Valleys & Views of Garda



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Italy	3 & 4	498kg CO2

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 YOU'LL LOVE

- 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

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

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Arrive in Lake Garda and transfer to your hotel.

Day 2 **The Rocche**

Option 1 - Rocca San Giorgio

Distance: 5.6 miles (9km)

Ascent: 820 feet (250m)

Descent: 820 feet (250m)

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: 820 feet (250m)

Descent: 820 feet (250m)

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: 820 feet (250m)

Descent: 820 feet (250m)

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: 7.5 miles (12km)

Ascent: 820 feet (250m)

Descent: 820 feet (250m)

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: 3.7 miles (6km) 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 (return by coach for April departure). 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 (return by coach for the April departure).

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 amphitheater 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 (8km)

Ascent: 425 ft (130m)

Descent: 2,300 ft (700m)

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: 1,300 ft (400m)

Descent: 2,950 ft (900m)

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 Maderno

Both groups will travel together from Garda to Torri del Benaco by coach and then take a ferry from Torri del Benaco to Maderno. From here, we will transfer 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 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.

DAILY WALK OPTIONS



Gentle walking grade 3

Slightly longer walks, mostly on well-trodden paths, with some gentle gradients plus stiles and steps possible. Typically, 5-6 miles (8-10km) with around 650ft (200m) of ascent.



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.

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. 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.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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 (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected 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)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

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 before you travel.

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

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

LOCAL CURRENCY

The local currency is the Euro (€)

TRIPNOTE VALIDITY

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.

Document produced: 23 November 2026