






SOUTH TYROL, BRENTA-DOLOMITES & TRENTO

 self-guided tour

 Hike

 00-00 km

●●○ Medium

Duration: 8 days / 7 nights

DESCRIPTION

Starting in the famous spa town Merano you walk through vineyards and orchards, past historic castles and sparkling tarns and visit idyllic places with some of the most wonderful views. All of the mountains of South Tyrol and Trento are incredibly fascinating! They offer views of turquoise lakes, enormous plateaus, deep river valleys and canyons. The rugged peaks of the Dolomites accompany you on your way, giving you an excellent feel for the fascinating alpine world of the lonely and steep rugged giants. In Trento you discover mountain villages with winding narrow streets and idyllic stone houses before you reach your final destination, lake Garda. In the middle of high cliffs, enclosed by olive orchards, cypresses and fig trees you feel the Mediterranean flair. Cappuccino and Gelato at the banks of the dark blue lake – ‘La vita é bella!’ The hiking holiday starts in the historic spa town of Merano, where you can still see traces of Empress Sissi. On the following days, you hike further and further South on short and longer stages. The daily tours are between 10 and 18 kilometres long and require a good basic fitness level, especially for longer ascents.

FROM MERANO TO LAKE GARDA

DETAILED ROUTES

📍 Day 1: Merano/Meran

Individual arrival at the hotel in Merano/Meran. Enjoy the Mediterranean flair in this wonderful and cultural town in the heart of South Tyrol. Wander around the charming arcades or follow in the footsteps of Empress Sissi along the 'Passer' esplanade.

📍 Day 2: Merano/Meran – Nalles/Nals

(approx. 20 km / ascent approx. 560 m, descent approx. 550 m / approx. 5-6 hours)

Along the Waal paths you venture through apple plantations before arriving at an impressive waterfall. Soon your trail leads you through the hills of the chestnut place Tisens and up to the historic little church of St. Christoph. After hiking through a beautiful woodland with fantastic views deep into the Etsch valley you reach Nalles, an idyllic little village in the middle of apple orchards and vineyards.

📍 Day 3: Nalles/Nals – Lake Caldaro/Caldaro

(approx. 18 km / ascent approx. 710 m, descent approx. 600 m / approx. 5-5.5 hours)

Today you can look forward to a fascinating hike on the trail of castles. On interesting and steep roads you walk from fortress to fortress where you can admire diverse historic architecture. In the afternoon you wander through the region of 'holes in the ice', a natural phenomenon which gives you the chance to discover icicles in midsummer. Past the tower of St. George and many more vineyards, you will soon reach Lake Caldaro.

📍 Day 4: Lake Caldaro/Caldaro – Coredo

(approx. 17 km / ascent approx. 200 m, descent approx. 700 m / approx. 4.5-5 hours)

In the morning you travel to the Mendelpass (saddle of Mendel) by train. Enjoy the phenomenal view before you continue your comfortable walk over the plateau towards Nonstal, the language and provincial border. Into amazing canyons and through idyllic small villages to the pilgrimage site of Saint Romedio and past two small sparkling lakes, you will soon reach Coredo. Here you can enjoy the Italian comfort in the middle of Trento.

📍 Day 5: Coredo – Molveno

(approx. 15 km / ascent approx. 700 m, descent approx. 400 m / approx. 4.5-5.5 hours)

During a short transfer you can admire the impressive landscape of the Val di Non. Afterwards, you hike through lonely forests up to the panoramic square at the worth seeing little church San Tommaso. Continue into the Priori nature park area and across the wetland of a karst lake to Andalo and on to Molveno, situated at the foot of the Brenta Dolomites and on the sparkling turquoise-blue Alpine lake of the same name.

📍 Day 6: circular walk Brenta-Dolomites

(approx. 15 km / ascent approx. 390 m, descent approx. 900 m / approx. 3-5 hours (depending on chosen route))

Enjoy the fascinating alpine world of the tall peaks of the Brenta group! You ascend into the mountain area of the Pradel by cable car and you discover one of its most beautiful hiking routes. Stop at a Rifugio (mountain hut) and enjoy a typical Italian snack as well as the impressive view of the surrounding mountain tops, before you slowly descend to the crystal clear, green tarn Lago Nembia.

📍 Day 7: Molveno– Riva del Garda

(approx. 10 km / ascent approx. 400 m, descent approx. 800 m / approx. 3-4 hours)

At the end of your hiking week you walk through the untouched meadows of the valley of Lomason. After that

FROM MERANO TO LAKE GARDA

you climb up to Rifugio Monte San Pietro, where you are presented with a stunning view of Lake Garda. Walk down through winding streets and archways, past stonewalls to the castle of Tenno. On the last few kilometres of your tour you walk through olive groves and Mediterranean cypress vegetation until you reach the goal of your hiking week, the banks of Lake Garda.

Day 8: Riva del Garda

Individual departure from Riva del Garda or possibility to extend your stay.

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GENERAL INFORMATION

- **Classification:** self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 00-00 km
- **Starting point:** Meran
- **Arrival:**

Eco-friendly option by train: take the train from Innsbruck over the Brenner/Brennero to Bolzano/Bozen. Change trains for Merano/Meran. Timetable available on: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.

By plane: airport Bolzano/Bozen or Verona

- **Accommodation:**

3***-hotels, 4****-hotels and country hotels (some with a pool)

Attention: Tourist tax – if requested – has to be paid on the spot!

- **Parking:**

Hotel parking spaces or hotel garage, costs approx. Euro 10.00 to 20.00 per day
public parking lots/garage, costs approx. Euro 50.00 to Euro 95.00 per week

- **Transfer:**

Return transfer by minibus from to Merano (every Saturday, Sunday, Monday mornings, Tuesday occasional afternoons), costs EUR 95 per person, EUR 45 per dog, reservation is necessary, to be paid for in advance.

INCLUDED SERVICES

- Accommodation in beautiful 3***-hotels, 4****-hotels and country hotels (some with a pool)
- Breakfast
- If you have booked half-board evening meal (6x, not in Riva. Usually multi-course meals, sometimes outside the accommodation with vouchers)
- Luggage transfer
- Transfers according to program
- 1 Mendelpass mountain railway (South Tyrol Guest Pass)
- 1 Ascent fare cable car Pradel-Molveno (only during summer season, otherwise short walk)

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, dinner (if not booked)
- Printed route book, per room EUR 20.00
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

FROM MERANO TO LAKE GARDA

- Welcome briefing
- Digital travel documents incl. navigation app, GPS-data, route book
- Service hotline

FROM MERANO TO LAKE GARDA

STARTING DATES



PRICES

Standard		
Package price in a double room	from 03/05/2025 to 05/10/2025	1.049 €
Package price in a double room	from 19/05/2025 to 21/09/2025	1.159 €
Package price high season	from 06/06/2025 to 31/08/2025	1.249 €
Single room surcharge		299 €
Half board supplement		199 €
Additional services		
no bike		0 €