



Confluenze Festival

sustainable tourism and surroundings

From the 1st till the 6th of August 2023 - Valle dei Laghi, Trentino

Confluenze Festival: What is it about?

Sustainable Tourism is the new frontier of traveling, moving with the desire to respect and take care of places, try to minimize our impact on the environment and protect the cultural, economic and social aspects of different territories, putting the local community at the centre. Beyond the means of transportation, the real Journey begins when you abandon the rush. Slowing down the pace, the real exploration begins and chance comes into play, one could get lost or find something. Plans can change and opportunities open up: this is how the traveler stops devouring and starts tasting. The 'slow' journey is therefore considered sustainable and respectful towards places, people and experiences because they are being lived and not simply consumed. There are many ways to travel slowly, but anyone could start by bring up that spirit through which one can still be surprised, amazed.

The Festival reaches its third edition this year. A journey through history and different stories, new meetings and discoveries, tradition and innovation, territory and community.

The Programme

Hikes and words

01/08/23 - *The path to Paradise* - with Lorenzo Marcolla

(Departure at 3.00pm from the Church of Vigo Cavedine) Round trip, Loop trail on the slopes of Bondone to Malga Pian and return from Castagneto. At the end you will reach Agritur "la Betulla", where Lorenzo Marcolla, organic farmer and hiking environmental guide, will talk about his book "The path to Paradise", written after having completed over 4,000 km along the Pacific Crest Trail. Followed by different tasting of cheeses from the Gostner Company, a variety of products from the Levà Bakery and wines of the Maxentia Winery of Santa Massenza.

Reservation required, hiking and tasting € 10.00

03/08/23 - *In the land of Nosiola* - with Sara Bonfanti

(Departure at 3.00pm from Ponte Oliveti) Loop trail along the path of Nosiola, on the ridges of Lake Toblino through the Church of San Mauro in Calavino, near 'Dos dei Pini' where the Gobber family will welcome all hikers and where Sara Bonfanti, hiker who walked all the 'Sentiero Italia CAI', and Marco Albino Ferrari will exchange thoughts about his experience. Followed by different tasting of local food and wine from the Cantina Toblino.

Reservation required, hiking and tasting € 10.00

06/08/23 - *Life on foot, the practice of happiness* - with David Le Breton

(Departure at 3.00pm from the Town Hall of Drena) Dialogue at 5.00pm in Castel Drena. David Le Breton, french sociologist and anthropologist, talks about his belief that 'walking' is a form of healing from the difficulties of life and an opportunity to enjoy small moments of happiness by re-establishing contact with oneself and with nature, offering new perspectives on the world and life itself. The dialogue with the author will be accompanied by the music of the Ensemble Fun Music of the Lasino Band.

Reservation required, hiking, dialogue with the author and visit to the castle € 10.00

Hikes and a lot more

02/08/23 - *Hike and tasting* - From Lake Santa Massenza to Padergnone

(Departure at 3.00pm from the parking lot of the Hydroelectric Power Station of S. Massenza) Loop trail between olive trees and vineyards. Visit of the exhibition "Extreme Olives", at the former Canon of Santa Massenza. Following, guided tasting of four different types of Olive Oil with Master Matteo Pegoretti and the Association Olivo Estremo Valle dei Laghi, at the Antica Distilleria Giovanni Poli of Santa Massenza.

Reservation required, hike and tasting € 15.00

04/08/23 - *Hike e spettacolo* - TeaTrekking, a journey between theatre and hiking with the Compagnia (S)legati

(Meeting at 2.00pm at the end of the white road to Ranzo-Nembia) "The meat of the bear" is a real theatrical trek which dives into nature, through silence and adventure. The route is characterised by four narrative stages that will take all participants to Malga Bael.

Reservation required, hike and show € 10.00

NB: All treks will be guided by Albatros Media Mountain Guides

Events

03/08/23 - *Dinner in the Vineyard* - with Ass. Vignaioli Vino Santo

(Meeting at 7.30pm in the square of Santa Massenza) A summer evening, between the vines and the breeze of the Garda, for an agricultural dinner with local wines.

