



The lake for emotions, the sun for vanity, the mountain for the spirit

30)



outdoor training ground.

The ideal territory for sports-livers and -lovers: active wellbeing for beginners and outdoor sports enthusiasts. Mountain-bike trails covering differences in altitude of more than 2000 metres, constant winds of different intensities - including the Ora and the Peler - for windsurf or sailing trips full of excitement, equipped walls for sports climbing, *via ferratas* for beginners and experts. Alongside these activities, plenty of well-designed and welcoming accommodation facilities as well as services to suit all sports fans: experience your active holiday in Garda Trentino!!

free climbing

paraglidinc

sailing

windsurfing

diving

canoeing





100 sports... just a step away!



cations of worldwide renown: Riva del mountain-biking and cycling. Garda and Torbole sul Garda, capitals of sailing and windsurfing; Arco, the fa-therland of climbing and Nordic walking; Idding, canyoning, horse riding and trekbut also Tenno, Dro, Drena and Nago king: the choice is yours! with footpaths, cliffs and via ferratas;



sports and landscape: the perfect equation



Garda Trentino, "Eldorado" of ac- cycling from 65 to over 2000 m a.s.l., or tive holidays, where the landscape sailing on a lake surrounded by the mounsuspended between the lake and the mountains makes all the difference. boing sports is great fun and fills you Breathtaking views, picture-postcard with enthusiasm... and doing sports in scenery: the magical world of rock Garda Trentino becomes a unique, yet climbing along sheer faces over the lake, fully repeatable experience.



sailing, windsurf, climbing and biking:excellent performances



infrastructure. High climbing walls set Rough trails with plenty of hills put the challenges for even the most adventur- most audacious bikers to the test. outcrops, angles and chinks.

self... it's pure adrenaline!!!



sport at Garda Trentino: a 360° combination!



Water, wind, rocks and land, 365 days a year. The lake waters have beneficial effects on the climate, which is always mild and pleasant even in winter. The winds blow constantly throughout the year to offer boat trips and windsurfing opportunities any time. The compact rock offers perfect ledges and crevices. The land lies on slopes from 65 to 2000 m a.s.l. Garda Trentino: a natural training ground for your activities and fun, all year round.



solo or guided: schools, instructors, equipment



The grand masters of sport have put sionals in specialist schools for each Garda Trentino to the test, and have activity, as well as hire services for the passed its outdoor activities with flying most advanced sports equipment. Particular attention to the young chamand from here they share their secrets: a and special courses designed specifical-unique value of this territory, which can ly for children: open air entertainment, to



a tournament of events

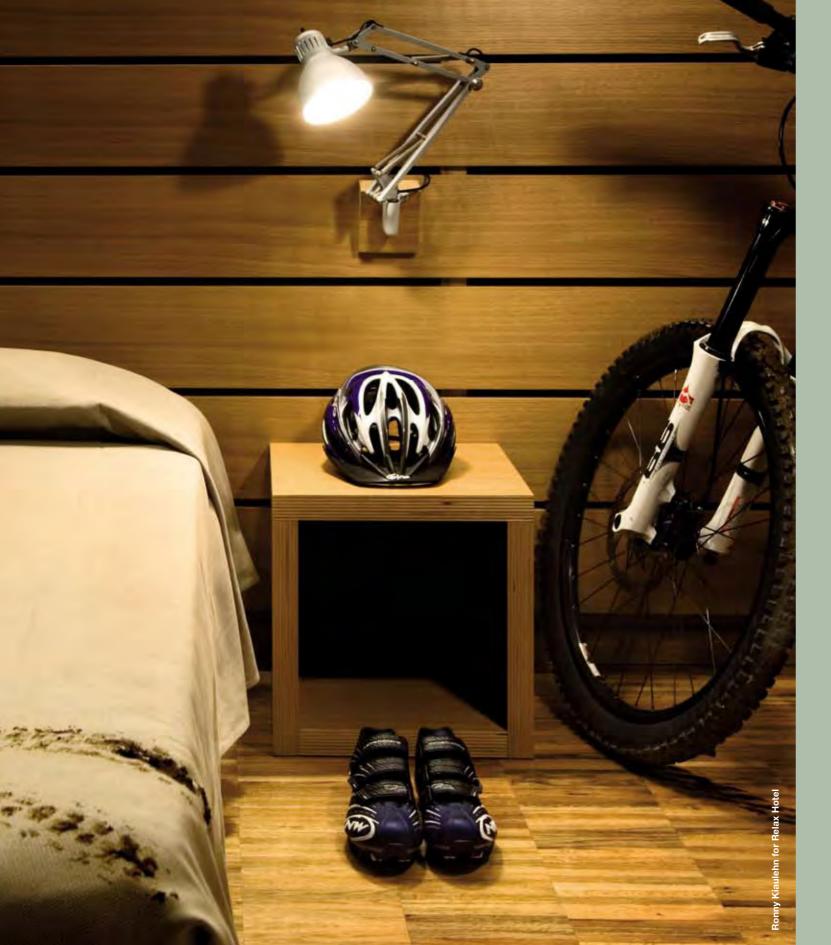


Garda Trentino is famous for its great the Bike Festival, which kick-starts the season for all 2-wheeler fans; sports events, which every year attract the Outdoor Days, the great container of all outdoor sports;

the Jeantex Bike Transalp, the MTB great challenge through the Alps;

the Rock Master, one of the most important events in the free climbing calendar;

the sailing and windsurfing regattas, with world and European championships of the



a warm welcome to you and everything you'll need



Natural and sports structures, highly professional services to allow you to do • info point with material at disposal; your favourite sports in the best possi-ble way, and made-to-measure hospi-small afternoon buffet with a sweet and savoury selection; tality: this is Garda Trentino.

