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ON THE TRACKS OF THE ALPS:

ART, FLAVOURS AND WELLNESS IN THE DOLOMITES



DISCOVER TRENINO-ALTO ADIGE ON A UNIQUE TRAIN JOURNEY, TRAVELLING ALONG PANORAMIC ROUTES THAT REVEAL POSTCARD-PERFECT LANDSCAPES.

From lush valleys to charming alpine villages, each stop provides spectacular views of the Dolomites, a UNESCO World Heritage Site. This border region, where Italian and Tyrolean cultures converge, welcomes you with its authentic cuisine: canederli, speck, polenta, and apple strudel, complemented by renowned wines such as Lagrein, Teroldego, and Gewürztraminer. A voyage dedicated to taste, nature, and history, immersed in breathtaking scenery and timeless alpine charm.





Day 1 – Arrival in Verona

Arrival in Verona and check-in at the hotel.

D 2 - 6

BOLZANO

Departure by train from Verona to Bolzano (approx. 2h20min). Check in at the hotel. Bolzano is the gateway to the Dolomites, a cosmopolitan city where Italian and German cultures coexist. Its lively Walther Square is the social heart, while the Cathedral and bustling markets reflect both ancient and modern traditions. The city centre's streets host shops, historic cafés, and restaurants that celebrate South Tyrolean cuisine.



Day 2

Included regular experience:

Guided tour of Bolzano's historic centre and the Archaeological Museum with Ötzi

Let yourself be led through the alleys and squares of Bolzano's historic centre, where the Central European atmosphere meets the Italian spirit. Stroll past medieval buildings, elegant arcades, and charming Alpine views, while discovering stories and curiosities about the city. The experience continues at the South Tyrol Archaeological Museum, where you will admire Ötzi, the famous Similaun mummy, over 5,000 years old.

Day 3 – 6

Suggested and bookable experiences:

E-bike tour among vineyards and traditional farms

A panoramic e-bike excursion, easy and suitable for everyone, along trails winding through terraced vineyards and traditional farms in the Adige Valley. Accompanied by an expert guide, you will pedal through rows of vines and enjoy Dolomite views, with stops for photos, small tastings, and stories about the region.

Guided excursion to the Earth Pyramids

From Bolzano, the panoramic cable car takes you to the Renon plateau, where the characteristic little train reaches Collalbo. From here, an easy walk begins through forests and Alpine scenery to the spectacular Earth Pyramids, unique natural formations in South Tyrol.

Wine and South Tyrolean food tasting in a historic winery

A guided enogastronomic experience in one of Bolzano's historic wineries, where tradition and innovation coexist. Discover the secrets of Alpine viticulture and taste some of the region's best-known wines, accompanied by local specialities such as Speck IGP, rye bread, alpine cheeses, and apple strudel.





SUGGESTED AND BOOKABLE TRAIN TRIP:

→ **BRESSANONE AND CHIUSA** Departure by train to Bressanone (approx. 30min) and then to Chiusa (approx. 7min).

Bressanone, one of the oldest towns in South Tyrol, charms with its elegant historic centre, the majestic Baroque Cathedral, and the refined frescoed Cloister. Just outside the city stands the imposing Novacella Abbey, one of Europe's most important monastic complexes, still active today in producing excellent white wines.

Chiusa, nestled between the mountains and the banks of the Isarco River, is an authentic medieval gem. Its cobbled streets, pastel-colored houses, and ancient walls preserve an intimate and timeless atmosphere.

Guided tour of Bressanone and Novacella Abbey

A journey through sacred art, millennia of history, and wine tradition. Discover the treasures of Bressanone's historic centre, including the Cathedral and frescoed

Cloister, then immerse yourself in the spirituality and architectural elegance of Novacella Abbey. The visit concludes in the ancient cellars, where fine wines have been produced since the Middle Ages.

DOC wine tasting from the Isarco Valley

A sensory experience amidst Alpine aromas and native grape varieties. With an expert sommelier, taste selected labels such as Sylvaner, Kerner, and Riesling in the historic cellars of Novacella or nearby estates, accompanied by local culinary specialities.

