



# Garda Trentino the great Lake for holidays

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





the possibilities



the choice

**Garda Trentino - Riva del Garda, Arco, Nago-Torbole, Drena, Dro and Tenno - these are some of the places that make up this area, offering a holiday that contains everything you expect and its lovely opposite. You can enjoy this area in lots of ways: exploring nature and history, culture and traditional food and wine, practising sport or relaxing. It's as if the Mediterranean has come right up to the foothills of the Alps, revealing aspects of incomparable beauty. In this presentation, you'll discover what the Garda Trentino area - the area to the north of the largest of the Italian lakes that is suitable for bathing - has to offer, and you'll find lots of possibilities to really live the holiday you're looking for.**

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natural



Sun, water and wonderful beaches. Lake Garda is one of the most beautiful lakes in Europe for bathing: it's just like a little sea.

artificial



Apart from the beaches, there are lots more places, created especially for you, where you can sunbathe, relax and enjoy yourself.



## the places

Villages, old townships, the beach and all the surrounding area stretch out on a wide, lush plain, making a splendid setting for all your holiday activities in this perfect location. If you go out on the lake, you have a view of the houses facing onto it and the rocks towering above it over the water. The air is always sparkling clear, so you can see the skyline of the Dolomites, the very world's famous mountains and, a short distance away, the hills studded with green vineyards and silvery olive groves. If you go for a bike ride or an extra long walk, you're sure to come across unexpected horizons, romantic views and the strong scent of hay.

Historical sites and remains tell us of when this area was at the crossroads, both logistically and culturally, between the Latin and Germanic worlds. The various places of interest are marked by the presence of medieval manor houses, churches, large buildings and imposing ruins. There's the Rocca, an ancient defensive fortress, the Torre Apponale, the Palazzo Pretorio, the Church of the Inviolata - a wonderful example of

Baroque style - and the characteristic squares and small squares in the historic town centre of Riva del Garda, which has today also become a "Roman town" because of the recent archaeological discoveries that were made there. And at Arco, famous for its favourable climate, there's the Municipal Casino with the veranda attached and the Archducal Villa and Park harking back to a time when the town was a meeting place for Central European nobility. Torbole is a picturesque, lively place, famous for inspiring poets and writers and for accommodating Goethe in the late 18th century. Other places worth seeing are Dro, with its Roman bridge, the lunar scenery of the Marocche area and the village of Tenno with the large expanse of turquoise-coloured alpine lake, and the delightful medieval Canale township. Then there are the castles at Arco, Drena and Tenno, Castello di Penede at Nago and the Torre Guaita at Pietramurata - all making their unmistakable imprint on the landscape. For those who want to explore further afield, there are various other places of interest in the area: the Castello del Buonconsiglio in Trento and the MART in Rovereto - the modern and contemporary art museum with its futuristic architecture. Or skirting the lake, there's the romantic Punta San Vigilio, Peschiera and the castle, Sirmione and the Caves of Catullus, Gardone and D'Annunzio's "Museo del Vittoriale degli Italiani". Then, of course, there's Verona and the famous Arena.



adults

International regattas, festivals and sailing and windsurfing events attract sportsmen and women and other devotees from all over the world.



kids

These things are nothing to the dreams that can come true for kids who may be smaller, but are just as important.



## sport

A whole network of trails unfolds in the area between the lake and the mountains, making Garda Trentino a superb destination for lovers of fresh air and outdoor activities. There are routes for walking or cycling, like the panoramic cycle track, or numerous paths for trekking and biking tours. For Nordic walking lovers, the new Nordic Fitness Sports Park™ Lago di Garda - Arco offers 100 km of tracks both high

up and along paths that come right down to the shores of Lake Garda. The overhanging rocks offer a natural training ground for bold, resolute climbers, and the mountain tracks are the perfect place for mountain bikers to test their skills. And finally, the winds are the regular, constant companions of sailors and windsurfers, that make Garda Trentino an international and top active holiday destination.

physical exercise



Cycling along the tracks around the lake is great fun and great exercise.

having a rest



When you come to the end of your cycling trip, you can relax in the sun on one of the welcoming Garda Trentino beaches.



## in tune with nature

The waters of Lake Garda, washing over white pebble beaches, are crystal clear, light and cool. They are full of the colours of the sea, they are warm in summer and give off heat in winter, thus softening the extremes of the weather and contributing to create an exceptional microclimate with mild temperatures, just like at the seaside. The sun shines for most of the year, encouraging Mediterranean-type vegetation to grow, and in this “ecological niche”, exotic plants flourish; these were introduced from America, Asia and Australia at the end of the nineteenth century, and allow this area to be considered as a highly esteemed natural arboretum.

