

OUTDOOR TRAVEL

THE ACTIVE HOLIDAY COMPANY

# EUROPEAN WALKING HOLIDAYS

2024

## ITALY – SOUTH TYROL, BRENTA DOLOMITES & LAKE GARDA

8-days / 7-nights – inn-to-inn **SELF-GUIDED** walking from Merano via alpine peaks to the Italian lakes



A scenic self-guided walking holiday that takes you through the best of South Tyrol and the Trentino, with picture-perfect alpine landscapes, pretty river valleys, with mountain views and traditional alpine villages. The route avoids the high slopes and steeper hill climbs by following Waal paths along old water races and traversing valleys, then taking cable cars and public transport to gain access to spectacular walks on mountain plateaus, between *Rifugio* (mountain huts) and through alpine meadows.

Starting in the famous spa town of Merano, well known for its Art Nouveau architecture, walk through vineyards and orchards, past historic castles and sparkling tarns and visit idyllic places with wonderful views. The mountains of South Tyrol and Trentino are spectacular, offering far reaching views of turquoise lakes, plateaus, deep river valleys and canyons. The rugged peaks of the Dolomites give a feel for the fascinating alpine world of those stark, jagged giants.

In Trentino discover mountain villages with winding narrow streets and stone houses before the holiday ends at the lakeside resort town of Riva del Garda. Set in the middle of high cliffs, enclosed by olive orchards, cypresses and fig trees, Lake Garda has a Mediterranean resort flair with lakeside cafes where a cappuccino, gelato or maybe a glass of prosecco offers a just reward for a great week of mountain walking.

**Departs:** Daily from 4 May to 6 October 2024

**Cost from:** **\$2425** per person (twin share)      Single room supplement from \$745 per person  
High season supplements \$355 - \$620 per person applies from late May to late September

**Includes:** 7 nights' accommodation with ensuite bathrooms in 4-star hotels; 7 breakfasts; luggage transfers; welcome briefing; detailed travel notes and route maps (1 set per room); navigation App & GPS data on request; transfers as per the itinerary; 1 x Mendelpass mountain railway trip; 1 x Pradel-Molveno cable car ascent fare (only during summer season, otherwise short walk); emergency service telephone hotline.

**Not Included:** Other meals, drinks, sightseeing, Lago Nembia-Molveno bus fare (approximately 3€ per person), local city taxes (paid locally), personal expenses.

**Grading:** Moderate with some steep sections, mainly on well-maintained walking paths, often on the Waal paths alongside ancient water races, some sections on forest trails. At times hilly with steep ascents and descents. We recommend a good basic fitness level for walking up to 6 hours per day and daily elevation gain of 200-700 metres. On some days easier routes are possible by utilising local buses (at own arrangement and cost).

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

## Suggested Itinerary:

### Day 1: Arrive in Merano

Arrive in Merano mid to late afternoon and make your way to your hotel. Enjoy the Mediterranean vibe of the Art Nouveau spa town in the heart of South Tyrol. Wander around the arcades or follow in the footsteps of Empress Sissi along the 'Passer' esplanade to Trautmansdorff Castle, with its terraced gardens.

### Day 2: Merano - Nals

walking @ 20km

Start the day on Waal paths through apple orchards before reaching an impressive waterfall. The trail leads through the hills to the sunny plateau of Tisens, with its vineyards, fruit and chestnut trees groves, and up to the historic little church of St. Christoph. After walking through a beautiful woodland with views deep into the Etsch valley, reach Nals, an idyllic little village in the middle of apple orchards and vineyards and your stop for tonight.

### Day 3: Nals – Kaltern /-Lake Caldaro

walking @ 18km

An undulating walk today, following a trail of castles; some steep roads take you from fortress to fortress with diverse historic architecture. After lunch wander through the region of 'holes in the ice', a natural phenomenon which gives you the chance to discover icicles in midsummer. Passing the tower of St. George and many more vineyards, reach Lake Caldaro (Lago di Caldaro in Italian, Kalterersee in German) and your overnight stay.

### Day 4: Kaltern /-Lake Caldaro – Coredo

walking @ 17km

This morning travel by train to the Mendelpass. Enjoy the view before taking a comfortable walk over the plateau towards the Non Valley, known in German as Nonstal, the border for both the South Tyrol and Trentino provinces and German and Italian languages. Continue through impressive canyons and idyllic small villages to the pilgrimage site of Saint Romedio. Heading past two small lakes, reach Coredo, to enjoy your comfortable Italian stay in the middle of Trentino.

### Day 5: Coredo – Molveno

walking @ 15km

Start the day with a short transfer through the impressive landscape of the Val di Non. Afterwards, walk through quiet forests up to the panoramic square of the little San Tommaso church. Continue into the Priori nature park area and across karst lake wetlands to Andalo and on to Molveno, at the foot of the Brenta Dolomites.

### Day 6: Brenta Dolomites Circular Route

walking @ 15km

Explore the alpine world of the tall limestone peaks of the Brenta range. You ascend to the Altopiano di Pradel (high plateau) by cable car and walk one of its most beautiful routes. Stop at a Rifugio (mountain hut) and enjoy a typical Italian snack as well as the impressive view of the surrounding mountains, before a leisurely descent to the crystal clear, green tarn of Lago Nembia and a short walk back to Molveno.

### Day 7: Molveno – Riva del Garda

walking @ 10km

Walk through the meadows of the valley of Lomason. Then climb up to Rifugio Monte San Pietro, for a great view of Lake Garda. Walk down through winding streets and archways, past stonewalls to the castle of Tenno. Your last few kilometres take you through olive groves and Mediterranean cypress to Riva del Garda, on the northern tip of Lake Garda. There is time this afternoon to explore the historic city centre, with its medieval city gates and piazzas dotted among its narrow, colourful streets.

### Day 8: Tour ends in Riva del Garda

Tour ends after breakfast. Ask about adding extra nights of accommodation to explore more of Lake Garda.



## Contact Outdoor Travel direct for more details and reservations

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