Reservation required, info@vinosantotrentino.it, dinner €45.00 - under 18s €40.00

04/08/23 - *Night at the Castle* - with Ziganoff Jazzmer band

(Meeting at 9.30pm in the park of Castel Toblino) The Ziganoff jazzmer band, founded by Renato Morelli and made of ones of the best musicians of the Region. Their ability of mixing in perfect doses klezmer music, early jazz and swing gypsy Manouche makes them ones of the best bands of the Region, taking them also around the world.

Reservation required, show € 10,00

05/08/23 - *Experiencing change guided by Water* - with Federico Pace

(Rowing on Lake Cavedine - dialogue with the author at 9,30 am at Wind Valley)

Rowing is the experience of navigating in a kayak on the waters of Lake Cavedine to discover the most hidden corners of it from a new perspective. At the end of this journey, guided by the Wind Valley instructors. The participants will meet Federico Pace on the shores of the lake, writer and journalist of La Repubblica.

Pace knows that every journey is an opportunity to learn from oneself, others and different places, as well as change. The dialogue with the author will be accompanied by the Ensemble Fun Music of the Banda di Lasino.

Reservation required, rowing with Kayak and instructors €40.00. Free participation dialogue

05/08/23 - *A Passion on two Wheels*- with Francesco Ciaghi

(Meeting at 17,30pm in the garden of Serendipity House, via Parti 4 in Pergolese) Francesco Ciaghi will recount his cycling journey of over 27 thousand kilometers, from Capetown in South Africa to his home: Val di Gresta.

Free participation

05/08/23 - *Intrigue at the Castle* - with the theatre company 'Lupus in Fabula'

(Meeting at 8.00pm and in reply at 10.00pm within the walls of Castel Toblino) A traveling show, with a visit of the Castle, discovering all the mysterious stories which have animated the 'noble life' in the past centuries. Bringing to light intrigues, old legends, the enchanted lake, secret passages and so on through the paths of the ancient building.

Reservation required, show and visit € 20,00

06/08/23 - *For those who want there is no destiny* - with Pietro Scidurlo

(Meeting at 11.00am at the Terlago Lake) Pietro Scidurlo walked the Camino di Santiago with his handbike. Collaborator of Terre di Mezzo for the accessibility of the routes and founder of the association 'Free Wheels'. The conference gathers different professional profiles between Mr Scidurlo and Miss Irene Matassoni, of AbilNova and founder of 'Cammina in tutti i sensi', will .

Free participation

Workshop

03/08/23 - *Capturing the landscape* - with Paolo Calzà

(Meeting at 4.00pm from the port of Lake Cavedine) A workshop, in the hills of Lake Cavedine, to learn how to build a photographic project, starting from blank canvas, on which one can explore, develop, create, elements, choices, emotions.

Reservation required, workshop €10.00

04/08/23 - *Forest bath* - with Arno Cardini

(Meeting at 3.00pm at Bar Bufo on Lake Lagolo) A unique sensory experience, to get in contact directly with nature by sharing a deep connection with the environment that surrounds us.

Reservation required, € 10,00

05/08/23 - *Bike stop* - first aid for two wheels with Alessio Brunelli from 'Heidi', bikeshop, and Francesco Ciaghi

(from 16.00 to 17,30 in the garden of Serendipity House, via Parti 4 in Pergolese) A practical laboratory of cyclomechanics and first aid for one's two-wheeler.

Reservation required, workshops €10.00

Activities for children

All initiatives for children are free and will be taking place at the 'Fattoria Maso Canova' of Monte Terlago a project of Stefania Lusuardi, in collaboration with Ecomuseo 'Valle dei Laghi'

04/08/23 at 5.00pm - *Discover all kinds of wild herbs of 'Valle dei Laghi'* - An easy walk throughout the history of the territory with all its naturalistic and botanical aspects in all their beauty, which will end with the creation by the participants of a small book as recognition.

Reservation required, € 5,00

05/08/23 at 5.00pm - *The cereals of our grandparents* - A laboratory to navigate between different cereals and grinding techniques creating a collage of a different variety of products directly from Nature. Each participant will bring home a jar in which he or she will have sown a cereal to look after at home.

Reservation required, € 5,00

All events require a reservation (festivalconfluenze@gmail.com or +39 349 3365446)

To register for any of the activities above, a payment is required beforehand (up to 10 years old the cost of all activities is € 5.00)

by bank transfer to Associazione Biodistretto Valle dei Laghi

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