

Mini-Guide: Val di Non — Apple Orchards & Alpine Secrets in Trentino

Discover a Mountain Valley Where Italy
Feels Austrian



- **A Seasonal Guide to the Apple Blossom Trail**
Each spring (roughly April 10–May 7), Val di Non bursts into bloom—white and pink apple blossoms carpet the valley, from mountain slopes down to villages. It's a dreamlike spectacle best experienced by walking or cycling through orchards as part of local walks and flavor-filled festivals. [visitvaldinon.it](https://www.visitvaldinon.it) [Visit Trentino](#)

- **Where to Stay: Traditional Maso Farmhouses**
Stay in restored “maso” farmhouses—traditional mountain homes offering rustic charm, farm-to-table meals, and immersive alpine hospitality. [visitvaldinon.it](https://www.visitvaldinon.it)
- **Castles, Lakes & the Canyon of Rio Sass**
Visit the fairytale **Castel Thun**, paddle through the dramatic **Rio Novella canyon**, explore the mines of Rumo, and marvel at the cliff-hugging **San Romedio sanctuary**. [Visit Trentino+1Wikipedia+1](#)
- **Local Cuisine with Austro-Italian Flair**
Sample alpine-meets-Mediterranean comfort food—think speck, canederli, hearty soups, and dishes enriched by the valley's farm-fresh produce.
- **Autumn Harvest Festivals**
Celebrate fruit harvests and valley traditions through seasonal fairs, local tastings, and “adopt-an-apple-tree” farmstays where you pick your own in autumn. [visitvaldinon.it](https://www.visitvaldinon.it)
- **Car-Free Travel Tips & E-Bike Rentals**
Val di Non is perfect for sustainable travel: explore by train, bike, or foot. E-bikes are widely available, especially for cycling between orchards and along scenic routes. [Visit Trentino](https://www.visitvaldinon.it) [visitvaldinon.it](https://www.visitvaldinon.it)

- **Ideal for Families and Nature Lovers**

With hiking trails, easy bike paths, interactive museums, and nature-themed experiences (like canal walks and mine explorations), the valley caters beautifully to all ages. [Visit Trentino+1](#)

Official Tourism Resource

Explore planning tools, accommodations, activities, and real-time info on **Visit Val di Non – Trentino**. [visitvaldinon.it](https://www.visitvaldinon.it)

Pocket Card: Five Useful Italian Phrases for Val di Non



1. Qual è il periodo della fioritura dei meli?

(Kwahl eh eel peh-REE-oh-doh del-lah fyo-ROO-rah DEH-ee MEH-lee?)
“When is the apple blossom season?”

2. Dove posso affittare una e-bike?

(DOH-veh POHS-so ahf-fit-TAH-reh OO-nah ee-byk?)
“Where can I rent an e-bike?”

3. Posso visitare il Castel Thun?

(POH-ssoh vee-zee-TAH-reh eel Kah-STEEL toon?)
“Can I visit Castel Thun?”

4. C'è una camminata/festa di raccolta in autunno?

(Cheh OO-nah kahm-mee-NAH-tah / FEHS-tah dee rah-KOHL-tah een ah-OO-toh-noh?)
“Is there a harvest walk/festival in autumn?”

5. Questo posto è perfetto per la famiglia.

(KWES-toh POHS-to eh per-FEHT-to per lah fah-MEE-lyah.)
“This place is perfect for families.”