The wonderful sights provided by nature here are the result of a very remote, but also recent, history of geological-climatic events. Water, rock, waterfalls, botanical species, coasts, beaches and mountains form the natural framework for this region’s microcosm: Garda Trentino contains within it all the identity of Lake Garda.

Several different winds can be identified among those that blow over Upper Lake Garda: there’s the *Pelér*, the wind that blows from north to south in the morning, when the warm air from the lake rises and attracts air down from the Sarca Valley. Then there’s the *Ora*, wafting from the south from late morning until evening, taking the cooler air up to the mountains; this is wind that is most welcomed and best loved, an elixir of vitality to accompany the rhythm of the land and of holidays. The Marocche Biotope at Dro is an imposing mass of loose rocky material brought down during the Quaternary period; this geological, natural area can be viewed along educational trails with observation points. The Arco Arboretum, an ancient park that belonged to Archduke Albert of Hapsburg, is today a botanical garden of great interest because of the variety of tree and shrub species linked to the sub-Mediterranean, alpine climate. At Riva del Garda, the Varone waterfall cave park is a rare example of a waterfall in a natural ravine, gouged out inside a rocky hollow and fed by waters from Lake Tenno above. The Monte Brione protected biotope is a climatic, botanical, geological and historical oasis, in terms of its preservation, cultural development and the environmental education it offers. The Marmitte dei Giganti at Nago are enormous cavities that were formed in the limestone by glaciers flowing down.



physical strength

Here, throughout the year, free climbers embrace the very high rock walls with feats of amazing strength and agility.



a gentle touch

There are other activities to lift your spirits on Lake Garda. These are the little ones you'll do each day, full of extraordinary, unexpected gentleness.

movement



relaxation



The water and the wind on this lake are beloved of windsurfers and sailors from all over the world, and provide an excellent environment in continuous movement.

Give yourself time to feel good and to get back into physical shape as well.

indoors

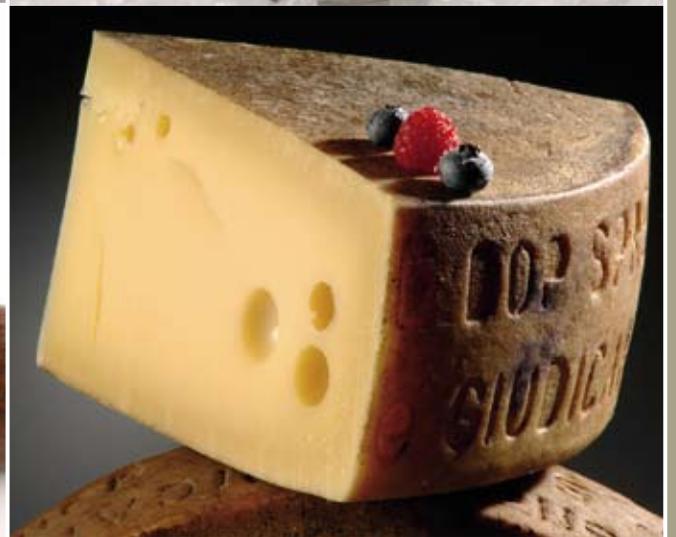


Enjoy the pleasure of eating in good company. You'll find lots of different restaurants where you can meet up and sample the local food and wine.

outdoors



The atmosphere of the lake is all-pervading, even away from the beach, where vineyards and olive plantations lie side by side.



## good food and wine

It is here that the flavours of the lake mix with Italian taste and Central European tradition. You'll meet menus with a strong personality, in keeping with their origins, but modern and diversified and characterised by unique ingredients such as extra virgin olive oil, fish from the lake, *carne salada* – a dish that is the symbol of the Trentino Garda area, deriving from an ancient recipe for preserving meat – and polenta. There are also Chardonnay, Pinot Bianco, Pinot Grigio, Nosiola, Müller Thurgau, Schiava, Merlot and Cabernet wines, and also grappa and Vino Santo, the traditional wine to accompany desserts such as apple strudel or *fregoloti* and fruit tarts.

You'll discover some excellent flavours here, with delicate grappas from single grape-varieties, made with herbs or berries, roots, flowers and little woodland fruits. And there are all sorts of varieties of honey - rhododendron, raspberry, apple and dandelion - precious is the Vino Santo Trentino D.O.C. made from bunches of Nosiola grapes left to wither on wooden trellises, pressed during Holy Week and fermented for three years in oak casks, and finally, the Garda Trentino extra virgin olive oil, unique of its kind because of the types of olive used; it's very light, with less than 0.5% acidity, a sweet taste and a fruity fragrance. The olive oil is produced at this latitude in no other place in Europe.

