



Guide Bike & Trekking

The Town of Limone sul Garda: - Dear Guests, with this guide I would like to give a warm welcome to all the mountain biking, trekking and hiking enthusiasts who want to take advantage of a spectacular opportunity during their vacation in Limone sul Garda. Here in the splendid setting of our municipality and inland areas - with beaches, olive groves, valleys and mountains - there is a wide variety of interesting, panoramic excursions that are suitable for everyone, from families to athletes.

I would like to thank the Lombardy Region that helped us prepared this guide and allowed us to promote all the beautiful sights and breathtaking views of our area.

I hope you have a pleasant stay and enjoy the enchanting scenery of Lake Garda.

**The Mayor
Franceschino Risatti**

Presentation

Itinerary: difficulty

01 - Strolling through the olive groves

02 - On the Sun Trail

03 - To the Bonaventura Segala alpine refuge

04 - On Mount Carone

05 - To Dalco along the Alpine Troop trail

06 - On Mount Preàls

07 - To Larici Point

08 - Along the Lower Garda Route

09 - On Mount Tremalzo (Bike X-Treme Race)

10 - From the Nota Pass to Piazzale Angelini

11 - From the Nota Pass to the legendary Ponale road

12 - To La Cocca

13 - On Mount Zenone

14 - To the alpine farmhouses

15 - On Mount Caplone

16 - To the Rocchetta Pass

17 - Amidst the hamlets of Tremosine

18 - In Negrini Valley and Pra dele Nùs

19 - On Mount Nai

20 - In Brasa Valley

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.