These are the special services that the
"Sports Friends" accommodation facili-• sports equipment storage with small workshop;
• internet point. ties offer to active holiday enthusiasts:



- possibility to wash and dry your technical clothing;

twenty proposals to welcome you and your sport

Feeling Hotel Luise

★ ★ ★ Viale Rovereto, 9 38066 Riva del Garda Tel. 0464 550858 fax 0464 554250 feeling@hotelluise.com www.feelinghotelluise.com

Garda Sporting Club Hotel

Tel. 0464 552072 fax 0464 030026



A DESCRIPTION OF A DESCRIPTION OF

Just a stone's throw from the centre of Riva and the lake. All the luxuries of a 4-star hotel, in an enchanting blend of modernity and warm hospitality: air-conditioned rooms for non-smokers, large heated swimming pool and extensive garden, children's playground, private car park, trekking bikes, bicycle storage.

v Sport Hotel constructed

courts, squa

services

parking area; meeting room with DVD player; restaurant; typical Trentino cuisine; internet wireless; MTB or bikes at disposal; bike wash; special prices for small groups; outdoor swimming pool

services

garage; parking area; meeting room; restaurant; typical Trentino cuisine; internet wireless; gym; MTB or bikes at disposal; shuttle bus to and from the hotel; bike wash; organized sports activities; special prices for small groups; indoor swimming pool; outdoor swimming pool; indoor whirlpool; outdoor whirlpool; relaxation area

services

pay garage; parking area; restaurant; typical Trentino cuisine; internet wireless; MTB or bikes at disposal; bike wash; organized sports activities; special prices for small groups; outdoor swimming pool; sauna; steam bath; massages; relaxation area

Al Frantoio

* * * Via delle Grazie, 22 38062 Arco - Varignano Tel. 0464 518317 fax 0464 515175 info@garnialfrantoio.it www.garnialfrantoio.it

Ambassador Suite Hotel

* * * Via Longa, 16 38066 Riva del Garda Tel. 0464 550358 fax 0464 550359 info@ambassadorsuite.it www.ambassadorsuite.it

Park Hotel Il Vigneto

* * * Viale Rovereto, 56 38062 Arco Tel. 0464 514787 fax 0464 515176 info@parkhotelilvigneto.com www.parkhotelilvigneto.com

Parc Hotel Flora

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Via San Cassiano, 1

Mirage

38066 Riva del Garda

Viale Rovereto, 97/99

38066 Riva del Garda

info@mirageriva.it

www.mirageriva.it

Tel. 0464 552671 fax 0464 553211

info@gardasportinghotel.it

www.gardasportinghotel.it

★ ★ ★ ★ Viale Rovereto, 54 38066 Riva del Garda Tel. 0464 571571 fax 0464 571555 info@parchotelflora.it www.parchotelflora.it

Aktivhotel Santalucia

* * * Via Santa Lucia, 12 38069 Torbole sul Garda Tel. 0464 505140 fax 0464 505509 info@hotelsantalucia.eu www.aktivhotel.it



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The Parc Hotel Flora, just a few metres from the beach, has its own surfing school, and it's equipped for biking (mechanic's workshop, tours, energy breakfast, city bikes), for Nordic walking, and above all for relaxing at the thermal spa, in the gardens and in the unique, brand-

ble holiday. Come vis

v structure. We'll be waiti

services

garage; parking area; meeting room with DVD player; typical Trentino cuisine; internet wireless; gym; MTB or bikes at disposal; bike wash; organized sports activities; outdoor swimming pool; sauna; steam bath; tanning bed; indoor whirlpool; massages; relaxation area

services

parking area; internet point and WiFi network; safe storage for mountain bikes and surf boards; mechanic's workshop; MTB or bikes at disposal; bike wash; organized sports activities; special prices for small groups; outdoor swimming pool; wellness centre with sauna, tanning bed, indoor whirdpool; late check-out; laundry

Rudy

* * * Via San Nazzaro, 81 38066 Riva del Garda Tel. 0464 552559 fax 0464 556051 info@hotelrudy.com www.hotelrudy.com

Santoni Freestyle Hotel

* * * Via Strada Granda, 2 38069 Torbole sul Garda Tel. 0464 505966 fax 0464 506100 info@hotelsantoni.com www.hotelsantoni.com







otel with garden and car park, thernet point, laundry service, ellness centre and gym, garage, kes storage and fully equipped ecchanic's workshop. Room ith balcony or private garden. uperb sweet and savoury uperb sweet and savoury SerViCeS garage; parking area; room with DVD player; indoor whirlpool; massages; relaxation area et in a quiet position near tel ake, recently constructed, odern and functional. We ffer comfortable rooms and partments with a wide variety of privices to back up the various ports activities; a reference point r many people who, like us, njoy active holidays. SerViCeS garage; parking area; room with DVD player; internet wireless; MTB or bikes at disposal; shuttle bus to and from the hotel; bike wash; special prices for small groups; outdoor swimming pool; outdoor whirlpool n extremely new, modern and legant building overlooking elightful vineyards and with view of the lake. Open air wirming pool, gardens, private ar park, garage and winery with ine tasting. Lakes, cliffs and aths for all kinds of sports all ithin easy reach. SerViCeS garage; parking area; internet wireless; MTB or bikes at disposal; bike wash; organized sports activities; special prices for small groups; outdoor swimming pool he recently renovated Hotel udy is open all year round and ffers its clientele a cosy, sporty tmosphere and the chance to beap fit in the gym and relax in the net wellness centre with tassages, saunas and herbal as. SerViCeS garage; parking area; restaurant; typical Trentino cuisne; internet wireless; gym; MTB or bikes at disposal; shuttle bus to and from the hotel; bike wash; special prices for small groups; outdoor swimming pool; sauna; steam bath; indoor	Sourcesetimest point, laundry service, ellness centre and gym, garage, ike storage and fully equipped lechanic's workshop. Room ith balcony or private garden. uperb sweet and savoury utfet lunch, also in the open air. itamin corner.garage; parking area; meeting room with DVD player; gym; MTB or bikes at disposal; sauna; steam bath; indoor whirlpool; massages; relaxation areaet in a quiet position near he lake, recently constructed, odern and functional. We ffer comfortable rooms and partments with a wide variety of ervices to back up the various ports activities; a reference point or many people who, like us, njoy active holidays.Services garage; parking area; room with DVD player; internet wireless; MTB or bikes at disposal; shuttle bus to and from the hotel; bike wash; special prices for small groups; outdoor swimming pool; outdoor whirlpooln extremely new, modern and legant building overlooking elightful vineyards and with view of the lake. Open air wimming pool, gardens, private ar park, garage and winery with ine tasting. Lakes, cliffs and aths for all kinds of sports all itith neasy reach.Services garage; parking area; internet wireless; MTB or bikes at disposal; bike wash; organized sports activities; special prices for small groups; outdoor swimming poolhe recently renovated Hotel udy is open all year round and ffers its clientele a cosy, sporty mosphere and the chance to beep fit in the gym and relax in he ne new wellness centre with bassages, saunas and herbalServices garage; parking area; restaurant; tyical Trentino cuisine; internet wireless; gym; MTB or bikes at disposal; shuttle bus to and from the hotel; bike wash; special prices for small groups; outdoor swimming <br< th=""><th></th><th></th></br<>		
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Villa Stella

