























# Meran to Lake Garda

## Through South Tyrol, the Dolomites and Trentino

Your adventure begins in the renowned spa town of MeranMerano, where you'll embark on a captivating journey through vineyards and orchards, passing by historic castles and glistening lakes, all while visiting charming spots offering some of the most breathtaking vistas. The South Tyrol and Trentino mountain ranges are truly captivating, showcasing turquoise lakes, expansive plateaus, deep river valleys, and awe-inspiring canyons. The imposing peaks of the Dolomites accompany you, providing a profound sense of the rugged, isolated, and steep alpine world of these majestic giants.

As you journey through Trentino, you'll encounter mountain villages with winding narrow streets and picturesque stone houses, setting the scene before your final destination, Lake Garda. Nestled amidst towering cliffs and surrounded by olive groves, cypresses, and fig trees, you'll be immersed in a Mediterranean ambience. Sipping cappuccino and indulging in gelato along the shores of the deep blue lake, you'll relish in the sentiment, 'La vita é bella!'

The hike from Merano to Lake Garda offers an ideal experience for hikers torn between the allure of the mountains and a Mediterranean lifestyle. Day by day, step by step, the landscape transforms during this 8-day hiking tour from South Tyrol to Trentino. Initially, rugged Dolomite rocks and lush meadows dominate the scenery, but soon, pine trees yield to cypress and olive trees. By the time you reach Lake Garda, you'll look back on a week filled with diverse and rewarding experiences.

### Details about the hiking tour in South Tyrol and Trentino

This luggage-free hiking tour between Merano and Lake Garda offers you all kinds of surprises, which will make you remember this week for a long time. Have you ever eaten a Vinschgau apple? Or have you already strolled through the narrow streets of Trentino?

## The highlights of this walking holiday at a glance:

- **Impressive Dolomites:** The rugged rock formations of the Dolomites are a real contrast to the lush greenery of the meadows.
- **South Tyrolean Wine Route:** One winery after another can be found on the South Tyrolean Wine Route between Nals and Salurn. Stop where you would like to taste original grape varieties such as Gewürztraminer, Vernatsch and Lagrein.
- **Mediterranean lifestyle on Lake Garda:** Cappuccino, gelato and a pinch of "dolce far niente" welcome you to Riva del Garda, your final destination of this trip.

## Worth knowing about the walking tour to Riva del Garda

The walking holiday begins in the historic spa town of Merano, where you can still feel the traces of Empress Sissi. On the following days, you will walk south in short and long stages. The daily tours are between 10 and 18 kilometres long and require good basic condition, especially on longer climbs.

The Trentino card is included in the comprehensive travel papers, with which you receive numerous discounts and free access to various facilities in the local area.

## Route summary

You walk along well-maintained hiking paths, on 'Waalwege'-paths and in some sections on forest roads and hiking trails. A good basic fitness level is required for daily walking between 3 and 6 hours and in parts longer ascents. Options for shortcuts to daily tours are possible by bus. A diverse hiking holiday for people who love hiking paths with a view.

This tour has been graded as **Challenging**. Find out more about our **walking holiday difficulty levels**.

Read a detailed day-by-day tour report of the **Meran to Lake Garda** hiking holiday on our Active on Holiday **blog**.

Tour information



Challenging



8 Days / 7 Nights



Self-Guided



Luggage transfers included











Total walking distance: approx. 95 km

To the online version







# Itinerary

<div>DAY 1</div>	<div>Arrival in Merano</div>	
<div>Enjoy the Mediterranean flair in the beautiful cultural city in the heart of South Tyrol. Stroll through the charming streets or follow in the footsteps of Empress Sissi along the boulevard of Passer.</div>		
<div>DAY 2</div>	<div>Merano – Nals</div>	<div>approx. 20 km   5 to 6 hours</div>
<div>On Waalwegen (walking paths along old South Tyrolean irrigation canals) you walk through apple orchards to an impressive waterfall. Soon your way leads through the hills to Tisens, known for its chestnuts, and on to the historic Church of St. Christopher. Through a beautiful wooded area with a beautiful view of the deep Etschtal to Nals, an idyllic village surrounded by apple orchards and vineyards.</div>		
<div><div> ca. 5 to 6 hours</div><div> 20 km</div><div> 560 m</div><div> 550 m</div></div>		
<div>DAY 3</div>	<div>Nals – Caldaro/Lake Caldaro</div>	<div>approx. 18 km   5 to 5.5 hours</div>
<div>Today a fascinating walk awaits you, the 'castle route'. Through interesting paths, it goes from fortress to fortress, where you can admire a variety of historical architecture. In the afternoon you will wander through the area of the ice holes, a natural phenomenon where you can find icicles even in summer. Along the St. Georg's Tower and the vines, Lake Caldaro finally awaits you.</div>		
<div><div> ca. 5 to 5,5 hours</div><div> 18 km</div><div> 710 m</div><div> 600 m</div></div>		



