Lake Garda
LIMONE 2019
WELCOME TO

Lake Garda

Lake Garda has charmed foreign visitors for centuries and for the ancient Romans, this was a luxury summer destination. Ruins and mosaics in Sirmione and Desenzano record their presence.

We are based in the dramatic fjord-like northern end of the lake, surrounded by towering mountains and beautiful lakeside towns well connected by boats and ferries.

Limone, famous for its cultivation of lemons, was originally only accessed by boat until they started building a road in 1932 through Riva del Garda which reached Limone in 1940.

It has now become a popular tourist resort and a good scenic base for exploring and enjoying the lake.

Our walking programme is varied and some walks use ferry transport offering panoramic views of the lake.
ACCOMMODATION

HOTEL DU LAC
Via Fasse 1
25010 Limone sul Garda
Italy
Tel: 0039 03659 54481
Email: info@hoteldulac-limone.it

Hotel du Lac has an enviable lakefront position just a short walk from the centre of Limone. It offers a comfortable base with great food and good facilities. The hotel was originally built by the family Fessler’s grandfather and is low rise to offer the best views of the lake.

Bedrooms: There are 96 comfortable en-suite bedrooms. All rooms have a television, telephone, hairdryer, safe-deposit box, complimentary toiletries and a small refrigerator. There is free Wi-Fi throughout the hotel.

Facilities: The hotel has an outdoor pool set in delightful gardens with direct access to the lake. A wellness centre includes an indoor heated pool as well as a small gym. A well stocked bar and lounge area leads to an outdoor terrace with seating to enjoy your cocktail on warmer evenings.

Meals: Our holidays include breakfast and evening meal. If you have any special dietary requirements, or if you are a vegetarian, it is always better if we know beforehand, but you could also talk to the head waiter on arrival.

Breakfast: An extensive buffet breakfast is served each morning from 7am - 10am. On offer are a wide selection of cereals, fresh fruit and fruit juice, yoghurt, sliced cheeses and cooked and cured meats, as well as various breads and cakes, jams and honey. There is also a choice of hot options and hot drinks including coffee and tea.

Evening Meal: Dinner is served from 7pm in the hotel’s restaurant. The evening meal consists of three courses with plenty of choices for each course. The menu is available to view each evening before proceeding down to the restaurant.

Lunch: It is possible to buy lunch ingredients from local supermarkets and specialist shops or order a packed lunch from the hotel. On some days it may be possible to eat at a local café whilst out on the walk. Your leaders will advise you of the possibilities at resort.
Guided Walking

ITINERARY

A unique feature of our Guided Walking holidays is the daily choice of walks. Each evening your leaders will give a short talk about the options for the next day. In Limone you’ll have a choice of two walks each walking day.

Easier Walks: 5–9 miles (8–14½km) on good paths and tracks, with some rocky sections. Up to 1,200 feet (360m) of ascent

Harder Walks: 5–10 miles (8–16km) with some steep, rough ascents and rocky sections. Up to 2,400 feet (720m) of ascent

Please note that the itinerary outlined below could be subject to change. A finalised itinerary will be available at the resort and your leaders will talk every evening about the next day’s walks.

Day 1: Arrival day

You should arrive at the hotel with time to settle into your room. There should be time for a familiarisation stroll around town. On the first evening your leaders will explain more about the organisation of the week and the walks and there will be plenty of time to meet with your fellow guests.

Day 2: Around Limone

Easier Walk: We walk from the hotel and begin by exploring the town and old fishing port of Limone sul Garda before continuing along the lakeside to enjoy the magnificent views across the lake. We may stop for a coffee before taking a cobbled track up the hillside to visit a traditional village house, the birthplace of a local saint. We then
descend back to the hotel through olive groves and alongside a stream. 6 miles (9½km) with 1,200 feet (360m) of ascent.

**Harder Walk:** This walk also visits the old town and port before ascending to a small bridge across a stream. It may be possible to take a coffee in a nearby bar with an interesting history. The next section takes us up and along a woodland path with wide views across Lake Garda before descending to an old village house to follow the return route of the easier walk. 6 miles (9½km) with 1,800 feet (540m) of ascent and descent.

**Day 3: Busatte-Tempesta Stairway**

Both of these walks start with a ferry trip up Lake Garda to the port of Torbole.