$\star \star \star$ Via Strada Granda, 42 38069 Torbole sul Garda Tel. 0464 505354 fax 0464 505053 info@villastella.it www.villastella.it

nds in a comfortable aynamic atmosphere just a tone's throw from the centr

amily-run hotel our guests can elax in a sporty and informal

mosphere. A generous buffet eakfast is served. Great care given to small details to make our holiday as enjoyable as

services

video controlled garage; parking area; meeting room with DVD player; internet wireless; drying room; gym; MTB or bikes at disposal; inflatable boat; shuttle bus to and from the hotel; bike wash; organized sports activities; special prices for small groups; outdoor swimming pool; sauna; outdoor whirlpool

services garage; parking area; bike wash; special prices for small groups

Via Belluno, 13 38066 Riva del Garda Tel. 0464 553675 / 553645 fax 0464 553645 albergovillarina@tiscali.it

Villa Rina

Eden Marone

AGRITUR

Via Marone, 11 38066 Riva del Garda

info@edenmarone.it

www.edenmarone.it

Appartamenti

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lla Rosa is the ideal solution for

orts lovers. Private car park. undry room. And after a day of ort, Villa Rosa offers relaxation

s new accommodation with

irkish baths, whirlpool and air Inditioning. Wireless service fo ganising your holiday.

services parking area; MTB or bikes at disposal; bike wash; organized sports activities; special prices for small groups

services parking area; internet wireless; bike wash; special prices for small groups; steam bath: indoor whirlpool

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Casa Barcelli

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services garage; parking area; bike wash

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Camping al Porto

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38060 Molina di Ledro

info@campingalsole.it www.campingalsole.it



VALLE DI LEDRO



vor-roomed and three-roomed partments with Sat-TV, bathroom this shower and large longe, tuated in the centre of Torbole, st a stone's throw from the ke. The following windsurfing prices are included: courses for levels, children's camps, hiring materials, garaging, dressing oms, showers, video room. SETVICES parking area; meeting room with DVD player; internet wireless; area big garden, dressing oronge, laundry room, mini echanic's workshop, whirpool dressing growt with pool the centre of Torbole, next the lake, strategically placed is small gym. SETVICES parking area; meeting room with DVD player; internet wireless; internet wireless; internet wireless; internet wireless; it y bikes at disposal; bike wash; whirlpool the centre of Torbole, next the lake, strategically placed is small gym. SETVICES parking area; meeting room with DVD player; internet wireless; internet wireless; internet wireless; inty bikes at disposal; bike wash; whirlpool the centre of Torbole, next the lake, strategically placed is an undig and windsurfing. The set mountain bike trails and the ost interesting rock faces of way. Hiring of sports equipment areby. SETVICES parking area; internet wireless; internet wireless; outdoor withing tor; massages; relaxation area		
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Garda Trentino: keep your eyes trained as well





Would you like to know everything about the different opportunities for your outdoor activity in Garda Trentino? Would you like to be updated on events, holiday proposals and special offers? Experience your active holiday! Just click on:

www.gardatrentino.it

www.gardatrentino.it



THE OUTDOORDAYS ARE ALREADY A MILESTONE OF SPORT.

THE DAYS OF OUTDOOR SPORTS EVERY YEAR ON LAKE GARDA

A unique international appointment that you'll live with the highest enthusiasm. Professional instructors, up-to-date facilities and, above all, the biggest park of Europe for outdoor sports.



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ALP





Fierecongressi





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Open all days from 9.00 to 12.30 from 15.30 to 19.30 Torbole sul Garda Via Gardesana, 23 Tel. 0464 505080 Fax. 0464 548710

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In an area of 400 square metres you will find a wide range of the best products. Neil Pryde, Gaastra, O'Neill, F2, Da Kine, JP, Tiga, Bic, Tecnolimits, Team Extreme, White Water, Select, Techonofiber, Maverex, Pat Iove.

CLOTHING

El Nino, Banana Moon, Scorpion Bay, O'Neill, Neil Pryde, F2, Teva, Cool and many other brand names.

Sailing is in our DNA, with brands like Ronstan, Gill, Gul, Magic Marine, Marlow, Gottifredi & Maffioli, Dry Fashion, Camaro, Viadana, Rwo and others.

Since 2005 we have been the exclusive retailers of Bic kayaks.

Our shop can offer you after-sales assistance, with spare parts for all brands and repairs.



We also pay special attention to children, from 2 upwards, with all equipment and clothing for sailing and windsurfing.

Sailing



INFORMATION INGARDA TRENTINO AZIENDA PER IL TURISMO S.P.A.

Riva del Garda Largo Medaglie d'Oro al Valor Militare, 5 Tel. +39 0464 554444 Fax +39 0464 520308 info@gardatrentino.it

Arco Viale delle Palme, 1 Tel. + 39 0464 532255 Torbole sul Garda Via Lungolago Verona, 19 Tel. + 39 0464 505177

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The Places, the Seasons, the Schools, the Proposals

Store it



100% pure sailing

The winds that blow regular make every day the perfect day for a trip out in a boat. The waves, never overly large, are suited to both expert skippers and beginners.

