



# TEVINI

DOLOMITES CHARMING HOTEL

\* \* \* \* S

## Weekly Nature, Sport, Wellbeing Activity Plan

### SUMMER 2023

#### MONDAY:

**Val di Comasine:** It is a small vally, hidden among deep woods that are unknown to the mass. Val Comasine has all the characteristics to be a big surprise. A mountain path will take us high in altitude, where flocks of sheep and cows may be seen grazing. Lunch is a **great experience** of local flavours in a **unique surrounding**. Afterwards, we'll be visiting a place called "Antico Bosco" (Ancient Wood), where the pureness of the air and the majesty of the trees makes us reflect on what our mountains have to offer to us. We'll be walking through easy paths for about 10 km, 430 mt difference in height. Maximum altitude 2180 m.

Timetable 09:00 am | 3:30 pm - level of difficulty 'easy' / Lunch not included

#### TUESDAY:

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

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

After dinner:

**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 and 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'



# TEVINI

DOLOMITES CHARMING HOTEL

\* \* \* \* S

## 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

Alternatively:

**Expert Trekking:** Rino will guide this excursion for the more ventured. A more difficult hike, but really satisfying. The destination will be chosen by the guide depending on the weather and general conditions. This excursion is the right occasion to reach **stunning and breath-taking locations**. Among Adamello Brenta Natural Parc, Stelvio Natural Parc and all the other mountain chains that surround us, the variety of choice is endless. Lunch, whenever possible, at the mountain lodge with **typical Trentino cuisine** with authentic tastes.

Activity fee €. 40,00 per person – minimum 5 people / Lunch not included

Timetable 08:30 am | 5:00 pm - level of difficulty 'difficult'

## 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' / Lunch included



# TEVINI

DOLOMITES CHARMING HOTEL

\* \* \* \* S

## FRIDAY:

**Lagheti Alpini di Mezzana:** By using the cableway from Marilleva 1400 we'll get to Malga Panciana, and from there, through easy paths, we can admire the beautiful landscape of our mountains. The destination are the **Alpine lakes** of Mezzana at 2100 m of altitude. Lunch will be eaten at Lodge Orti, where you can take your time to relax in a place where time seems to have stopped. Excursion of 7 km long with a 300 m change in altitude.

Highest altitude 2005 m / Lunch not included

## SATURDAY:

**Val di Pejo 3000 m and the waterfalls:** A nice trip by cableway to 3000 m above the sea level, will take us to admire the mountaintops of Ortles-Cevedale group from very close. Then, after a delicious meal, we'll descend the mountain in a wood full of **protected animal species**, from popular paths to wilder ones, which makes Val di Pejo a destination for real hiking lovers. We will walk through easy paths for 8 km with a 340 m of difference in height.

Maximum altitude 3060 m / Lunch not included

Timetable 09:00 am | 3:30 pm – level of difficulty 'easy/medium'

## SUNDAY:

**Lago delle Malghette help yourself:** You can enjoy a wonderful walk to absorb the wellness that nature imparts, this time without a guide. **This fascinating lake** is at 1890 m of altitude, above Campo Carlo Magno. It is also reachable by taking Daolasa cableway. Even though this excursion might be simple, it will also be very satisfying. Location among wood, mountains, and water that will help you **unwind and forget about the everyday stress**. Possibility of eating at Lago Malghette Lodge.

Maximum altitude 1890 m

Level of difficulty 'easy' and appropriate also for families with children



# TEVINI

DOLOMITES CHARMING HOTEL

\* \* \* \* S

## 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. They are considered confirmed with a minimum of 5 people.
- 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