Guided visit to the town of Chiusa

A small gem nestled between rocks and the Isarco River, Chiusa (Klausen) welcomes you with its intact medieval charm. Accompanied by an expert guide, stroll through narrow cobbled streets, Gothic and Renaissance houses, hidden courtyards, and artisan workshops.

Nature walk in Chiusa and the Isarco gorges

A guided excursion combining natural beauty and historical memory. Starting from Chiusa's medieval town, the trail winds through forests, ancient mills, river-carved gorges, and offers panoramic views that embrace the Dolomites. A path suitable for everyone, blending nature and culture.



SUGGESTED AND BOOKABLE TRAIN TRIP:

→ **BRUNICO** (approx. 1h30min).

Brunico is the heart of the Puster Valley, a medieval town with a warm atmosphere. Its castle is a living testament to Alpine history, while the Messner Mountain Museum explores the culture, nature, and challenges of the mountains. The cobbled streets are lined with artisan shops and traditional restaurants.

Guided walk in Brunico's historic centre

A leisurely tour through the heart of the town: wander along cobbled streets, admire elegant historic buildings, artisan workshops, and hand-painted signs. Discover the history of the "Pearl of the Puster Valley," visiting the Parish Church, the medieval city gates, and the lively streets of traditional shopping.

Guided visit to Brunico Castle and Messner Mountain Museum

Explore the impressive medieval fortress transformed into a museum dedicated to mountain culture. The guided tour leads you through towers, frescoed rooms, and exhibition halls where local history, Alpine spirituality, and mountain legends from around the world intersect. From the terraces, enjoy spectacular views over the Puster Valley.

Tasting of Ladin products

A journey into the authentic flavours of South Tyrol: smoked speck, alpine cheeses, rye bread, mountain honey, and traditional Ladin sweets. The tasting takes place in a farm or local shop, accompanied by stories about the gastronomic culture of the valleys.





SUGGESTED AND BOOKABLE TRAIN TRIP:

→ **MERANO** (approx. 38min).

Merano, a spa town renowned for its refined elegance, is famous for its riverside promenades along the Passirio, the Gardens of Trauttmansdorff Castle—true botanical paradises—and the Merano Thermal Baths, a benchmark for wellness and relaxation. The historic centre blends medieval architecture with contemporary atmospheres, featuring historic cafés and markets that offer local flavours and crafts.

Guided tour of Merano's historic centre

Immerse yourself in the history and unique atmosphere of Merano with a guided walk. Discover iconic monuments, lively squares, and picturesque alleys while listening to anecdotes about local traditions and curiosities that make this town so captivating.

Visit to the Gardens of Trauttmansdorff Castle

Explore one of Italy's most spectacular botanical gardens, with exotic plants, themed landscapes, and pa-

noramic views of the surrounding mountains. A guide will introduce you to the unique flora and the stories connected to this enchanting place.

Wellness experience at the Merano Thermal Baths

Treat yourself to a full day of relaxation at the renowned Merano Thermal Baths. Enjoy thermal pools, rejuvenating saunas, and exclusive treatments, with priority access for a pure wellness experience immersed in the healing Alpine waters.



SUGGESTED AND BOOKABLE TRAIN TRIP:

→ **TRENTO** (approx. 50min).

Trento, the capital of Trentino, is an elegant and lively city where history, culture, and nature blend in a refined atmosphere. Its historic centre is a mosaic of squares, churches, and Renaissance palaces that tell the story of centuries of history. Piazza Duomo is the city's vibrant heart, dominated by the cathedral dedicated to Saint Vigilio, while the Buonconsiglio Castle, one of the

most important fortresses in Northern Italy, reveals the artistic and political wealth of the past.

Walk through the centre of Trento

A guided walking tour with a local guide who leads visitors through the city's iconic sites, revealing anecdotes and hidden secrets among its streets and squares.