Lake Garda is renowned as one of the best Italian regatta locations, and is as good as any of the great international sailing circuits.

Great attention is paid to safety, which is assured by an efficient rescue service.



winds

Pelèr or Vent del Sarca: permanent wind which blows from the north and lasts 12 hours, extending across most of the lake's surface and joining or feeding other winds. In good weather it starts blowing from the evening until 10:00 and 11:00 a.m. First it blows in the northern and middle part of the lake; at sunrise and in the summer months it becomes much stronger, extending across the whole surface; offshore it can reach the speed of 12-15 m/s. It usually brings good weather but, if it arises at the wrong time, as it can happen in winter, it brings bad weather. **Ora:** permanent wind which blows from the south, which usually develops in the centre of the lake between 12:00 and 1.00 p.m., after the Pelèr drops, until sunset. It is not as violent as the Pelèr and in fact it never blows faster than 8-10 m/s. This is the wind that has made the Upper Garda very famous in the sailing world.

Vineza or Vinesa: this wind comes from the south of the lake; it is created by the Bora wind when it reaches Lake Garda coming from the Upper Adriatic Sea. It's usually a strong wind and brings changing weather within the next 24 hours. It can last the whole day. **Balì or Balinot:** it comes down from Mount Ballino, situated in the northwestern part of Riva. It isn't very frequent, but in winter you can usually find it after a sudden drop of temperature. It can travel at a speed of 20 m/s and it often causes big waves - bigger than Pelèr's.

Ponale or Ponalot: it comes from the Ponale Valley in the west and blows in the evening and at night and occasionally in the morning. Along the eastern coast it's not so strong. It joins the Pelèr and can sometimes bring bad weather; in this case it becomes violent and dangerous.

Sailing clubs

Circolo Vela Arco Via Lungo Sarca, 20 38062 Arco Tel / Fax +39 0464 505086 www.circolovelaarco.it	Circolo Vela Torbole Via Lungolago Verona, 6 38069 Torbole sul Garda Tel +39 0464 506240 Fax +39 0464 506076 www.circolovelatorbole.com
Fraglia Vela Riva	Lega Navale Italiana
V.le Giancarlo Maroni, 2	Viale Rovereto, 142/a
38066 Riva del Garda	38066 Riva del Garda
Tel +39 0464 552460	Tel / Fax +39 0464 556028
Fax +39 0464 557120	www.leganavale.it/rivadelgarda
www.fragliavelariva.it	

Proposals

SURFSEGNANA

Surfsegnana Center Lido di Torbole & Junior Club under 14 Foci del Sarca 38069 Torbole sul Garda Tel +39 0464 505963 Fax +39 0464 505498



Surfsegnana Center Sailing Du Lac

c/o Hotel Du Lac et Du Parc Viale Rovereto, 44 38066 Riva del Garda Tel +39 0464 552453 www.sailingdulac.com

ACTIVITIES

- school and rental of Feva sailing boats and mini yachts, Top Cat and Hobie Cat, North Sails sails
- boats storage

info@surfsegnana.it

www.surfsegnana.it

- · organization of events, team building, incentives and stages
- junior club for under 14: organization of special FUNonBOARD camp **SERVICES**

changing rooms, hot showers, lunch bar, video clinic room, wide lawn and parking

Services

Punto Nave

Porto San Nicolò - 38066 Riva del Garda Tel +39 0464 556846 - web.tiscali.it/puntonave - danieleluchi@tiscali.it





Gardaseecharter Nautic Club Riva The wind never fails

Porto S. Nicolò Viale Rovereto 38066 Riva del Garda Tel +39 335 5274455 +39 335 5274554 www.gscharter.com info@gscharter.com

ACTIVITIES

- daily tours with skipper, sailing courses, organization of regattas
- sailing school FIV and VDWS
- · sailing boats rental
- day and night cruises with itineraries scheduled and upon request
- boat driving licence
- organization of team building and incentives

FLEET

yacht sailing, catamarans, dinghy

Sale of boat accessories, technical and sports clothing

100% pure canyoning

lake. Do it, but together with a guide from the canyoning centre, which organizes daily trips during the nice people because the guides are possessive over them! the woods, flowing between rocks to meet small lakes









The best choice for your active holidays in Trentino

Outdoor Activity Centre Mountain Guide Office Via Segantini, 64 - Arco (Tn)

Nordic Walking Training Centre Loc. Prabi - Arco (Tn)

el. +39 0464 532828

Proposals



Outdoor Activity Centre

by Friends of Arco Via Segantini, 64 38062 Arco Tel/Fax: +39 0464 532828 Mobile: +39 333 1661401 www.gardaactive.it www.friendsofarco.it

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ACTIVITIES

organization of events, team building and incentives, stages and special camps

Services

Gobbi Sport

Via Segantini, 72 - 38062 Arco Tel / Fax +39 0464 532500 www.gobbisport.it info@aobbisport.it

Via ferrata equipment rental: sale of technical equipment and clothing for free climbing, trekking and Nordic walking.

For more detailed information on Garda Trentino excursions. maps are available at our offices

www.canyonadv.con TORBOLE - Tel. +39 0464.505406

INFORMATION IGARDA TRENTINO AZIENDA PER IL TURISMO S.P.A.

Riva del Garda Largo Medaglie d'Oro al Valor Militare, 5 Tel. +39 0464 554444

Viale delle Palme, 1 Tel. + 39 0464 532255

Torbole sul Garda Via Lungolago Verona, 19 Tel. + 39 0464 505177





Climbers' Lounge (Rock Master Climbing Wall)

www.friendsofarco.it www.gardaactive.it

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• NORDIC WALKING

• BIKING • TREKKING

• YOGA

Climbing & Canyoning



The Places, the Seasons, the Schools, the Proposals





100% pure climbing

for anyone, even families and kids, Garda routes with fixed cables and iron ladder Trentino offers more than 2000 equipped paths.