**Easier Walk:** We ascend immediately to the Parco Busatte then enter the boulder-strewn Marocche on an undulating woodland path to walk along and above the lake. We use sections of metal walkways and steps to enable us to cross deep gorges, including the aptly named Salto della Capra – Goat Leap. These give us superb views across to the Ledro Valley and Limone. We zigzag back to the lakeside road where transport is arranged to take us the short distance to Torbole for post-walk refreshment while waiting for the return ferry. 6 miles (9½km) with 1,200 feet (360m) of ascent.

**Harder Walk:** The harder walk, too, follows the path through the Marocche on the metal walkways and steps. When the track starts to descend we walk higher up the hill to a viewpoint from where the whole lake can be seen. The walk returns direct to Torbole for exploration, refreshment and the return ferry. 8 miles (13km) with 2,200 feet (660m) of ascent.

**Day 4: The hills above Gargnano**

**Easier Walk:** We start in the village of Navazzo and walk through some attractive hamlets and woods to Sasso where there may be opportunities for a drink before lunch. We will take our time as we descend, sometimes steeply, through the attractive village of Musaga and past buildings once used as mills and forges. We complete our day in the town of Gargnano after strolling along the lakeside. 7 miles (11km) with 800 feet (240m) of ascent and 2,000 feet (600m) of descent.

**Harder Walk:** The harder walk starts in Gargnano and after walking through the town starts to ascend an ancient cobbled track. We continue ascending, occasionally steeply, on a variety of tracks that are sometimes stony. At times there are views across the lake to the southern slopes of Monte Baldo and down to Gargnano. Depending on the arrival time, we may have time for a pre-lunch drink in Sasso before following the route of the easier walk back down to Gargnano and San Giacomo. 8 miles (13km) with 2,100 feet (630m) of ascent.

**Day 5: Free Day**

Each week there is a free day offering an opportunity to relax around the hotel, or visit local places of interest.

**Limone:** Relax at the hotel using the outdoor or indoor pools, and the excellent spa facilities. Limone has plenty of shops and places to enjoy a traditional Italian lunch. You can visit one of the museums or the Limonaia del Castel and wander around the old port area.
**Malcesine:** Take a ferry ride across the lake to the town of Malcesine. There you can visit the Scaligeri Castle that houses an excellent museum. You can also take the cable car to the top of Monte Baldo where there are mountain top walks and a restaurant with wide views.

**Riva del Garda:** The principal shopping town on the northern shores of Lake Garda can be reached by ferry.

**Day 6: Two routes from Riva**

**Easier Walk:** We walk through the historic centre of Riva del Garda and take quiet roads heading for the distinctive landmark of Monte Brione. We ascend the Sentiero della Pace (Path of Peace) using cobbled tracks and stony woodland paths and passing several of the historic fortifications built to take advantage of its prominence. The descent provides views south down the lake and over the river Sarca towards Torbole and the mountains framing the east side of the lake. 7 miles (11km) with 1,200 feet (360m) of ascent.

**Harder Walk:** Our walk immediately heads south down Lake Garda, ascending gently, all the time until we meet the Ledro Valley. We walk along the valley always ascending, sometimes steeply through woods, past villages and eventually reach the shores of Lago di Ledro. There may be time to visit the fascinating Pile Dwelling Museum with its reconstructed lake houses or have a well-earned drink before returning to the hotel. 7 miles (11km) with 2,400 feet (720m) of ascent.

**Day 7: The Tremosine Plateau**

**Easier Walk:** After a coach journey we begin by walking around a nature reserve created when a glacial lake dried up, before visiting the village of Vesio where we may be able to have our lunch with views down the valley or a drink in a nearby bar. We descend to the small town of Pieve through delightful countryside and picturesque hamlets. 7 miles (11km) with 800 feet (240m) of ascent and 1,600 feet (480m) of descent.

**Harder Walk:** Starting in Voltino we walk up through the pedestrianised area of the old village before heading uphill to the loftiest viewpoint of the week – Monte Bestone. After taking time to appreciate the panorama we descend to the village of Vesio and walk around the old glacial lake, contrasting sharply with much of its surroundings. 7 miles (11km) with 1,700 feet (510m) of ascent and 1,300 feet (390m) of descent.

