

Valleys & Views of Garda

Tour Style: Guided walking

Destination: Italy

Trip code: TFLCL

2 & 3



HOLIDAY OVERVIEW

Fringed by the mighty Dolomites, Italy's largest lake has plenty to please. For those keen to explore mighty mountains, lakeside beaches, charming towns, promenades, and glittering waters, this superb holiday has it all. Highlights include riding the Monte Baldo basket lift, discovering the Valley of Mills, and exploring the olive groves, orchards, and vineyards that cover the landscape. To top it all, we'll stay in an elegant hotel with a magical setting above Garda town, on the Veronese side of the lake.

WHAT'S INCLUDED

- Return flights from London Gatwick, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Poiano, perched above Garda town
- 7 breakfasts & 7 dinners
- All in-destination transport

HOLIDAY HIGHLIGHTS

- Soaking up stunning lake views from the Rocca climbs
- Enjoying the peaceful Valley of Mills in the hills above Garda
- Riding the Monte Baldo basket lift
- Taking a shore-to-shore ferry ride across sparkling Lake Garda waters
- Exploring the ancient history and natural beauty of Garda town
- Sampling classic Italian and regional dishes

ITINERARY

Day 1: Arrival Day

Arrive in Lake Garda and transfer to your hotel.

Day 2: The Rocche

Option 1 - Rocca San Giorgio

Distance: 5.5 miles (8.5km)

Ascent: 492 feet (150m)

Descent: 492 feet (150m)

Our walk climbs gently uphill to the ancient hermitage of the Camaldolesi at Rocca San Giorgio. From here, the trail enters the woods leading to the beautiful viewpoint at Rocca Vecchia.

Option 2 - Bardolino To The Rocche

Distance: 7 miles (11km)

Ascent: 492 feet (150m)

Descent: 492 feet (150m)

Our option 2 destination is also the Rocche but we get there by taking a slightly longer route, passing through the vineyards of Bardolino and the olive groves of the famous Garda oil.

Day 3: Valley Of Mills

Option 1 - Costermano

Distance: 4.5 miles (7km)

Ascent: 328 feet (100m)

Descent: 328 feet (100m)

Walking from the hotel, we'll climb up to Costermano and take the path leading us to the Valle dei Molini. Here, mills powered by the Tesina stream once ground the cereal crops from the surrounding countryside. A couple of these mills can still be seen today

Option 2 - Campagnola

Distance: 6 miles (10km)

Ascent: 328 feet (100m)

Descent: 328 feet (100m)

Our walk follows the route of the option 1 group to the Valle dei Molini, also passing through the small hamlet of Campagnola

Day 4: Castelletto And Campo

Option 1 - Castelletto To Campo

Distance: 3 miles (5km), with an additional 1.7 miles (2.7km) of uphill walking back to the hotel if chosen

Ascent: 660 feet (200m)

Descent: 660 feet (200m)

We'll transfer from the hotel to Castelletto for the start of our walk options. Our path takes us through the beautiful alleyways of Castelletto and on to Campo, a medieval hamlet nestled in the green hills above Lake Garda. We'll return to Castelletto and take the boat back to Garda town. We can pick up the hotel shuttle bus from Garda harbour or walk back up the hill to the hotel.

Option 2 - Castelletto To Campo Via Magugnano

Distance: 5 miles (8km) with an additional 1.7 miles (2.7km) of uphill walking back to the hotel if chosen

Ascent: 660 feet (200m)

Descent: 660 feet (200m)

This walk follows the same route as Option 1 to Campo then, following the old mule tracks, we descend to Magugnano and return to Castelletto along the beach. We'll join the option 1 group for the boat back to Garda.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently, or visit local places of interest. Options include:

Garda

Enjoy a relaxing lakeside walk along Garda's promenade and soak up the atmosphere of the town.

Verona

You're within easy reach of UNESCO-listed Verona from Lake Garda. Visit the Roman amphitheatre and take in the views from the postcard-worthy bridges over the Adige River.

Malcesine

Explore the cobbled streets of this medieval settlement, with its impressive fortress, Castello Scaligero. Enjoy panoramic lake views that have attracted many writers and artists over the centuries.

Day 6: Monte Baldo

Option 1 - Malga Pralongo

Distance: 5 miles (7.5km)

Ascent: 5,100 feet (1,550m) by basket lift

Descent: Middle station sits at 5,100 feet (1,550m) + 330 feet (100m)

With the basket lift, we ascend to the Mondini hut and head towards Malga Ortigara. We walk through the beech forest, arriving at Malga Pralongo, from where there is a unique panorama. We'll then head downhill to meet our transfer bus.

Option 2 - Malga Pralongo Via Naole Valley

Distance: 6 miles (10km)

Ascent: 5,100 feet (1,550m) by basket lift

Descent: Middle station sits at 5,100 feet (1,550 metres) + 500 feet (150m)

We follow the same route as Option 1 but reach Malga Pralongo via the delightful Naole valley, also known as the valley of the marmots. With luck we'll be able to spot some.

Day 7: Across The Lake To Gargnano

Both groups will take the boat together from Garda to Gargnano and then a bus to Muslone where both walks start. Initially the two groups will walk together on an easy route to the village of Piovere. This is a quaint village with photo worthy Medieval passageways. From here the full group takes a pleasant shaded walk to the Cascata Piovere waterfall which ends in a small pool.

Option 1 - Muslone To Piovere

Distance: 3.7 miles (6km)

Ascent: 490 feet (150m)

Descent: 470 feet (140m)

This walk returns to Piovere where the group will have some time to look around before boarding the bus for the return to Muslone. The second group will join here and then the bus will carry on to Maderno to join the ferry to Torri del Benaco. There will be time to explore the town before returning to the hotel.

Option 2 - Muslone Loop

Distance: 5 miles (8.2km)

Ascent: 1,150 feet (350m)

Descent: 1,150 feet (350m)

On this option we continue walking, descending a steep slope until we reach an old mule track. Passing through fields, we come to a junction where a path leads up to Muslone. The climb is steep and through the woods but at Muslone we are rewarded with panoramic views of Lake Garda. We will meet up with the other group and take the bus to Maderno where we will board the ferry to Torri del Benaco. There will be some time to explore before heading back to the hotel.

Day 8: Departure Day

We'll leave Lake Garda for our flight back home.

ACCOMMODATION

Hotel Poiano

With an enviable location in Lake Garda's stunning valley between San Vigilio and La Rocca, the 4-star Poiano Garda Resort blends seamlessly into its picturesque surroundings. Set amongst immaculate gardens, it offers an outdoor pool, a panoramic terrace area, plus a wellness centre with an indoor pool, Turkish bath and sauna. Wherever you stand on the property the views are really something special. There's also a restaurant with a terrace and panoramic views where you will enjoy buffet breakfasts with savoury and sweet choices and dinners with a salad bar, choice of starters, mains and desserts. Water, tea and coffee are included with dinner. Rooms All room types are the same size, are air conditioned and include satellite television with international channels, mini bars, safes, hairdryers and walk-in-showers. The Resort will attempt to allocate our groups to the same room type, but this may not always be possible due to availability. Some will have dormer windows others hills or Lake view with a balcony.

USEFUL HOLIDAY INFORMATION

Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining Instructions (Without Flights)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

*Subject to availability

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

Useful Information

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

Local Currency

The local currency is the Euro (€)

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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