For the more daring climbers, but also and numerous *via ferratas*, i.e. mountain



Free-climbing areas

area	locality	exposure	No. of routes	difficulty	length	
Baone	Arco	south	13	4b/6a	from 25 to 100 m	
notes: level base area equipped with tables/benches - WC						
Spiaggia delle Lucertole	Torbole	south	20	mainly 6a/7c more than 7/b	15/60 m 30 m on average	
notes: vertical cliff high	n up above t	he lake				
Corno Di Bo'	Torbole	west	4	4b/5a	50/60 m	
notes: cliff high up abo	ove the bead	ch				
S. Martino Policromuro	Arco	east	130	5a/9a	15/40 m 20/25 m on average	
notes: base area among olive trees equipped with tables/benches – WC – very few parking places - walking from Arco is recommended						
Nago	Nago	south	120	5a/8a	15/40 m 25/30 m on average	
notes: perfect for groups and families – parking possible along the road towards Monte Baldo						
Passo S. Giovanni	Nago	south	circa 40	5c/8a	10/25 m	
notes: bouldering possible in the woods - ideal area for families						
Muro dell'Asino, parete ovest M. Colodri	Arco	west	35	4a/6b	from 10 to 25 m	
notes: easy equipped places – walking				vith tables/benches –	WC – very few parking	

notes

The Autonomous Province of Trento It is advisable to always check the know and respect the correct basic safeequips, takes care of, and periodically state of the walls' equipment before ty rules and use the proper safety gear. checks the climbing areas mentioned using them. above.

In the Garda Trentino territory there are to protect you from injury in falls and purposes. many other climbing areas, equipped from falling debris. by experts but not officially and regu- Climbing involves certain risks and for the contents, accuracy or completelarly taken care of.

climbers must be responsible enough to ness of these pages.

The above list is merely a collection of It is advisable to always use a helmet information, with no technical or safety Ingarda Trentino takes no responsibility

Via ferratas and iron ladder paths

name	locality		-SAT e No.	difficulty	difference in height	time
Ferrata "Via dell'Amicizia" a cima S.A.T.	Riva	No. 4	404/B	EEA	m. 650	h. 2.40
Hut W.FF (b. 404) - Cima	a Sat q. 1246 –	eastern	side of Cima	a Rocchetta c	ı. 1250	
Ferrata "Fausto Susatti" a Cima Capi	Riva	No.	405	EEA	m. 757	h. 5.40
(b. 406) - Val Sperone (b. Penstocks (b. 404) q. 37 ron ladder path	3		CAI-SAT		difforence	
name	loc	ality	route No.	difficulty	in height	time
Sentiero Mario Foletti	R	liva	No. 460	EEA	m. 205	h. 1.20
Val Vasòtina/Loc Le Frate (entrance from Biacesa, Val di Ledro, along 417) b. 417 q. 617 - b. 460/bis q. 840 Church of St. Giovanni q. 860 - ridge S/SE of Cima Rocca b. 405 q. 880						
Sentiero Colodri	A	rco	No. 431/B	EEA	m. 270	h. 1.50
Arco loc. Prabi/Campsite q. 100 – roped path from q. 190 to q. 325 - cima Colodri q. 325 - b. Cima Colt q. 360 - Laghel q. 220 – Arco						
"Sentiero del 92° Cong Arco - Cima Baone	resso" A	rco	-	EE	m. 389	h. 3.00
Locality Tremoz, Arco (rea S. Rocco shrine - b. Bao						53 -
"Sentiero Degli Scalon Ceniga S. Antonio	i" Ce	niga	No. 428	EEA	m. 408	h. 2.10
Ceniga/Roman Bridge (b - San Antonio/S.P. road ('	Lizzone	- end of rock	k steps q. 325	5 - Dos Tondo (b.	428 bis) q. 50
Sentiero del Rampin		Dro	No. 426	EEA	m. 1102	h. 4.50
Pietramurata - Coste di N			· ·	, ,		215 -
Malga Poia (Naon) q. 986	5 - Santa Croce	e Church	q. 757 - GC	uchzo q. 000		

EE = Paths for experienced excursionists

EEA = Paths for experienced excursionists with equipment (string, helmet, spring-clips and sling) **q.** = Altitude **- b.** = Crossroads

Specialized shops

Bikbike

Sale of bikes and clothing; rental: city, mountain and road bikes Cube and Trek; bike repair; workshop at your disposal

Via S. Caterina, 9 38062 Arco Tel/Fax +39 0464 514385 www.bikbike.com info@bikbike.com

Bike Shop Giuliani

Sale of bikes, accessories and clothing; rental: city, mountain and road bikes; bike repair

Via B. Galas, 29/A 38062 Arco Tel/Fax +39 0464 518305 www.bikegiuliani.com bikegiuliani@tin.it

Cicli Pederzolli

Sale of bikes; rental: city, mountain and road bikes; bike repair

Viale dei Tigli, 24 38066 Riva del Garda Tel/Fax +39 0464 551830 www.pederzolli.it fioriebike@dnet.it

Rosà Bikes And Scooters

Bike rental and test center Iron Horse; bike repair; sale of Iron Horse, Carraro, HZD, Nordcicli bikes; sale of Fox and **Rudy Project clothing**

Viale Dante, 4 38066 Riva del Garda Tel +39 0464 553498 Fax +39 0464 562157 www.rosabike.it info@rosabike.it

Stop And Go

Sale of bikes, equipment and clothing; bike rental Lee Cougan and Ghost; bike repair

Piazza Trieste, 8 38074 Dro Tel/Fax +39 0464 544028 www.stopandgo-bike.com stopandgobike@libero.it



For more detailed information on Garda Trentino bike trails, excursion maps are available at our offices

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Riva del Garda Largo Medaglie d'Oro al Valor Militare, 5 Tel. +39 0464 554444 Fax +39 0464 520308 info@gardatrentino.it

Tel. + 39 0464 532255

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100% pure bike

From cross country to free riding, from road cycling king: at Garda Trentino, your bike is your steed, 12 months a year. The departure points lie at 60 m a.s.l. and reach peaks of more than 2000 metres, offering slopes and trails for all kinds of bikers, all with a high adrenaline content. Many cycle paths offer relaxing



mountain bike

Freeride/Downhill

Garda Trentino is a favourite location for freeriders and downhillers from all over the world: challenging paths, immersed in the green of nature, with endless technical descents that start on mountain tops at over 2000 m a.s.l. and career down to the shores of Lake Garda. There is a wide range of possibilities and degrees of difficulty: from the "heavy-going" downhill/ freeride, with bike-shuttle services, to the "pedal" where the only help you are going to get is your own legs!