DAY  
4**Caldaro/Lake Caldaro –  
Coredo**approx. 17 km | 4.5 to 5  
hours

In the morning the route goes by train to the Mendelpass. Enjoy the great view before taking a leisurely walk across the plateau towards the Nonstal, the language and provincial border. Through adventurous gorges and idyllic villages to the sanctuary of Saint Romedio and further through two small shimmering lakes to Coredo, where you can now enjoy Italian comfort in the middle of Trentino.

 ca. 4,5 to 5 hours     17 km     200 m  
 700 m

DAY  
5**Coredo – Molveno**

approx. 15 km | 4.5 to 5.5 hours

During a short transfer, you can admire the impressive landscape of the Val di Non. Then you walk on the Jakobsweg to the plateau of Paganella. Your path leads through several forest areas to Cavedago with its famous three-arch bridge. Along the swamp of a karst lake to Andalo and on to Molveno, located at the foot of the Brenta Dolomites, and the turquoise shimmering lake of the same name.

 ca. 4,5 to 5,5 hours     15 km     700 m  
 400 m

DAY  
6**Molveno – Comano  
Terme**approx. 15 km | 3 to 5  
hours

Get to know the fascinating mountains of the high Brenta peak! You will cover the first meters of altitude with the cable car before going on one of the beautiful hiking routes in the mountain area. Stop at a rifugio (mountain hut) and enjoy a typical Italian snack and the impressive views of the surrounding peaks before continuing to the crystal-clear, green Nembia mountain lake. By bus, it continues through the forest and hill area, which is drenched with small rivers, with numerous small farming villages towards Comano Terme.

 ca. 3 to 5 hours     15 km     390 m     900 m



DAY  
7

**Comano Terme – Riva del Garda**

approx. 10 km | 3 to 4 hours

At the end of your hiking week, you will walk through the beautiful meadows of the Lomason Valley. Then climb up to the Rifugio Monte San Pietro, from where you have a breathtaking view of Lake Garda. Descend through winding streets and gates, past stone walls to the Castel of Tenno. Through olive groves and along Mediterranean cypress trees you will walk the last kilometres of your hiking week until you reach the shores of Lake Garda.

