Let’s start this list with a typical must-see place of Trento!

Some of you might already know the little village of Sardagna, located in Monte Bondone. There, an old cage for bears has been remodeled and turned into the most astonishing viewpoint in the city of Trento. You can get there with the cable car that leaves from the river Adige (here you’ll find the schedules: https://www.trentinotrasporti.it/en/travel-with-us/cablecar), but what some of you may not know is that you can also get there hiking on the mountain! That’s a definitely more adventurous way to reach the village. The trail takes about one hour and starts from the neighborhood of Piedicastello. You just need to get to Via delle Mandolare (check these directions from Piazza Duomo: https://maps.app.goo.gl/LsJKMgQjY9eNoZJSA) and start your hike from there. Once you arrive to *Busa degli Orsi* ("the bears' hole", it’s the name of the viewpoint), you could also have a snack in a place just across the street! And if you’re too tired for the round-trip, of course you can take the cable car and come back to Trento in less than 5 minutes.
The second tip for you is about one of the loveliest lakes of Trentino. Located in the eastern part of the region, lake Lases is the typical mountain lake you’re looking for. Surrounded by a forest that gets mirrored in the clean water of the lake, this charming place is definitely the best destination for a relaxing afternoon. You can go for a swim or just lie down on the grassy and sunny beaches and enjoy the peaceful atmosphere. Lake Lases has nothing to envy to the other main lakes of Trentino, and it’s definitely not as crowded as lake Caldonazzo or Garda – that’s a great advantage! Getting there is really easy: the trip takes about half an hour by bus from Trento. You just need to take the line B103 and get off at Lases stop. Here you can check the schedules in order to plan your trip: https://www.trentinotrasporti.it/en/linea-extraurbana?idLineaAndata=120&idLineaRitorno=121&shift=0#andata
Have fun and remember to share with us your photos of the lake!
If you’re looking for a place that combines art, nature and history, San Romedio Sanctuary is the perfect destination for you! This precious sanctuary is located in a narrow gorge in Val di Non, one of the most important valleys of Trentino. Formed by five small churches that are connected by a 131-steps staircase, the sanctuary is probably the main example of christian medieval art in the area. The legend tells that saint Romedio was a hermit who lived there in the company of a bear. To honour this story, in 1958 the WWF donated to the sanctuary a bear doomed to die. In the following decades, the place continued to host bears coming from unfavourable conditions. Just take a look to the faunistic area close to the hermitage: maybe you’ll be able to see Bruno, an Italian bear that currently lives there. The most evocative route to the sanctuary starts from the small village of Sanzeno. In order to get there you need to arrive first to Dermulo, by train from the city centre (check this site for the schedules of the line Trento-Malè-Mezzana: https://www.trentinotrasporti.it/en/travel-with-us/train). Once you’re there, you just need to take bus B630 and get off at the following stop, Sanzeno (here’s the bus schedules: https://www.trentinotrasporti.it/en/linea-extraurbana?idLineaAndata=375&idLineaRitorno=376&shift=0#andata). In the village you should find the Museo Retico (a museum about Reti, the ancient civilization that populated Trentino during the Iron Age): the trail starts from there, and it takes about 45 minutes to get to the sanctuary. Check these indications from the museum: https://maps.app.goo.gl/Jb5hJRskZco8xWRp8. The route is a gorgeous trail carved into the rock, you’ll just love it! Last information for you: the sanctuary is open from 9 am to 6 pm during June and from 8:30 am to 7 pm during July. The entrance is free and it’s possible to book a guided visit. Check the official website for more info (only available in Italian):
https://www.santuariosanromedio.it/info-contatti/. We suggest you to make a call (+390463830133) or to send an email (info@visitvaldinon.it) just to make sure there are no changes due to the COVID-19 emergency.
Have a nice trip to San Romedio Sanctuary and share your pics with us!

The tip of today is about one of the most stunning places you can visit in the area of the city. Ponte Alto waterfalls are located up on the hill of Trento, very close to the village of Povo. The gorge is cut by Fersina, a river that runs from Bersntol (Val dei Mocheni, in Italian) to Trento, where it flows in river Adige.
The waterfalls can be visited only in the weekend, from 10 am to 6 pm. A guide will accompany you into this gorgeous natural place. You can check http://ecoargentario.it/orridopontealto in order to discover more about the waterfalls and to book your visit. The entrance ticket is just 5€!
You can get there by bus line B116, getting off at Ponte Alto stop (here’s the schedule: https://www.trentinotrasporti.it/pdforari/extraurbani/linee/OrariDiDiretrice-E19I-116A.PDF).
Alternatively, you can walk from the city centre passing through this route we recommend you: https://maps.app.goo.gl/JzMrNCCYDoBm75a67 On your way you’ll find some nice viewpoints and the *Parco delle Coste*, one of the most beautiful parks of the city.
Have you already visited the waterfalls and you want to discover more about the Ponte Alto area? Probably you don’t know you that there you can also chill on the Fersina beaches! When you enter Ponte Alto area just go to the left (opposite direction of the waterfalls) and go straight until you’ll
find an open space where you can lie down along the river. That’s a very nice place where people from Trento go for a relaxing afternoon. It’s a nice alternative to the lake if you want to remain close to the city!

Let’s go back to the city of Trento for the activity of today: the visit to the three wonderful hills of the city! Probably many of you don’t know that, aside from being really nice parks and viewpoints of the city, these places are tightly linked to the foundation of ancient Trento. When the Romans discovered this area of the Adige valley, they decided to build here a settlement. The hills that we call Doss Trento, Doss di Sant’Agata and Doss di San Rocco were marked as the limits within which to build the city. The settlement was called *Tridentum* ("three teeth", literally), from which the modern name of Trento. The most famous hill is definitely *Doss Trento*, located in the city centre beyond Adige River. You can walk there from the neighborhood of Piedicastello, through the beautiful *Sentiero dell’Acropoli* (”the Acropolis Route”) that starts from the tobacco shop at Via Brescia 48. In Doss Trento you can visit some monuments, among them the remains of a paleochristian church, or just enjoy the view over the city! Keep in mind that Doss Trento is open just in the daytime, from 9 am to 7 pm.
Doss di Sant’Agata is located between the villages of Povo and Oltrecastello, in the eastern hill of Trento. It’s a very calm and inspiring place, and also easy to reach. Just take bus line 5 from the city centre and get off at Oltrecastello stop (here you find the schedules: https://www.trentinotrasporti.it/en/linea-urbana?idLineaAndata=400&idLineaRitorno=401&shift=0#andata). Then go back through Via della Resistenza and walk a couple of minutes: on the opposite side of the football field you’ll see a walking path that will bring you directly to the Doss!

Last but not least, the hill with probably the most astonishing view of the Adige valley: Doss di San Rocco. Walking through the entire area of the hill you’ll be able to see Trento, the eastern mountains, and the south part of the valley. Completely covered by trees (it’s called “the forest of the city”), this Doss is the best place you can go if you want to cool off from the intense heat of Trento during summer. Get there by bus line 13 (look at the schedules first: https://www.trentinotrasporti.it/en/linea-urbana?idLineaAndata=466&idLineaRitorno=467&shift=0#andata). From the stop “San Rocco Piazza” take the footbridge and go straight until you'll be completely surrounded by nature!