



# TEVINI

DOLOMITES CHARMING HOTEL

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## Weekly Nature, Sport, Wellbeing activity plan

### SUMMER 2022

#### MONDAY:

A new excursion for many of our guests, far from the usual suggested locations. With your own vehicles you will reach the village Ortisè (11.5 km), where, a bit forward, you will park the cars in order to engage a path towards **Cima Valletta**. This side is well exposed to the sun and will let you admire both mountain groups Adamello-Presanella and Dolomiti di Brenta.

Packet-lunch with the possibility to get something at Malga Stabli which is found on the way up. 400m difference in height, for a total length of 9 km. Maximum pick 2250 m of altitude

Timetable 09:00 am | 3:45 pm - level of difficulty easy

#### TUESDAY:

It's time to explore the valley. With your own vehicles you'll reach Bolentina (13 km), a small district above the village of Malè, where we can breathe some local history. There's going to be a nice walk to go to Piazza Merendaia which is just over the wood limit. We'll be walking approximately for 8 km with a 400 m of difference in height. While having your packet-lunch, you may enjoy the view over Val di Sole, Val di Rabbi and Val di Non which are just incredible from this location. Maximum height reached 1822 m of altitude.

Timetable 09:00 am | 3:45 pm – level of difficulty easy/medium

#### WEDNESDAY:

**Mountain E-Bike:** Explore deep green Nature of our valley, far from cars and urban centres, **experiencing** an enjoyable **E-bike ride tour**. Depending on the ride-level of participants, there is the possibility to choose different paths, where unpaved lover will have the opportunity to test the bikes.

Timetable 09:00 am | 1:00 pm- level of difficulty medium | E-bike € 40,00



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## THURSDAY:

We have thought of adding a more **family atmosphere** to this excursion. Thus, since a few years, we gather in a fantastic place to eat a **typical lunch** prepared by our chef. All this accompanied by a nice two hour walk beforehand and a wonderful sightseeing landscape.

Timetable 09:00 am | 3:00 pm - level of difficulty easy/medium

## FRIDAY:

**Nordic Walking** with Sonia. The route includes slopes up to 6% of declivity. Our qualified and certified guide knows and will teach the right Nordic Walking movements, in order to proceed well during the morning. Some moments will also be dedicated to **yoga breathing practices** and **meditation** in the middle of nature.

Timetable 09:00 am | 1:00 pm - level of difficulty easy

Alternatively:

**In the evening after dinner**, for whom wants to fully enjoy the Hotel Tevini experience, we have organised something special and unique, a **Cocktail under the stars** at the mountain Tevini chalet. Leaving the hotel at round 20:45, guided by Roberto, equipped with flashlights, we'll reach this amazing location where we'll drink a nice refreshing cocktail made by our Barman Alessandro, while watching the beauty of the moon and the stars. We'll then be heading back to the hotel with our minibus.

Activity fee € 20,00 per person – minimum 8 people - level of difficulty easy

## SATURDAY:

Roberto will be taking you to the local mountain picks. By using Daolasa Cableway Station, which is only 500 m walking distance from the hotel, you will reach Aple Daolasa at the altitude of 2045 m. From there, you will be walking through some paths into the wood that take you to the **Mezzana Alpine Lakes** at 2024 m of altitude. These lakes are of glacial origins that lay between granite rocks. It is a breathtaking savage landscape above the wood limit, where you may admire the mountain picks reflecting on the lakes.

You may enjoy a nice packet-lunch in a complete relaxing environment.

Circle itinerary of 450 m difference in height for a total length of 10 km.

Timetable 09:00 am | 3:45 pm – level of difficulty easy/medium



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## USEFUL INFO:

- For the excursions we advise you to have the following equipment: trekking shoes, backpack, k-way, cap/hat, sunglasses, an extra t-shirt, sun-cream, 1 bottle of water and dry fruit and nuts.
- It is necessary to activate the Val di Sole Card before the activities, in order to benefit from the use of the cableway free of charge
- The program may suffer changes based on the weather conditions.
- Professional sticks will be provided by us.
- We can prepare your pack lunch! Remember to demand for it the evening before, so you will find it ready in the morning!  
Our chef will prepare a delicious lunch that you may carry in your backpack. Bread, cured meats, cheese, a fresh bottle of water fresh fruit and... biscuits of course! -- € 15,00
- Lunch at the various mountain lodges will be extra charge off the each participant.
- Your inscription is required at the hotel reception within 22:00 of the day before every single activity.
- Possibility of finding in your room the at the time of arrival the "Tevini outdoor Set" which includes:
  - Backpack
  - Cap
  - Bandana
  - Waterbottle
  - SunglassesEuro 50,00