

Presentation



PRESENTATION – The mountainous inland area of Limone sul Garda is a true paradise for mountain biking, trekking, and hiking fans. A dense network of trails and paths, mostly dating back to World War I, links Limone with Tremosine, Tignale and the Ledro Valley, and is ideal for a variety of excursions. Thick forests, sweeping panoramas, sheer cliffs, canyons, and ancient villages are just some of the many breath-taking sights to see.

This guide wants to introduce these places as it accompanies excursionists and bikers through the olive groves on the lake along itineraries of incomparable beauty and up to the top of the mountains with their sweeping panoramas of Lake Garda.

Each person can find the itinerary that best suits his or her fitness level and expectations. There are easy itineraries and others with more difficult ascents and thrilling descents, which is no surprise, seeing that Italy's toughest mountain bike race, "Bike Extreme", was born here and attracts thousands of fans each year!

With the help of the enclosed map, you have endless options to choose from. Some itineraries can only be traveled on foot, while others are also possible by mountain bike. Most are ring routes with the same point of departure and arrival.

CLIMATE – Lake Garda has an exceptional, unique climate mainly due to its position between the foothills of the Alps and the Po Plains. Its water is not renewed as quickly as in other lakes, which ensures warmth in the winter and coolness in the summer.

The mountains behind the towns of the Upper Garda area form a natural barrier in the winter and protect against the colder northwestern currents. In summer, the two main lake winds – the Pelér (or Vènt), in the morning and the afternoon Òra – ensure an almost continuous breeze. Therefore, the climate is mild, temperate and relatively dry.

TECHNICAL INFORMATION

Helpful hints: A hiking or biking excursion is an exciting adventure that lets you enjoy the mountains and beautiful scenery. Since several itineraries can be difficult for an unprepared excursionist, please be careful!

Clothing: Don't overdo things and wear clothing that is appropriate for the season. Always take into account the type of excursion, altitude and weather, which can change very quickly. Don't forget to pack your sunglasses, a hat, a change of clothing, and a hooded waterproof jacket in your backpack!

Equipment: Besides wearing the right type of shoes, you should bring a canteen full of water or another beverage, a First Aid kit, a map, and a Swiss army knife.

Safety: Always inform someone about your excursion! If you are traveling without family or friends, contact the staff in your hotel or residence. A mobile phone is also very handy in emergencies.

These measures may seem excessive, but the mountains have certain risks. Therefore, it is always wiser to avoid and prevent problems.

ITINERARY – The itinerary is usually named after the tallest mountain peak or the valleys and surrounding area, to give you a clear idea of the area in which you will be traveling.

REFERENCES – The first name is always the point of departure and the place where you can park your car. The following names are all easily recognized places and landmarks.

ALTITUDE – The altitude, with related kilometers, is given for the main cross-roads of the itinerary. Naturally, an altimeter is necessary because it can be a valid reference along the route at any time.

TIME – Both partial and total times are given for each itinerary. Since each of us has a certain level of training, we tried to provide an average time for the itinerary, excluding pauses along the way. As a result, there can be great differences between a trained person and a beginner.

TOTAL LENGTH – The total length of the route depends on the distance – given in kilometers and hundreds of meters – from the point of departure and arrival. If the route is not followed precisely, there may be small differences.

MAXIMUM ALTITUDE – This is the highest point of the itinerary.

DIFFERENCE IN ALTITUDE – The difference in altitude between the point of departure and the maximum altitude reached.

DIFFICULTY AND BIKEABILITY – It is always hard to evaluate the difficulty of an itinerary. Because this is such a subjective evaluation, a compromise was sought to make it easier to interpret the itinerary.