Guided visit to Buonconsiglio Castle

A detailed tour through the castle's frescoed rooms, which feature unique pictorial cycles and original furnishings, illustrates the power of the prince-bishops and the region's historical events.

Guided excursion to Monte di Mezzocorona

From Trento, a short trip leads to Mezzocorona, an ancient village surrounded by vineyards. Here starts Europe's steepest historic cable car, which in a few minutes ascends to Monte di Mezzocorona, offering breathtaking views over the Adige Valley. At the top, panoramic trails through nature lead to spectacular viewpoints, perfect for taking photos, relaxing, or enjoying lunch in a mountain hut with traditional Trentino products.

Tasting of local products

A sensory experience in wine bars or farmhouses to taste Trentino wines such as Teroldego or Marzemino, accompanied by local cheeses and cured meats.

Guided visit to Muse – Museum of Science

Muse – Museum of Science is an innovative structure where science and nature meet through interactive exhibitions dedicated to the Alpine environment and biodiversity. A well-curated route with in-depth explanations of scientific and interactive displays, ideal for families and science enthusiasts.

E-bike tour along the Valsugana

A guided e-bike ride along one of Trentino's most scenic cycling paths, with panoramic stops and explanations about the local flora, fauna, and culture.



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VERONA

Departure by train to Verona (approx. 2h20min). Check in at the hotel.

Verona, a city of art with romantic and timeless charm, where every corner tells stories of love, beauty, and culture. Among lively squares, elegant Renaissance palaces, and Roman remains, the Arena—an imposing theatre for shows and concerts—and Juliet’s famous balcony stand out.

Included regular experience:

Guided visit to the Arena of Verona and Piazza delle Erbe

Experience the thrill of ancient Rome by visiting the Arena, one of the largest and best-preserved amphitheatres in the world. Stroll among the towers and the markets of Piazza delle Erbe, the city’s vibrant heart.

Suggested and bookable experiences:

Guided visit to Juliet’s House and Torre dei Lamberti

Discover the legend of Romeo and Juliet at the house symbolising Verona’s love story. Climb Torre dei Lamberti for breathtaking views of the city and its surroundings.

Day 8 – Verona

Transfer to Verona airport.



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HIGHLIGHTS

ART, HISTORY, AND TRADITIONS:

- Guided tour of Bolzano city centre and the Archaeological Museum with Ötzi
- Guided tour of Bressanone and Novacella Abbey
- Guided visit to the village of Chiusa
- Guided walk through Brunico's historic centre
- Guided visit of Brunico Castle and the Messner Mountain Museum
- Guided tour of Merano city centre
- Walk through Trento city centre
- Guided visit of Buonconsiglio Castle
- Guided visit of Muse – Museum of Science
- Guided visit of Verona Arena and Piazza delle Erbe
- Guided visit of Juliet's House and Torre dei Lamberti

FOOD & WINE:

- Tasting of local products in Trento
- Tasting of South Tyrolean wines and specialties in a historic winery
- Tasting of DOC wines from the Isarco Valley
- Tasting of Ladin products

OUTDOOR:

- E-bike tour through vineyards and farmhouses
- Guided excursion to Monte di Mezzocorona

- Guided excursion to the Earth Pyramids
- Nature walk in Chiusa and along the Isarco gorges
- Visit to the Gardens of Castel Trauttmansdorff
- Wellness experience at Merano Thermal Baths
- E-bike tour along the Valsugana
- Recommended airports: Verona Villafranca (VRN) and Venice Marco Polo (VCE)
- Recommended accommodations:
- Bolzano (5 nights) – the vibrant heart of South Tyrol
- Verona (2 nights) – city of Romeo and Juliet

PACKAGE INCLUDES:

- Accommodation in 3*, 4* or Boutique Hotels in double room with breakfast
- Transfers in & out up to 30 km
- 2nd class train tickets:
 - Verona - Bolzano
 - Bolzano - Verona
- **Regular excursions:**
 - Walking tour of Bolzano
 - Walking tour of Verona