combines an excursion with a cultural trip where you can admire incredible masterpieces scattered along the way. The path is quite short and easily accessible all year round thanks to its low altitude and exposure to the sun. There are steeper sections equipped with ropes and steps and others where you can simply walk, as well as a new Tibetan bridge.

*€ 400 - Max 4 persons / Transfer not included/ Starting point Preore. Duration: About 3 hours. Comfortable mountain clothing, hiking boots are required. We will provide harness, via ferrata set, helmet. Suitable for children at least 120 cm tall.*



## “Canyoning in Val Brenta”

A journey full of nature, water, rock and thrills. Walking, sliding along the watercourse, following the stream through deep, narrow rocky canyons, diving and jumping into crystal-clear pools. All in a context of extraordinary beauty. An experience to enjoy nature and discover unspoilt, fairytale places.

*€ 150 per person - From 1 to 4 persons / Transfer service not included/ Meeting point at Pra de la Casa where the guides will provide Guests with canyoning equipment. Short walk to reach the start of the route. Duration of activity 3 hours. Small final aperitif included.*

*Guests must have a swimsuit, thermal shirt, personal towel. Change of clothes (underwear etc.) - water aptitude and minimum swimming ability required.*

*Suitable for children aged 10/12 years.*

*Hot shower available.*



## “Alpine climbing”

The cliffs of the Brenta Dolomites and the Adamello-Presanella massif represent magnificent climbing walls. Sheer rock faces and jagged limestone and granite peaks; crags, single-pitch climbs and long routes within just a few kilometres apart. Discover the sport and classic climbing routes.

*€ 400 - Max 4 persons / Transfer service not included/ Starting point Val Brenta or Val Daone.*

*Duration: About 3 hours. Comfortable mountain clothing, hiking boots are required. We will provide harness, via ferrata set, helmet. Suitable for children at least 120 cm tall.*



## “Cantine Ferrari”

Founded in 1902 in Trento by Giulio Ferrari, it is Italy's leading classic method winery. The Lunelli family, which has been at the helm since 1952, controls every stage of production: from the land to the table. The Trentino region is cultivated with passion and respect thanks to sustainable mountain agriculture. Trentodoc Ferrari has always been a symbol of the Italian art of living and accompanies the most important moments in the world of institutions, culture, entertainment and sport.

*From € 205 per couple / The rate includes roundtrip car transfer/ 1 hour car available*