

Culture, History and Traditions

Along the Dolomiti di Brenta Bike route, either family (along cycle paths at the valley floor) or expert (single tracks and forest roads) you will encounter traditional architectural, historic and cultural elements. Even the fastest biker will not miss them!

Culture:

Crossing this territory is equivalent to travelling back in time. Here the old and unique rural architecture that characterises the villages can still be seen. Many of the houses have kept their original entrances, loggia and the unmistakable 'bridge', a driveway that leads from the road to the farm yard.

Many other stones in the valley speak of the past: the humble ones of the churches, the strong ones of the castles, even the shaped ones for lances made by prehistoric men.

Travelling the striking "route of the castles" takes you back to the medieval time on the discovery of Stenico's manor, Castel Campo, the fascinating ruins of Castel Mani, Castel Restor and Castel Spine.

An archaeological tour unwinds among ancient remains: palafitte in Fiavè, roman remains in Vigo Lomaso (10 km off the DDB route) and the great necropolis of Calferi in Stenico.

Of great importance are the excavations near S. Martino di Lundo, retracing ancient tombs from the 4th century and a roman church.

History:

The history of this district is strongly linked with that of its thermal baths. Having ancient origins, well noted by the Romans, they were covered over in 1400 by a landslide. Legend has it that the same landslide also buried the witch Sibilla. The thermal baths were rediscovered in the 19th century and their possession was given to the poor of the valley. Today, its spa waters are considered unique throughout Europe for their skin cures.

To this day noble houses overlook the valley: ancient lookouts that have become one with the mountain crest or well hidden in the woods.

A fascinating tour among castles, searching for ancient rock that still evoke a romantic era of dames and knights while also threatened by greedy conquerors and stained by bloody struggles; it begins at Castel Stenico and ends at Castel Campo, passing by the remains of Castel Mani, Castel Restor and Castel Spine. These mountains also gave birth to one of the most famous and appreciated romantic Italian poets: Giovanni Prati. Special Viaggi dell'Emozione (emotional journeys) routes enriched by stories, theatre and melodies that hark back to bygone days are organised.

Traditions:

Tradition on a plate. For certain, it is a generous land of real quality products: cheeses with the aroma of the Alps, wild river trout, small and rare walnuts, delicious potatoes grown in the mountains, tasty wild mushrooms, sweet amber coloured honey, herbs from the meadows and the incomparable ciuiga salami, which is produced exclusively in Banale and has its origins dating back to the second half of the nineteenth century. At that time the salami was made mixing the pork offcuts with cooked turnip and aromas. Today the ciuiga is not considered a poor dish anymore and it has been listed as a Slow Food product. In this land of sun-kissed vineyards the wisdom of the peasant has ancient origins, glasses are raised of renowned and valuable wines and grappa. These local delicacies can be appreciated at the many fairs and festivals which

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throughout the year enliven the villages scattered across the plateaus. They celebrate local flavours and dishes, offer great entertainment and pay special attention to the traditions of these people of humble origins.

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