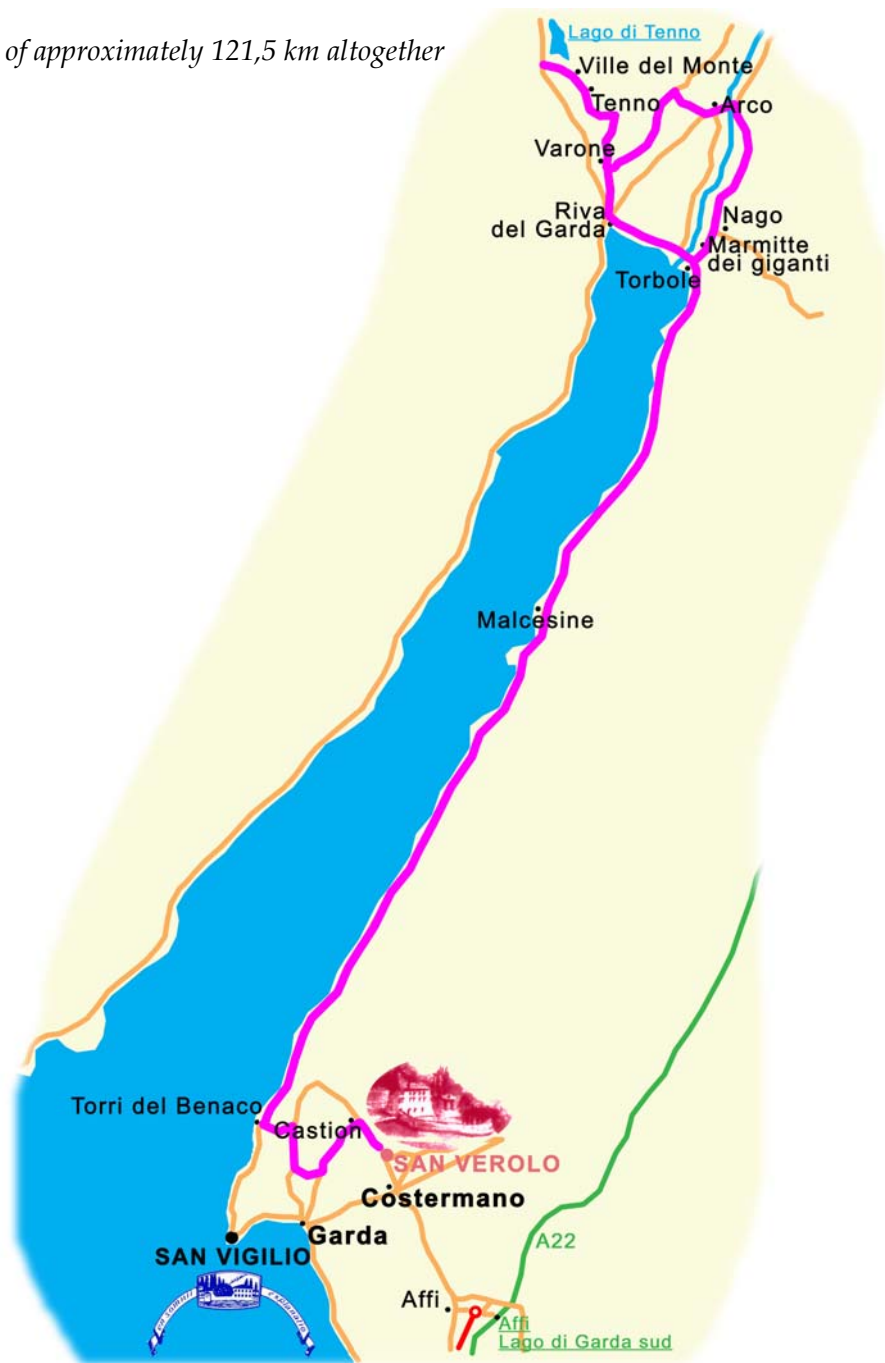


SAN VEROLO



LAKE GARDA
in the province of Trento

itinerary of approximately 121,5 km altogether



Places to visit:

- ⇒ MARMITTE DEI GIGANTI
- ⇒ ARCO
- ⇒ TENNO
- ⇒ CASCATE DEL VARONE
- ⇒ RIVA DEL GARDA

The first town you encounter is Torbole, renowned for its surfing.

From Torbole up to Nago, along a breath-taking panoramic road, paying attention to the signs, after the first hairpin bends, indicating the first recommended stop: the [Marmitte dei Giganti](#). These exceptional natural wonders, huge bowls carved out in the limestone by the glacier during the Wurm glacial period in 130,000-10,000 BC.

The car park is on the left, close to a bend: leave your car and follow the path around the site and enjoy the view of the lake and the last tract of the Sarca river.

The route continues northwards towards [Arco](#), a mountain resort and spa town famous since the times of the Hapsburgs, which still retains the elegance and austerity that, since the mid-1800s, made it so popular among high ranks in Vienna. The new part of the town, where you find the places of cure and modern hotel complexes, flanks the historical centre lying at the foot of the cliff. Here medieval walls enclose the centre and its narrow alleys, squares, ancient buildings and enchanting fountains.



The walls continue in a disrupted ascent of the cliff dominated by the evocative remains of the [Castello di Arco](#) which you can reach on foot by following a characteristic mountain road through the olive groves. When you get to the top you can admire the view of the lake and the town of Riva. One of the castle rooms has been carefully restored and you can now admire the frescos depicting playful images of dames and cavaliers (*open: from April to September, h. 10.00/19.00; from October to March, h. 10.00/16.00*).