# concentration



There's time here for contemplation, immersed in nature, maybe with a bit of soul-searching.



# distraction

When the evening comes the silence of the shores makes way for the music of the night and the sound of people having fun.



## enjoying yourself

Hours spent in the sunshine will recharge your batteries for the night. In the daytime, sport, nature and culture offer myriad possibilities, but in the night, the sails are drawn in and the waters of the lake come to life with lights and reflections, offering a different kind of enjoyment in different surroundings. You can spend wonderful evenings in the elegant restaurants, cafés, trattorias, ice-cream parlours,

pubs, piano bars and nightclubs. There is a continual choice throughout the year of events, small concerts, shows and occasions for wine tasting and for sampling gourmet specialities, in the squares, parks, on the shores of the lake, in the large palazzos and on stage in the small towns, hamlets and villages of Garda Trentino.

Riva del Garda  
Arco  
Nago-Torbole  
Drena  
Dro  
Tenno

## INFORMATION AND BOOKING

**INGARDA TRENTINO**  
AZIENDA PER IL TURISMO S.P.A.  
Largo Medaglie d'Oro al Valor Militare, 5  
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Tel. +39 0464 554444  
Fax +39 0464 520308  
info@gardatrentino.it  
www.gardatrentino.it

## PACKAGES BOOKING

**RIVATOUR** Incoming Travel Agency  
Parco Lido  
I 38066 Riva del Garda (Tn)  
Tel. +39 0464 520000  
Fax +39 0464 555255  
info@rivatour.it - www.rivatour.it

## HOW TO GET THERE

### BY AIR

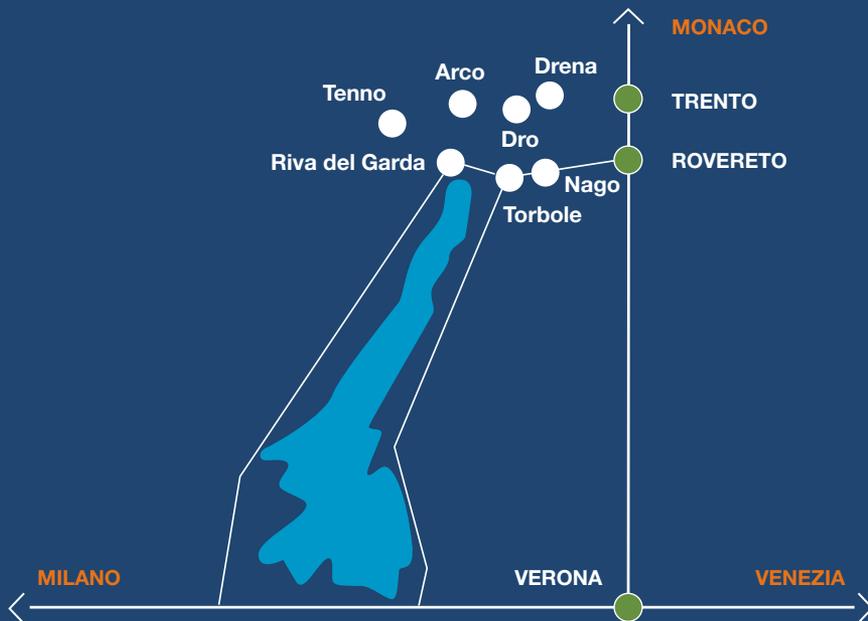
- > 1 Verona Villafranca Valerio Catullo 85 km  
[www.aeroporto.verona.it](http://www.aeroporto.verona.it)
- > 2 Montichiari Brescia G. D'Annunzio 75 km  
[www.aeroporto.brescia.it](http://www.aeroporto.brescia.it)
- > 3 Bergamo Orio al Serio 130 km  
[www.sacbo.it](http://www.sacbo.it)
- > 4 Milano Linate e Malpensa 210 km  
[www.sea-aeroportimilano.it](http://www.sea-aeroportimilano.it)
- > 5 Venezia Marco Polo 210 km  
[www.veniceairport.it](http://www.veniceairport.it)
- > 6 Bologna G. Marconi 210 km  
[www.bologna-airport.it](http://www.bologna-airport.it)

### BY TRAIN

- > Linea Brennero-Modena
- > Linea Milano-Venezia  
[www.trenitalia.it](http://www.trenitalia.it)

### BY CAR

- > A22, Autostrada del Brennero
- > A4, Autostrada Milano-Venezia  
[www.autostrade.it](http://www.autostrade.it)
- > SS 45 bis Gardesana occidentale (maximum height in tunnel m 3,50)
- > SS 249 Gardesana orientale (maximum height in tunnel m 5,60)



LAGO DI  
**GARDA**  
ITALIA



**INGARDA**  
TRENTINO