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The 5th Edition of the Adventure Awards Days, the adventure and exploration festival, arrives in Garda Trentino.

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Meetings with great adventurers and explorers, photography and storytelling workshops, outdoor cooking classes, concerts and sunrise and sunset, the world's best adventure films and much more: 4 days to meet and share a passion. Among the guests Adam Ondra, the ultra runner Michele Graglia and the pianist Remo Anzovino.

Adventure Awards Days
30th of September – 3rd of October 2016
Garda Trentino

Ideal destination for an active vacation, the Garda Trentino, from the 30th of September and the 3rd of October, will host the **Adventure Awards Days**, the adventure and exploration festival.

Adventure Awards Days arrives in Garda Trentino for the fifth edition: great travelers, adventure lovers and explorers of all kinds – from the most remote peaks to the seas, from the farthest horizons to the forests – will meet to share stories, experiences and passions. The Garda Trentino, the world of water, rocks and nature with mediterranean scents embedded in a ring of vertical walls, it becomes the ideal stage for a meeting aimed at an increasingly wide audience of fans with an outdoor life style.

Adventure Awards Days is an event which is far from practicing extreme sports and the pursuing performances: the philosophy behind this initiative is rather that of the passion that leads us to live intensely our free time, or simply the pleasure of doing something out of the ordinary.

The international Festival of adventure and exploration will promise four days of meetings with protagonists in the outdoor world, of stories to live and share. The heart of the festival will be Arco, but the appointments will involve all the beautiful sceneries of Garda Trentino, from Rifugio Altissimo to Rifugio San Pietro, from Lake Garda to Marocche di Dro. In each place, visitors can feel the thrill of a new experience in the heart of nature.

The event will start Friday, September 30th with the international selection of the best adventure films (last year there were 1200 candidates from all over the world) and some protagonists will be in the movie hall. In the following days there will be trail running training camps with great champions, like Michele Graglia, extraordinary ultra runner from Los Angeles, the meeting with **Adam Ondra**, the vertical limit explorer, "outdoor" cooking courses, a photography workshop with Giampaolo Calzà, one of "athletic storytelling" – this year with Sandro Siviero and Martino Pietropoli, souls of RunLovers – and concerts at sunrise and sunset.

Adam Ondra, Garda Trentino ambassador, will be protagonist also on the rock wall: saturday, at 15, he will make an exhibition for photoshooting at the Cave di Olite, in Bosco Caproni, in Massone; at 17 he will talk about his past, present and future on the main stage of Adventure Awards Days.

The news in this edition is Arco Rock Star: a two day photo contest dedicated to climbing. Team of photographers and athletes, professionals and beginners, will compete on the cliffs of Garda Trentino searching for the best photograph. An event that aims to become an international reference for vertical photographers.

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The protagonist of the concert at sunset on Sunday, October 2nd, at Rifugio San Pietro – which dominates the panorama of the Garda Trentino and you can reach it by making a hike or a bike ride together – will be **Remo Anzovino**, considered by audiences and critics as one of the most original pianist composers in the Italian music scene and beyond: an event in the event which combines nature and sports in the magic of music.

Another novelty will be the BEST 4: a program that will propose the best sports which the Outdoor Park Garda Trentino offers. BEST 4 is composed of two sections: Disability and Non-disability. The "Best4" are four best offers of four outdoor disciplines, each presented by a tutor who will put time and passion into this, but also their own time and their own passion. It will be a precious occasion to confront each other on the disability issue in the outdoor world.

Saturday, October 1st, Adventure Awards will also host a BAM! event, the european bicycle meeting: an opportunity to ride together, share experiences and meet great travelers, like the team of Life in Travel or of the "Montanus", Francesco D'aleccio and Giorgio Frattale.

There are also many meetings for runners: saturday will be the edition zero of Torbole Vertical 2K organized by Garda Trentino Trail, which will arrive at Rifugio Altissimo. Sunday, the athletic storytelling workshop with RunLovers, but also the meeting dedicated to nutrition with the ultra runner Michele Graglia.

There will also be space for yoga, with a sports style, for the shows, the exhibitions and many other initiatives. The complete program of the event will be available on **www.adventureawards.it**

The news will be published on the Facebook page FB/AdventureAwards, on twitter TWadventureADays or using the dedicated hashtags on social networks: #AAD16 and #GardaTrentino.

Info: **www.adventureawards.it**

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