X-Country

Both for professional bikers seeking the best place for training, and for excursionists who enjoy being in contact with nature, Garda Trentino offers fabulous itineraries with breathtaking views and spectacular mountains all waiting to be explored, such as the Baldo and Monte Velo. Old mule tracks, military routes, forest paths and mountain refuges will take you into another dimension, far from the chaos of traffic and the stress of everyday life.

Bike Trekking

Bike trekking is the ideal activity for those who are not seeking taxing routes and exhausting climbs, but who wish to include all the family, the children and the odd friend who, although well-disposed, may not be in top form. Garda Trentino is the right place in which to enjoy a fabulous, healthy, interesting and exhilarating day dedicated to cycling, experience nature, meet people, savour the local flavours and get a bit of exercise!

road cycling

For the lovers of this sport, Garda Trentino offers excellent opportunities to pass unforgettable moments astride the saddle, enjoying the many and varied roads suitable for cycle touring and road cycling, alternating between the flat and the hilly.

The Upper Garda area is, as always, the ideal place for many professional teams. Champions such as Chiappucci, Fon-

driest and Moser have pedalled along our roads, practising their racing tactics. There are many ideal circuits: the famous "S. Barbara" climb, or the climbs towards Tenno and the Passo del Ballino and the tortuous bends of Drena with the Marocche biotope.

Thanks to the particularly favourable climatic conditions of the area this sport can be practised all year round.

Proposals



Your bike partner at Lake Garda Tel +39 0464 550880

Mobile + 39 349 2338999 www.gardaonbike.com info@gardaonbike.it

ACTIVITIES

- professional bike guiding service
- guided tours of Freeride, X-Country, DownHill, Bike Trekking and Road Cycling
- easy tours and for families, "wine & food tasting trips" by bike, which can be personalized on request
- · workshops & ride camps, at any levels
- bike events, incentives, team building, school trips
- Kid's Bike School licensed by F.C.I. with official mountain bike instructors
- bike rental

SURFSEGNANA

Surfseqnana Centers Tel +39 0464 505963 Fax +39 0464 505498 www.surfsegnana.it info@surfsegnana.it

Surfsegnana Center Lido di Torbole & Junior Club under 14

Foci del Sarca 38069 Torbole sul Garda

Surfsegnana Center **Porfina Beach**

c/o Camping Bavaria Viale Rovereto, 100 38066 Riva del Garda

ACTIVITIES

SERVICES

workshop, wide lawn, parking

Services



Bus and bike shuttle Taxi Barcelli

Via Matteotti, 19 38069 Torbole sul Garda Tel +39 0464 505122 Mobile +39 349 2881930 +39 349 2882110 Fax +39 0464 549886 www.barcelli.com info@barcelli.com



Toresela bike

Strada Rivana, 5 38060 Nago Tel +39 0464 540030 Fax +39 0464 540095 www.hoteltoresela.it info@hoteltoresela.it

BIKE SHUTTLE

BIKE RENTAL





Sailing Du Lac

c/o Hotel Du Lac et Du Parc Viale Rovereto, 44 38066 Riva del Garda Tel +39 0464 552453 www.sailingdulac.com

Surfsegnana Center Prato al Lago

Prato al Lago 38069 Torbole sul Garda

 mountain bike rental and mountain bike tours: Whistle, Atala and Scott · events organization, team building, incentives, stages and special camps • junior club under 14: organization of special camp FUNonBOARD

changing rooms, hot showers, lunch bar, video clinic room, bike



Trekking Highlights

"Old Ponale road" path (Riva del Garda)

One follows via Gargnano from the centre of Riva to wards Limone. On the right side, before the tunnel starts the "old Ponale road" path which is now a cy cle/pedestrian path; from there one can enjoy a mar

Busatte Park – Tempesta (Torbole sul Garda

The breathtaking walk with view over the lake starts from the Busatte Park and wings for 4 km. This semi level route all along the hillside gets over 2 ridges: Corno di Bò and Salt de la Cavra, which are connected by a 400step iron staircase and leads you to Tempesta on the lake (4 km; about 1 hour and a half from Busatte Park).

Bosco Caproni (Arco)

Amidst statuary stone quarries and uncontaminated nature, this is the ideal surroundings for reclaiming your spirit. An area of great environmental interest, rich in historical and artistic findings, with "natural art works" which are part of the "Sculpture Park Drena 3000" permanent exhibition. he vegetation is chiefly characterised by holm oak, lack pine and chestnut woods.

There are over 400 species of flora, and over 100 varieties of animal species. There are numerous geological findings representing vestiges of glaciations and karst phenomena.

Proposals



Outdoor Activity Centre

by Friends of Arco Via Segantini, 64 38062 Arco Tel/Fax: +39 0464 532828 Mobile: +39 333 1661401 www.gardaactive.it www.friendsofarco.it

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ACTIVITIES

organization of events, team building and incentives, stages and special camps.

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Gobbi Sport

Via Segantini, 72 - 38062 Arco Tel / Fax +39 0464 532500 www.gobbisport.it info@gobbisport.it

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ArcoTorbole sul GardaViale delle Palme, 1Via Lungolago Verona, 19Tel. + 39 0464 532255Tel. + 39 0464 505177





Nordic Walking & Trekking





The Places, the Seasons, the Schools, the Proposals



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and and a second

100% pure nordic walking & trekking

Itineraries to follow alone or with expert guides, through

Garda Trentino is a paradise for trekking and Nordic walking, counting on trails with exceptional views, and footpaths dotted with historical and artistic landmarks.