 ca. 3 to 4 hours

 10 km

 400 m

 800 m

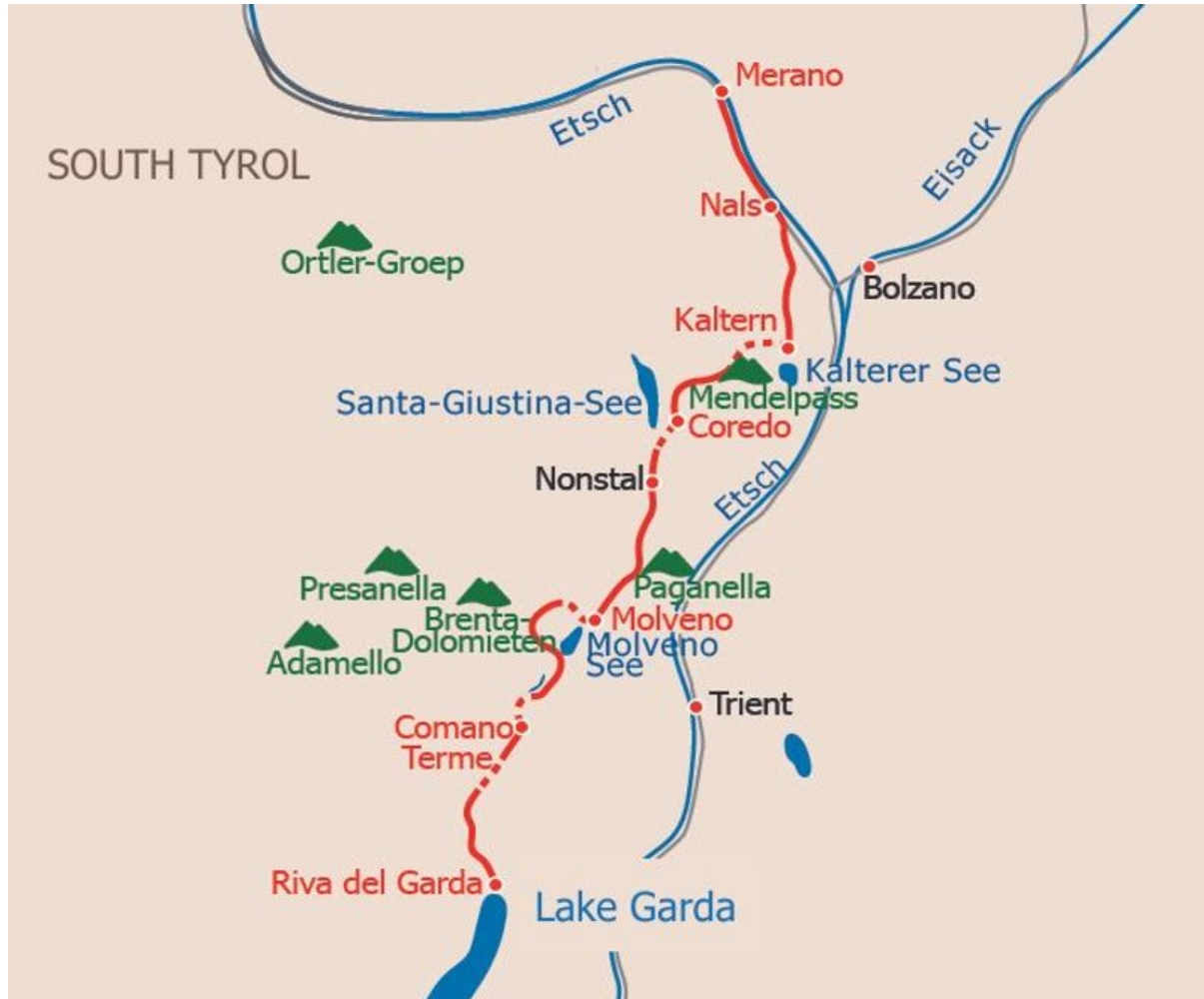
DAY  
8

**Return trip or extension**



# Route information

You walk on good hiking trails and stretches on forest roads and secondary roads. For walks between 3 and 6 hours a day, and for longer climbs, you need good basic condition. It is possible to shorten the daily stages (by bus). A varied walk for lovers of challenging routes.



# Price and dates

Price calculation and check availability: **Meran to Lake Garda**

Place of arrival: **Merano**

	Season 1 04.05.2024 - 19.05.2024 23.09.2024 - 06.10.2024 Daily	Season 2 20.05.2024 - 09.06.2024 02.09.2024 - 22.09.2024 Daily	Season 3 10.06.2024 - 01.09.2024 Daily
Meran to Lake Garda, IT-SJWMG-08A			
Base price	959.00	1,049.00	1,129.00
Half board	179.00	179.00	179.00
Single room surcharge	259.00	259.00	259.00

**Hotel information:** You will stay in carefully selected 3\*\*\* hotels and guesthouses. Some have swimming pools.

# Additional nights

Place of arrival: **Merano**

	Season 1 May 4, 2024 - May 19, 2024 Sep 23, 2024 - Oct 6, 2024 Daily	Season 2 May 20, 2024 - Jun 9, 2024 Sep 2, 2024 - Sep 22, 2024 Daily	Season 3 Jun 10, 2024 - Sep 1, 2024 Daily
Merano			
Double room p.p.	989.00	89.00	99.00
Single room surcharge	29.00	29.00	29.00
Riva del Garda			



	<b>Season 1</b> May 4, 2024 - May 19, 2024 Sep 23, 2024 - Oct 6, 2024 Daily	<b>Season 2</b> May 20, 2024 - Jun 9, 2024 Sep 2, 2024 - Sep 22, 2024 Daily	<b>Season 3</b> Jun 10, 2024 - Sep 1, 2024 Daily
Double room p.p.	89.00	89.00	105.00
Single room surcharge	49.00	49.00	49.00

Prices per person in GBP

# Included services and travel information

## Services

### Including

- 7 nights as described, including breakfast
- Mountain ride Mendelpassbahn
- Transfers according to program
- Pradel-Molveno Cable Car Mountain Ride
- Personal welcome meeting (German, English)
- Luggage transfer(s)
- Travel folder 1 x per room (German, English with route and overview maps, detailed route description, places of interest, important telephone numbers, luggage labels)
- GPS data available on request
- Service Hotline

### Not included

- Tourist tax, if applicable, to be paid locally
- Bus ride Lago Nembia-Comano, approx. €5 per person
- (Optional) Return transfer Riva-Merano €59 per person (Saturday, Sunday, Monday morning, Tuesday afternoon) reservation required, to be paid on site

## Arrival information

- Train: Merano Station
- Parking: Limited number of free parking spaces or public parking spaces near the hotel, approx. €30 per week. Underground parking (limited) approx. €12 per day. Payable locally. No reservation possible
- Departure: Bus Riva-Rovereto ([www.ttesercizio.it](http://www.ttesercizio.it)) and by train via Bolzano to Merano in approx. 3 hours

## General information

- Half board: Dinner in the hotel restaurant or in a restaurant in the immediate vicinity with a voucher. (6x dinner, not in Riva)



- Mountain ride Pradel-Molveno cable car is only possible in summer, alternatively, it is a short walk

## Sample hotel list

This is a sample hotel list. Hotels will be booked depending on availability.

### **Merano**

Hotel Flora 3\*\*\*

[www.merano-flora.it](http://www.merano-flora.it)

### **Nals**

Hotel Traubenheim 3\*\*\*

[www.traubenheim.com](http://www.traubenheim.com)

### **Kaltern/Lake Kalterer See**

Hotel Masatsch 3\*\*\*

[www.masatsch.it](http://www.masatsch.it)

### **Coredo**

Hotel Miraval 4\*\*\*\*

[www.miravalhotel.it](http://www.miravalhotel.it)

### **Molveno**

Hotel Londra 3\*\*\*

[www.londramolveno.it](http://www.londramolveno.it)

### **Riva del Garda**

Hotel Antico Borgo 4\*\*\*\*

[www.anticoborgogarda.it](http://www.anticoborgogarda.it)