

## ITINERARY 1

### IN THE SHADOW OF MONTE MAGGIO

Variation in altitude: 500 metres

Time: 6 hours

Difficulty: Red

During the First World War, Monte Maggio represented the symbolic boundary separating the battles raging on the Small Dolomites of Pasubio and the front on the plateaus. The mountain marked the end of the territory under the control of the Austro-Hungarian fortresses positioned on the Folgaria, Lavarone and Luserna plateaus.

From Serrada, the road descends into the Terragnolo valley towards Rovereto. Once at the village of Piazza, turn left onto the road that leads uphill to the Borcola pass (1207 metres ASL).

The E5 European trail (also signposted as trail No. 124) leads off northeast from here, following the southern crest to the peak of Monte Maggio (1853 metres ASL). Take particular care here, as many different itineraries converge at this point. Follow the trail indicated with a dove symbol identifying the Peace Trail, and continue northwards, following alongside trail No. E5/124 for a few hundred metres, then turn off slightly to the left and make your way to Bus de la Nef at Fondo Piccolo (1599 metres ASL). The Coe pass and Fondo Piccolo may also be reached along trail No. E5/124, although this is a slightly longer route than the Peace Trail.

From Fondo Piccolo (1599 metres ASL), a short detour along trail No. 136 leads to the Dosso delle Somme fort (1610 metres ASL), with the ruins of an imposing military stronghold of the Habsburg Empire. From here, there is a magnificent vista over the entire extent of the plateau area. Once back at Bus de la Nef, trail No.124 passes the Fondo Grande ski slopes and the ruins of the Sommo Alto fort (1613 metres ASL) to reach the Stella d'Italia refuge. From here, make your way down to Folgaria on foot on a gravel road or, if preferred, using the convenient cableway.

# IL TREKKING DELLA STORIA



## ITINERARY 2

### IN THE HEART OF THE PLATEAUS

Variation in altitude: 400 metres (700 metres starting the ascent from Costa di Folgaria on foot)

Time: 5 hours (6 hours starting the ascent from Costa di Folgaria on foot)

Difficulty: red

From the Stella d'Italia refuge (1536 metres ASL), which can be reached via an easy mule path from Costa di Folgaria or using the Francolini cableway, make your way eastwards down the Ortesino ski slopes. After joining the asphalt road to Fiorentini, follow the road as far as the first large sweeping curve crossing over to the opposite side of the valley. Here, take the gravel mule path to the southeast, signposted with the symbol of the dove of peace and the TF logo (the Fort Hiking Trail), which ascends the magnificent Orsara valley and then the Fredda valley, at an average altitude of around 1500 metres ASL. The gravel road then meets trail No. E5, which leads directly from Monte Maggio and, shortly afterwards, continues on to the geometric ruins of the old military hospital, concealed in a picturesque wood of firs. Further on, the trail reaches the legendary Scala dell'Imperatore, a long stone stairway that leads down as far as the asphalt road from the Sommo pass.

On the opposite side, a short but steep ascent across meadows leads to the Cherle fort (1420 metres ASL), a majestic stronghold dominating the Valdastico. After making your way back to the open area behind the Scala dell'Imperatore, following the signposts with the dove and the TF logo, continue towards the west along a path that leads gently downhill among the woods to the hamlet of Cueli (1102 metres ASL). From here, follow the first section of the River Astico to the village of Carbonare (1076 metres ASL).

## ITINERARY 3

### FROM THE LAKE TO THE FORT

Variation in altitude: 200 metres

Time: 5 hours

Difficulty: red

From the hamlet of Chiesa (1171 metres ASL), make your way down to the lake, overlooked by the hotel of Habsburg origin, where the father of psychoanalysis Sigmund Freud used to stay during his long vacations.

After following the entire length of the western shore of the lake, the trail meets a car park. From here, follow the path leading past Dosso delle Comare to meet the TF (Fort Hiking Trail) trail, which descends to Masi di Sotto to then ascend gently to the hamlet of Oseli, with a clear view of Forte Belvedere/Gschwendt, which appears almost suspended over the Valdastico. After crossing the asphalt road, a broad gravel path leads to the fort. This is the only fort to have been preserved intact since the Great War, and is definitely worth visiting.

From the yard in front of the fort, the TF trail continues northeast to the Cost pass (1298 metres ASL), where it meets the asphalt road leading to the Vezzena pass. After crossing the state road, the path continues over apparently flat terrain through a dense wood to meet a gravel mule path. Turn left onto the mule path, which leads to the Bertoldi ski slopes. Continue on to another fork in the road, at which point turn left and make your way to the Slaghenaufi Austro-Hungarian war cemetery. Trail No. 223 starts from here, leading through the hamlet of Gionghi and across the Tobia meadows to follow alongside the asphalt road back to Chiesa.

# IL TREKKING DELLA STORIA



## ITINERARY 4

### IN THE LAND OF THE CIMBRIANS

Variation in altitude: 400 metres

Time: 6 hours

Difficulty: red

From Carbonare (1076 metres ASL), the TF (Fort Hiking Trail) trail ascends gently among fir forests to Monte Rust (1282 metres ASL) which used to be a communication hub for the entire plateau area. From here, a system of visual signals was used to send messages to the surrounding forts.