**Day 8: Departure Day**

In the evenings

The friendly atmosphere of our holidays continues into the evening. We’ll enjoy a leisurely meal and then you may also like to join your leader for an evening stroll, listen to local musicians, relax with a book in a quiet lounge or enjoy a drink at the bar with your fellow walkers talking about your day.
WALKING INFORMATION

Your Walking Leaders: HF Holidays’ leaders are a pivotal feature of our walking holidays. During the day they will guide you on the walks in a caring and considerate way, showing you places of interest on the route. All our leaders have been selected on an intensive residential course so you can relax and enjoy your holiday knowing that you are in safe hands. Our leaders welcome your comments on the holiday survey; constructive suggestions are very helpful.

We take pride in the quality of our holidays and work closely with all our providers to ensure our holidays meet your expectations. If for any reason you are not satisfied our leaders are the best people to help.

Local interest guides: In some of our resorts we may employ the services of a local interest guide who will accompany you on a walk to enhance your enjoyment of the area by giving you an insight into its history and culture. Tips for local guides have not been included in the price of your holiday. This is at your own discretion and we invite you to do this directly with the local guide.

Children: We welcome unaccompanied children of 14 or over on our walks on the basis that they can take full responsibility for themselves. Children under the age of 14 must be accompanied by an adult.

WALKING SAFETY

We are committed to running our Guided Walking holidays in a safe manner and your co-operation with this is much appreciated. No outdoor activity can be 100% risk free; however, if you take sensible precautions and adhere to your leaders’ instructions, your holiday will be both safe and enjoyable. On the first evening of your holiday (dependent on arrival time, the leaders will give a short talk about safety on the walks – we would ask everyone to attend.

Walking as a group: Our leaders always consider the safety of the group as a whole and will show more caution over potential risks (such as bad or exceptionally hot weather than an individual or couple might make on a private outing. Walks may be modified or cancelled following the leaders’ assessment of the day-to-day situation. Your leaders will refuse to accept any guest whose clothing, equipment, behaviour or walking ability is considered unsuitable, and where it could affect the safety and enjoyment of other guests on the proposed walk. It is your responsibility to follow the leader’s guidelines, for the benefit and safety of the group as a whole. If you leave the group, then your leader will no longer have responsibility for you.

For safety reasons, we stipulate a minimum party size of two guests in addition to the leader.

First aid: In line with current practice, each leader carries a group first aid kit but is not able to supply any ‘medication’, including aspirin, paracetamol, antihistamines and antiseptic cream.

Hydration: In warm weather it is very important to keep hydrated. You will need to carry water with you on walks, more during hot weather or on more demanding walks.

One good way of hydrating is to use a hydration pack which allows drinking without constant stopping. This can then be filled up from water sources as required.

Insurance: 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.

Even with an EHIC card, medicines and out-patient treatment normally have to be paid for at the time and the costs reclaimed afterwards – details are available at dh.gov.uk/travellers.

Therefore insurance is extremely important, as is access to emergency money, preferably a credit card.

HOLIDAY TIPS

Language: Italian
Currency: Euro
Money: There are several ATM machines in Limone where you can obtain money.
Electricity: 220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.
Tap water: Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.
Telephone code: If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.
To dial a UK number 0044
To dial a Italian number 0039

Call 020 8732 1250 or visit hfholidays.co.uk | 7
TRANSFER INFORMATION

If you have booked your holiday ‘with flight’ you will arrive at Verona Airport. From the UK we offer flights from London Gatwick and Manchester which will arrive at different times. Please note that meals are not usually provided on European flights, although some airlines may offer a small snack.

Where possible you will be met as you enter the arrivals hall by an HF Holidays’ leader. Your leader may be on the same flight as you or may arrive on another flight. Occasionally we will ask our transfer coach company to meet you. The driver will be in the arrivals hall holding an ‘HF Holidays’ sign.

Please note that where possible we combine our airport transfers and you may have a short wait at the airport for the rest of your group who will be arriving on a different flight. You will be notified of this in your final confirmation letter.

The onward journey to Limone by coach takes approximately 1½ hours.