At Arco you can also visit the *Arboreto*, the remaining strip of the park commissioned by Albert of Hapsburg in 1872 (entry is free) and the *Chiesa della*

Collegiata that still conserves precious altars, sculptures, paintings and a rich treasure of chalices, crosses, candelabra, thuribles and monstrances.

The route continues from Arco towards [Tenno](#) and [Ville del Monte](#), a series of tiny villages that have remained unchanged over the years and even enhanced by knowledgeable careful restoration works respecting the ancient nature of the buildings.

The villages of Calvola, Canale, Pastoedo and Tenno itself have maintained their ancient culture as you will see when strolling through the alleys and doorways to visit the tiny churches adorned with precious frescos.

Another attraction, certainly one of the most well known, is the beautiful [Laghetto di Tenno](#), roughly 11 km from Tenno. A tiny Alpine lake created by a landslide in the XVI century, its crystal clear waters sparkle with incredible reflections. Going down the steps from the car park, it is only a short walk through the uncontaminated greenery to reach the lake.

We recommend a walk right around the lake, and along the path that brings you to the village of Canale in about half an hour.



Along the route towards Tenno, you will certainly have noticed the indications for [Cascate del Varone](#), which you must not miss. This waterfall drops from a height of 87 metres to gush through a gully carved by its waters in the course of 20.000 years, forming a spectacular gorge which appears to be divided into two caves. You can visit this natural wonder by crossing the gangways, bridges, tunnels and steps inside. A well arranged set of spotlights illuminate the stalactites and all the "decorations" that time has eroded in the limestone. (*open: March and October, h. 10.00/12.30-14.00/17.00; April and September, h. 9.00/18.00; from May to August, h. 9.00/19.00; in other months, open on Sundays and public holidays, h. 10.00/12.30-14.00/17.00*)

Now continuing your descent towards Lake Garda, you will reach [Riva del Garda](#), lying on the most northern tip of the lake and protected by an imposing mountain barrier.

For a long time Riva has been a famous tourist resort: Since the late 1800s it has seen illustrious visitors such as Nietzsche, Kafka and Lawrence.

Certainly a lot has changed since then but tourists still flock in great numbers to enjoy the variety of interesting activities offered by the town of Riva.

First visit is to the Rocca, the imposing XII-century castle-fortification, completely surrounded by water, used and often modified by the Scaligeris, the Venetians, the princes of Trento, up to the Austrians in 1852 when it was used as a barracks, and the four corner towers were demolished to reduce them to the height of the roofs. Now the Rocca houses the Museo Civico, important for its precious Gallery with a collection of frescoes, paintings, drawings, prints and sculptures dating from the XVI to the XX century. There is also an archaeology section and an interesting collection of photographs illustrating the frescos to be found in the churches, palaces and castles in the area, all dating from the Middle Ages and the Renaissance period.

(open: 01/07-31-08, h. 16.00-22.00; 01/09-30/06, h. 9.00-17.30, closed on Mondays; for information, call 0464 573869)

The alleys in the historical centre lead you to Piazza III Novembre, the throbbing heart of Riva surrounded by XIV-century porticos, where tourists and locals mingle every day. Also worth a visit are the Chiesa di S. Maria Assunta, built originally in the XII century and renovated in 1728, and the Chiesa dell'Inviolata, a splendid example of XVII-century baroque architecture. Its rich interior is decorated with gilded stuccos, frescos, paintings by Palma il Giovane and Guido Reni, a finely decorated dome, a marble high altar and carved wood choir stalls.



Trattoria PIE' DI CASTELLO

Via Diaz, 55 - COLOGNA DI TENNO (TN) / tel. 0464 521065

(average cost, wine excluded: from € 20.00 to 25.00; closed on Tuesdays)

On the road for Tenno, at the foot of the cliff dominated by the castle, this is the right place for tasting typical Trentino cuisine, especially the local dishes of this area known as the Basso Sarca. The speciality of this trattoria is *carne salada*, origins of which certainly date from the Middle Ages. Preparation of the meat is long and laborious. It has to be soaked for a long time in brine in special ceramic containers with the addition of aromatic herbs. Many Trentino trattorias have this dish on their menu, but it is not by chance that people from far and wide book well in advance to come here to enjoy a meal of *carne salada*!

Ristorante VILLA NEGRI Ai Germandi

Via Bastione, 31/35 - RIVA DEL GARDA / tel. 0464 555061

(two tasters' menus, wine excluded: € 80.00 - € 50.00; closed on Tuesdays during the winter; the restaurant is open only in the evening)

Villa Negri is a historical residence where Gabriele D'Annunzio was also a guest when the villa belonged to Giancarlo Maroni, the architect who designed the Vittoriale, home of the learned and eccentric exponent of Italian literature. Now it is an exclusive locale on the wooded shores above Riva, where guests can admire the splendid view and "titillate" their taste buds. Walls and pillars are covered in natural silk, the floor is cherry wood, the ceiling is lacunar, tablecloths are silk satin, tables are laid with XIX-century porcelain, crystal glasses and silver cutlery; classical music in the background. Balm for the eyes and the spirit. Gourmet appetites are satisfied by dishes prepared by the four chefs who change the list every evening. Everything is made on the premises: the pasta, bread, patisserie ... even the chocolates served with the coffee. In summer the same superb dishes are served in the more informal but equally delightful *bistrot* (open at lunch time and in the evening) with its open-air grill where you can order only a salad if you wish. The wine cellar excavated in the solid rock provides a refined choice of wines.



testi e impaginazione: Orietta Gaspari - cartografia e foto: Flavio Vallenari
contatti: oriettagaspari@libero.it - vflav@libero.it
realizzato per LOCANDA SAN VEROLO, giugno 2003