Make your way back down to the hamlet of Virti and from here to what was once the site of the Habsburg military headquarters, a group of camouflaged buildings hidden among the woods. The trail continues over apparently flat terrain, crossing meadows and woods past the hamlets of Stengheli, Bertoldi and Slaghenaufi to reach the Austro-Hungarian war cemetery. A mule path marked out with wooden posts with the dove of peace symbol and the TF logo (which is also ideal for mountain biking) leads from here to Spiazzo Alto (1291 metres ASL), crossing a picturesque wooded area with magnificent, lofty conifers. At Spiazzo Alto, the trail joins the steep Menador road ascending from Caldonazzo, realised by the engineers of the Empire to supply the military facilities at the Vezzena pass. After a few hundred metres of asphalt road, at Monterovere the path once again enters the woods and, following the crest that plunges down towards the Valsugana, leads to the meadow with the Busa Verle fort (1500 metres ASL), to then continue downwards to the Vezzena pass (1402 metres ASL).

# IL TREKKING DELLA STORIA



## ITINERARY 1

### FROM THE CASTLE TO THE MOUNTAIN

Variation in altitude: 700 metres

Time: 3 hours (downhill from Folgaria to Castello)

Colour: red

Note: the complete version of this trail is 7 hours long (colour: black).

The trail follows the ancient path that once linked the Folgaria plateau to the Beseno castle and the Vallagarina, to reach the main road between Rovereto and Trento. This trail, much of which through woods (coppice forests, fir and beech), retraces the centuries of history in which the Magnifica Comunità of Folgaria was pitted against the Trapp Counts of Beseno: Folgaria was determined to defend its rights as a free mountain community at all costs, whereas the Counts wished the mountain folk to submit to their feudal claims. Marked out with illustrative panels and signposts, the trail extends over the two mountainous slopes of the valley of the Rio Cavallo, which separates the expansive Val Lagarina from the alpine plateau. This is a circular route and may be completed in a day. It may be followed in either direction, from the castle to Folgaria, ascending the left hand slope of the valley, or from Folgaria to the castle, descending the right hand slope. The stretch leading up from the Rio Cavallo river (or *Rosspach*, in the Cimbrian dialect) to the village of Guardia is a particularly demanding climb. Families with children and persons not in perfect physical condition should take the approximately three hour long itinerary from Folgaria to the castle via Mezzomonte (all downhill), and return by bus from the bus stop in Dietrobeseo, the town underneath the castle on state road 350 to Folgaria.

## IL TREKKING DELLA STORIA



For more details, see the “From the Castle to the Mountain” page at the website [www.montagnaconamore.it](http://www.montagnaconamore.it)

Historic points of interest along the trail include the 16<sup>th</sup> Century church of San Valentino, the 18<sup>th</sup> Century town of Mezzomonte, the 11<sup>th</sup> Century castle of Beseno, the German-Cimbrian farmstead of Ondertol and the village of Guardia – the sentinel of Beseno and also known as the ‘painted village’ for its many murals. Aspects of natural interest include middle mountain landscapes (the trail crosses the Mezzomonte geological trail), the Rio Cavallo river and the extensive Gon Alpine forest.

# IL TREKKING DELLA STORIA



## ITINERARY 2

### BECCO DI FILADONNA, THE 'DOLOMITES' OF THE PLATEAUS

Variation in altitude: 900 metres from the Sommo pass (500 metres using the Paradiso cableway)

Time: 6 hours (4 hours using the cableway)

Colour: black

The mountainous massif of the Vigolana, with the peaks of Monte Cornetto and the Becco di Filadonna, is the most challenging mountain in the entire plateau area and boasts the most distinctly alpine environments and landscapes found in this south-eastern part of the Trentino region. This is a magnificent balcony overlooking the Trentino prealps, offering one of the most breathtaking panoramas in the entire Alpine chain, encompassing the city of Trento, the Valsugana, the Brenta group, the Adamello and the Presanella, and stretching as far as the peaks of the Dolomites and the South Tyrolean mountains. The itinerary ends at Becco di Filadonna (2150 metres ASL) with the nearby imposing monolith of the Madonnina, a spur of rock that has become the symbol of the Vigolana massif, at the foot of which stands the SAT refuge hut of the same name. The peak of Becco di Filadonna may be reached from both the Folgaria plateau (trail No. 425) and the upper Centa valley (via the Casarota refuge, trail No. 442). Depending on the season, there are two ways to access higher altitudes from the Folgaria plateau: in July and August, the Folgaria – Paradiso cableway (starting from the cableway station in the town, approximately 300 metres from the parish church) considerably shortens the duration of the itinerary.