For independent travellers: For guests who have booked their holiday ‘without flight’ HF Holidays can help you to reach the hotel in the following ways:

HF Holidays’ transfer coach from Verona airport. These are timed to meet the HF Holidays’ flights (provisional flight times can be found on www.hfholidays.co.uk or by calling (0)20 8732 1220). Cost per single journey is £19.50. Please note that HF Holidays is not responsible for your onward travel if you fail to meet the transfer coach under any circumstance

Transfers and taxis must be pre-booked. If you have not already booked your transfer or taxi please call +44 (0)20 8732 1220

Airport parking and accommodation
If you require airport parking or accommodation before your flight, we recommend our partner Holiday Extras. Call 0871 360 2750 and quote HX031 or book online at holidayextras.co.uk/hfholidays
WHAT TO WEAR & BRING

To enjoy your walking comfortably and safely, it is essential that your footwear, clothing and equipment are suitable for the conditions likely to be encountered. Please note that some of our Atlantic island and Mediterranean destinations are also in mountainous areas and at high altitudes (up to 4,000 feet) the temperatures can be as low as 0°C. You will need:

• comfortable outdoor clothing
• ankle supporting footwear with non-slip soles
• water bottle (at least 2 litres, more for hot climates) and a thermos flask if you wish
• sunhat, sun cream and sunglasses
• small rucksack

The following are also recommended to all walkers, and are essential for mountainous and hilly areas:

• walking boots
• spare pullover or fleece
• hat and gloves
• spare high-energy food e.g. chocolate bar or Kendal mint cake
• torch

You may also wish to consider bringing:

• camera
• personal first aid kit
• walking pole(s) – many guests find these useful, particularly for descents

FOOTWEAR

We recommend wearing walking boots on all our walks, as these provide the best ankle support and grip. Modern ‘approach shoes’ offer appropriate levels of grip and may be worn on some low level walks, but users should be aware that they offer less ankle support.

Lightweight trainers, denim jeans and waterproof capes are not recommended for any walks.
linger a little
LONGER

If you enjoyed your holiday in Limone, Lake Garda, we recommend our holiday in Catalonian Spain, Roses.

**Two weeks or more**
Make the most of your break and enjoy a longer holiday – either two weeks of walking at one resort or by combining complementary holidays, such as Sorrento on the Neapolitan coastline and Altamura, in the undiscovered region of Puglia. We arrange the transfers between the resorts so that you don’t have to. See our brochure or website for more information.

**Self-guided Walking**
For those who prefer to explore independently, we recommend our Self-guided Walking holidays.

In selected European destinations you can discover unspoiled scenery, historic sites and the local culture at your own pace by following our carefully planned walking routes.

**Leisure Activities**
We offer a range of Leisure Activities holidays at some of our European destinations, including Discovery or Garden Tours, Photography, Painting, or Yoga.

**Worldwide**
From Alaska to Vietnam our Worldwide Journeys invite you to explore world famous destinations, and some lesser known gems, on six continents including Europe.

**SAVE ON OUTDOOR CLOTHING**
From time to time our outdoor clothing partners have special offers for our guests. Visit hfiholidays.co.uk/partnerships to see the current offers.
JOIN US TODAY AND BENEFIT TOMORROW

HF Holidays is the only UK holiday provider that’s a co-operative. We’re owned by our members who help shape our business for future generations. Join our award-winning and sociably responsible society that’s passionate about helping others to enjoy holidays in beautiful countryside.

For a minimum purchase of 100 £1 shares you can benefit from:
- Members’ loyalty scheme – earn points on your holidays and use as a discount on your next holiday
- Member-only events and holidays
- Members come first with advance registration for the holiday you want
- 10% discount at our country house bars
- 15% discount at Cotswold Outdoor
- 15% discount at Rohan
- 25% discount at Hi-Tec
- Annual interest on your shares

ALREADY A MEMBER?
There are many ways for you to further your support:
- Help choose our Board
- Attend member events
- Encourage others to join us
- Increase your shares at any time
- Top up to 1,000 shares to become an investment member with enhanced benefits
- Give membership as a gift

To join or increase your investment call our Membership team on 0208 732 1290, email membership@hfholidays.co.uk or visit hfholidays.co.uk/membership

Call 020 8732 1250 or visit hfholidays.co.uk | 11
Contact details

HF Holidays Ltd
Catalyst House
720 Centennial Court
Centennial Park
Elstree
Borehamwood, WD6 3SY

hfholidays.co.uk

For any questions before your holiday, we're here to help, so please contact us on:
+44 (0)20 8732 1250 (from outside the UK) Monday-Friday: 9am-7pm.
Email: info@hfholidays.co.uk

Emergency contact details: In all instances during your holiday, your first point of contact should be our HF Holidays’ leaders. If for any reason this is not possible, HF Holidays’ emergency contact details are as above or between the hours of Friday 7pm to Monday 9am are: +44 (0)7918 737777 or emergency@hfholidays.co.uk