Nordic Fitness Sports Park Lago di Garda - Arco

difference adding up to 2,648 m. colours and special signs planted with panels showing the panoramic guarantee Nordic walking excur- along the paths, differentiated ac- map of the area; from Prabi at the sions both in mountain areas and cording to kilometric length, level bottom of the valley, from the mounalong paths that descend right to the differences and degree of difficulty. tain chalet of Zanga on Monte Velo, shores of Lake Garda.

100 km of routes with a total level 15 itineraries, marked with different 3 different departure points in Arco, and from the mountain chalet of San Giovanni al Monte.

trail No.	name	start	km	difference in level	overall time	difficulty level
1	Giro punta del lago	Arco and surroundings	15,7	92	h 3,51	difficult
2	Giro del ponte Romano	Arco and surroundings	7,3	35	h 1,47	easy
3	Giro delle fontane	Arco and surroundings	10,1	315	h 2,59	difficult
4	Giro delle fontanelle	Arco and surroundings	3,9	147	h 1,12	easy
5	Giro de Baon	Arco and surroundings	6,9	233	h 2,04	medium
6	Giro delle Cave	Arco and surroundings	6,0	239	h 1,50	medium
7	Giro dei Prai de Gom	San Giovanni al Monte	6,8	167	h 1,52	easy
9	Giro Malga Zanga I	Monte Velo	3,9	166	h 1,13	easy
11	Giro del due Sassi	Monte Velo	7,5	217	h 2,02	medium
12	Giro delle malghe	Monte Velo	8,9	250	h 2,24	medium
13	Giro Prato Saiano	Arco and surroundings	7,6	49	h 1,50	easy
14	Giro di Laghel	Arco and surroundings	8,5	317	h 2,33	medium
15	Giro salt de la cavra	Arco and surroundings	8,6	421	h 2,53	difficult

Trek of History: the Emperor's Fortresses

1) Riva del Garda: the Mount Brione forts

In 1852, the General Staff of the (1881) is on the mountain's peak. Austro-Hungarian Empire started Fort Batteria di Mezzo (1900), building forts to guard the north- Fort Garda (1907). The location ern coast of Lake Garda, calling also preserves the visible remains it the "Festung Abschnitt" i.e. the of the communication trenchfortified sector of Riva del Garda. es, observation posts, combat Mount Brione stands at the cen- trenches and military roads. The tre of this network of forts: Fort itinerary starts at Port S. Nicolò S. Nicolò (1860-1862) is close in Riva del Garda and proceeds to the lake, Fort S. Alessandro along the Peace Path.

Difference of level: 300 m

Overall time:



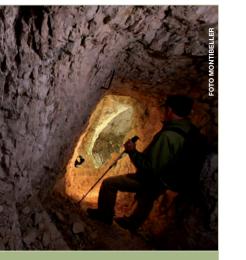
Difference of level: 700 m

2) S.Giovanni - Cima Rocca Rocca path (war tunnels) – Rocca peak or the Sperone

Sperone.

vanni. By following the Rocca returns to Biacesa. path you reach the entrance to

Overall time:



The climb to the Rocca peak the first tunnel, the tour contin-(Cima Rocca) is one of the most ues along the network of tunnels interesting itineraries for pundits of up to the path that leads to the field fortifications built during the peak of Sperone or Cima Rocca. war, where you can admire the From there: a) one can descend breathtaking view of Lake Garda: north along the equipped path the tunnel system "Alto Garda" on that ends on the western slope; b) from the peak one can return Starting in Biacesa, the itinerary back to the entrance to the third climbs up to the Caregna junc- tunnel and come out through the tion and then turns onto the mule mountain along the trenches that path posted as SAT No. 417 up join the previous route. Then one to the small church of S. Gio- descends to Bocca Pasumer and

> Difficulty level: EEA (excursion for equipped experts)

3) Tagliata del Ponale (itinerary accessible only on specific occasions)

Tagliata del Ponale is a fortifica- the "old Ponale road". tion tunnel-system consisting. The undoubtedly most spec- two posts opening outwards in a complex of corridors and tacular artefact of the fortifica- for cannons and two observatrenches excavated directly tion is the long flight of steps tion posts. The rock complex is above Lake Garda in a unique that descends from the third very intricate and includes arms panoramic location in the years tunnel towards lake level. The and ammunition rooms, service 1904-1918. It can be reached steps end a few metres above areas, a medication room and from Riva del Garda following lake level with four large ap- food storage locales.

ertures towards Lake Garda:

Difference of level:	Overall time:	Difficulty level:
100 m	1 hour 30 minutes	E (excursionists)

4) Trat-Saval-Pernici on the Riccabona path

Bocca di Trat, the mountain (1805 m), where remarkable bleways from Campi to Malga pass connecting Valle di Ledro war trench remains, barracks Grassi. with the Lower Sarca area, was and a few tunnels are still vis- One reaches the Pernici refuge. guarded by the Austro-Hun- ible. After Tomeabrù, one turns after passing by various comgarian army. The itinerary starts back towards Bocca Saval, this munication trenches and war at Malga Trat. reached on the was the site of the Command barracks. The return to Bocca paved road from Val Concei. headquarters of the Austrian di Trat is along the main road The "delle vacche" (cows') path sector, of a field hospital and leading to the bottom of the departs from the Caret peak the arrival point of various ca-valley.

50 m 2 hours 45 minutes E (excursionists))ifference of level:	Overall time:	Difficulty level:
	50 m	2 hours 45 minutes	E (excursionists)

5) Mount Altissimo

On Mount Altissimo, in the Bal- be visited. From there, proceed do range, was settled the Aus- on foot to Dosso Alto, Doss trian army with its first line in Casina, from where one returns the areas of Malga Zures, Doss towards Malga Zures along the Casina and Dosso Alto. There are two options from di Nago, continue on foot to the Nago: a) from the town of Nago, peak of Mount Altissimo where drive to Malga Zures, where the it is possible to view the field Austro-Hungarian tunnels can defences of the Italian army.