## IL TREKKING DELLA STORIA



During the rest of the year – in spring and autumn – the complete itinerary, which is suitable for experienced hikers only, must be done on foot, starting from Folgaria at an altitude of 1160 metres. When starting from and returning to the town, the itinerary lasts around 8 to 10 hours, whereas using the cableway between Folgaria and Paradiso (1612 metres ASL) shortens the itinerary to 6 - 7 hours. More experienced hikers may wish to try the following alternative route with different starting and end points. Starting from the car park at the Sommo pass (1340 metres ASL), follow the easy forest road uphill to an altitude of 1600 metres, then follow first trail No. 451 then trail No. 425 to Becco, past the three peaks of Monte Cornetto (2060, 1950 and 2027 metres ASL respectively). From here, return along the same itinerary described above to Paradiso (1631 metres ASL) and make your way down to Folgaria via the Val di Gola or former Paradiso ski slope.

Caution: avoid rainy or foggy days. Choose clear days to enjoy the panoramas. Conditions are always dry at high altitudes.



# IL TREKKING DELLA STORIA



## ITINERARY 3

### THE GIANTS OF THE WOODS

Variation in altitude: 150 metres

Time: 1 hour to 3½ hours, depending on route chosen

Difficulty: red

An exciting itinerary among the true *'giants of the woods'*, tall, imposing silver firs, the most famous of which is the *Avez del Prinzipe*, a tree over two centuries old that holds the record as the tallest silver fir in Europe. This monument in its own right stands over 50 metres tall and measures over 4 metres in circumference. The tree is situated in the Malga Laghetto area, between the Lavarone and Luserna plateaus, at the edge of a wide grassy depression that once hosted an ancient postglacial lake. The same area today encompasses a biotope – a large pond which, in spring (especially between May and June) is covered in white and yellow waterlilies. The itinerary then continues through a forest environment of great natural beauty, with small clearings in which blackberries, raspberries, laburnum, elderberry and honeysuckle grow. This is the ideal habitat for the capercaillie, hazel grouse, roe deer, fox and badger. The Giants of the Woods trail consists of a long itinerary (7 Km – 3.5 hours), an intermediate, less tiring route (6 Km – 2.5 hours) and a short route (1.4 Km – 45 mins.). The itinerary also passes through the Pozza Isidoro and Malga Laghetto nature reserves. The itinerary starts from the former forest nursery at Malga Laghetto.

## ITINERARY 4

### THE TRAIL OF THE IMAGINATION

Variation in altitude: 100 metres

Time: 3 hours

Difficulty: red

The Trail of the Imagination is situated on the Luserna plateau – the *Lont vo Cimbar* (land of the Cimbrians). What links this trail to the imagination are the emotions and sensations it stirs in the hiker. The trail extends to the east of the town, among the expansive meadows of the Malga Campo refuge and the fir forests dating back to ancient Cimbrian times with such difficult to pronounce names as Krodjar, Lammarn, Kamp, Oberlaitn and Frattn. This is the outer boundary of the plateaus, on a wide plain facing onto the deep furrow of the Valle dell’Astico, on the border between Trentino and Veneto. In this isolated place, which almost seems to be at the end of the earth, there is a distinctly Alpine atmosphere and beauty. This easy to medium difficulty itinerary, which lasts about three hours, may be included in a day spent entirely at Luserna. Worth visiting in the town is the Centre of Documentation, with its exhibits dedicated to the history and culture of the Cimbrian people, their rural customs, practices and tools and the wildlife populating the forests of the plateaus. Also of interest is the ancient ‘Haus von Prukk’ Cimbrian house. The itinerary starts from Piazza G. Marconi at the centre of the town.

## ITINERARY 5

### AMONG THE RUINS OF FORT LUSERN, THE 'ETERNAL FATHER'

Variation in altitude: 150 metres

Time: 3 hours

Difficulty: red

It is said that during the First World War, the Austro-Hungarian fort in Luserna, the 'Lusern', was given the name of 'Eternal Father' because its impressive armour of cement and steel was supposed to be capable of shrugging off whatever punishment it was dealt. Ironically, during the opening days of the war, between May 24<sup>th</sup> and 28<sup>th</sup> 1915, the Lusern was pounded by a relentless barrage of fire from the Italian artillery deployed around the peak of Monte Verena. The bombardment brought the fortress to its knees and on May 28<sup>th</sup>, when it could resist no longer, Commandant Emanuel Nebesar surrendered the fort. However, the Lusern was not occupied by the advancing Italian troops, as their way was barred by repressing fire promptly laid down by the nearby forts of Busa Verle and Belvedere/Gschwent. The internal communication trenches, moat and outposts of the mighty fortress have now been restored, and a visit to the site is a truly interesting experience. To visit the fort, take the picturesque trail leading off from Malga Millegrobbe (1424 metres ASL), also a restaurant and inn serving typical Trentino specialities, which follows the former military road up to Cima Campo (1549 metres ASL) and the fort. The fort is completely safe to visit and is marked out with information panels. Another site worth visiting is the nearby Oberwiesen outpost, which offers a spectacular vista over the Luserna plateau. Along your return, you may wish to take a short detour (see signs for the Nordic Walking Park technical trail) to see the Austro-Hungarian trenches. This is an easy hike, with the outbound and return legs measuring a total of approximately 6 Km, which can be completed in 2½ to 3 hours.