Peace Path: b) drive up to Prati

Difficulty level:

Difference of level: inerarv a) m. 300 inerary b) m. 530

Overall time: itinerary a) 3 hours itinerary b) 2 hours 30 minute



Open all days from 9.00 to 12.30 from 15.30 to 19.30

Torbole sul Garda Via Gardesana, 23 Tel. 0464 505080 Fax. 0464 548710

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CLOTHING

El Nino, Banana Moon, Scorpion Bay, O'Neill, Neil Pryde, F2, Teva, Cool and many other brand names.

Sailing is in our DNA, with brands like Ronstan, Gill, Gul, Magic Marine, Marlow, Gottifredi & Maffioli, Dry Fashion, Camaro, Viadana, Rwo and others.

Since 2005 we have been the exclusive retailers of Bic kayaks.

Our shop can offer you after-sales assistance, with spare parts for all brands and repairs.

We also pay special attention to children, from 2 upwards, with all equipment and clothing for sailing and windsurfing.



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Riva del Garda Largo Medaglie d'Oro al Valor Militare, 5 Tel. +39 0464 554444 Fax +39 0464 520308 info@gardatrentino.it

Torbole sul Garda Via Lungolago Verona, 19 Tel. + 39 0464 505177 Arco Viale delle Palme, 1 Tel. + 39 0464 532255







100% pure windsurf

Driven by the Ora or the Pelèr, windsurfing in Upper Garda is good for beginners and experts alike.

Riva del Garda, but above all Torbole sul Garda, are the most famous locations to the quality services available: schools and equipment hire of the highest qual-For years, these areas have played host to important international events. including the SurFestival, which attract surfers from all over Europe.



winds

Pelèr or Vent del Sarca: permanent wind which blows from the north and lasts 12 hours. extending across most of the lake's surface and joining or feeding other winds. In good weather it starts blowing from the evening until 10:00 and 11:00 a.m. First it blows in the northern and middle part of the lake: at sunrise and in the summer months it becomes much stronger, extending across the whole surface; offshore it can reach the speed of 12-15 m/s. It usually brings good weather but, if it arises at the wrong time, as it can happen in winter, it brings bad weather.

Ora: permanent wind which blows from the south, which usually develops in the centre of the lake between 12:00 and 1.00 p.m., after the Pelèr drops, until sunset. It is not as violent as the Pelèr and in fact it never blows faster than 8-10 m/s. This is the wind that has made the Upper Garda very famous in the sailing world.

Vineza or Vinesa: this wind comes from the south of the lake; it is created by the Bora wind when it reaches Lake Garda coming from the Upper Adriatic Sea. It's usually a strong wind and brings changing weather within the next 24 hours. It can last the whole day.

Balì or Balinot: it comes down from Mount Ballino, situated in the northwestern part of Riva. It isn't verv frequent, but in winter you can usually find it after a sudden drop of temperature. It can travel at a speed of 20 m/s and it often causes big waves - bigger than Pelèr's.

Ponale or Ponalot: it comes from the Ponale Valley in the west and blows in the evening and at night and occasionally in the morning. Along the eastern coast it's not so strong. It joins the Pelèr and can sometimes bring bad weather; in this case it becomes violent and dangerous.

Windsurfing clubs

Circolo Surf Torbole

38069 Torbole sul Garda Tel +39 0464 505385 Fax +39 0464 548592 info@circolosurftorbole.com www.circolosurftorbole.com



SURFSEGNANA

Surfsegnana Centers

Tel +39 0464 505963 Fax +39 0464 505498 info@surfsegnana.it www.surfsegnana.it

Surfsegnana Center Lido di Torbole & Junior Club under 14 Foci del Sarca

38069 Torbole sul Garda

Surfsegnana Center Prato al Lago Prato al Lago 38069 Torbole sul Garda

c/o Camping Bavaria Viale Rovereto, 100 38066 Riva del Garda

Surfsegnana Center

38069 Torbole sul Garda

c/o Hotel Paradiso

Paradiso

Surfsegnana Center Porfina Beach



Conca Windsurf

Via Lungolago Verona, 6 38069 Torbole sul Garda Tel/Fax +39 0464 548192 www.windsurfconca.com info@windsurfconca.com

ACTIVITIES

- courses and equipment rental
- official Test Center JP Australia Boards and Neil Pryde Sails
- camp for teenagers

SERVICES

changing rooms and hot showers



Sailing Du Lac

c/o Hotel Du Lac et Du Parc Viale Rovereto, 44 38066 Riva del Garda Tel +39 0464 552453 www.sailingdulac.com



Pierwindsurf

c/o Hotel Pier - Loc. Gola, 2 38066 Riva del Garda Tel +39 0464 550928 www.pierwindsurf.it



Surf Center Lido Blu

Foci del Sarca, 1 38069 Torbole sul Garda Tel + 39 0464 506349 Fax + 39 0464 505931 www.surflb.com info@surflb.com

ACTIVITIES

· courses and equipment rental for beginners and experts: Naish Boards; Naish Sails; Hifly Boards

SERVICES

surfboard storage



ACTIVITIES

- school; surfboard rental: Mistral, Hifly, Bic. Tiga and RRD: sails rental: North Sails and Simmer Style
- · organization of events, team building and incentives, stages and special camps
- junior club for under 14: organization of special FUNonBOARD camp

SERVICES

storage, changing rooms, hot showers, lunch bar, video clinic room, wide lawn and parking

Nascorenna.com

Vasco Renna **Professional Surf Center**

Parco Pavese, 1 38069 Torbole sul Garda Tel +39 0464 505993 Fax +39 0464 506254 www.vascorenna.com info@vascorenna.com ACTIVITIES

	 courses at any level and rental:
	Fanatic surfboards; Gaastra sails;
h	Camaro wet suits
s	 organization of stages and events
	 camps for teenagers
	SERVICES
	changing rooms and showers,
	surfboard storage, parking (limited
	places), safe-box depot, sun beds and
	beach umbrellas (for a fee)