

EXPLORE!



DISCOUNTED

Family Active Italian Lakes Holiday

ITALY - TRIP CODE FLG

FAMILY

Why book this trip?

An action packed multi-active week of canyoning, walking, biking and kayaking set amongst the idyllic backdrop of Lake Garda in the beautiful Italian lakes. Hike on the top of Monte Baldo, jump, slide and abseil down a canyon, cycle between picturesque lake side towns and walk the Ponale path to Lake Ledro. There's also time to explore the neighbouring lakeside towns of Malcesine and Riva del Garda.

- **Natural beauty** - Stay in Torbole on the shores of Lake Garda surrounded by rugged mountains and pristine lakes
- **Water activities** - Take to the waters of Lake Garda in a kayak or paddle board
- **Malcesine and Riva del Garda** - Explore winding medieval alleyways and historic castles, shop, eat and stroll along the lake shore



INCLUDED MEALS
Breakfast: 7



TRIP STAFF
Explore Tour Leader



TRANSPORT
Bicycle
Cable Car
Ferry
Minibus
Public Bus



ACCOMMODATION
7 nights standard hotel



TRIP PACE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join tour in Verona airport. Drive to Torbole on the northern shore of Lake Garda.

Arriving in Verona, drive to our base for the week in Torbole on the northern shores of Lake Garda. Formally a small fishing village, Torbole has preserved much of its historical charm and has long been favoured by artists, offering magnificent views along Lake Garda with the backdrop of the mountains behind the lake.

On arrival, we have a welcome briefing for the week ahead and head out for a meal in the town harbour (payable locally). Of course, Italy is deservedly well known for its food. Many Italians opt for a three course menu comprising of a soup or salad, main course and desert of fruit, panna cotta or ice cream. Less known for pizza and tomato based sauces the Lake's regional dishes tend to offer more hearty fare with a strong emphasis of sourcing local produce include Yota, a rich stew of beans, ham and smoked ribs and Tortellini filled with locally produced cheese.



ACCOMMODATION:
Hotel Benaco (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE





MEALS PROVIDED: NONE

DAY 2 - Canyoning excursion, scrambling over rocks and jumping down the river bed.

Drive a short distance to the foothills above Torbole. After changing into wetsuits and harnesses and a comprehensive safety briefing, we head deeper into the canyon, scrambling and clambering over rocks, down waterfalls and through pools, paddling, jumping and sliding down the river gorge.

Canyoning is a enthralling way to explore the natural surroundings of the river gorge that has been thousands of years in the making. The route is suitable for all ages and full instruction and equipment will be provided (helmet, full wetsuit, life jacket). Anyone with a fear of heights may wish to opt out of this excursion.

We head back to Torbole in the afternoon to walk the scenic Bussatte to Tempesta trail, one of the best known walks in the area. Starting from our hotel in Torbole, the walk hugs the lake shore before climbing steeply. A set of stairs has been built on the rocks and cliff side offering easy access past the steepest sections of the climb. The rewards from the top are magnificent, with spectacular views of the lake below you. We return to the hotel the same way we ascended.



ACCOMMODATION:

Hotel Benaco (or similar)



Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Biking along the shore of Lake Garda to Torri di Benaco, ferry back to Riva del Garda

Lake Garda is a hugely popular destination for cyclists, with a new 'floating' cycling path currently being constructed around the entire lake shore. This morning we bike a section of the lake between Torbole and Torri di Benaco, a distance of 35km, a charming resort with cobbled streets and winding medieval alleyways crammed between the lake and the mountains. The terrain is mainly flat and there is ample opportunity to stop along the way for an ice cream or to take photos. We cross the lake by public ferry back to Riva del Garda.



ACCOMMODATION:

Hotel Benaco (or similar)


Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Walk or bike the Ponale path between Riva del Garda and Lake Ledro. Opportunity to pedal boat on the lake.

Starting at Riva del Garda, we walk the Ponale path to the tranquil valley of Ledro, carved out during the First World War with tunnels and military fortifications along the route, including the remains of the Tagliata del Ponale, a fortified tunnel instalment built by the Austro-Hungarians around 1860.

Along the path there is a bar to stop for drinks and ice creams before we continue our ascent up the Ledro valley passing through Biacesa and other small villages before arriving on the shores of Lake Ledro. We aim to arrive in time for lunch on the shores of the lake, with the option of a post lunch walk around part of the lake or hire a pedalo on the lake itself. Later in the afternoon we return to Torbole by bus. The total walking distance is 14km with an ascent of 568 meters and will take approximately 4 hours.

Please note its possible to bike the Old Ponale path instead of walking the route, incorporating a longer bike ride around Lake Ledro. Please see the optional excursions section for bike rental costs.



ACCOMMODATION:
Hotel Benaco (or similar)


Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Free day to relax by the pool or head to Verona for the day. Optional Via Ferrata (rock climbing).

Today is a free day. There are a number of optional activities available, its possible to head to Verona for the day, visit a water park or try out Via Ferrata, rock climbing along a canyon with fixed ladders, cables, and bridges.



ACCOMMODATION:
Hotel Benaco (or similar)



Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Rotating cable car to Monte Baldo. Walk on top of the mountain, returning to Malcesine for ice cream.

Drive southwards along the shores of the lake towards Malcesine where we take the rotating cable car offering 360 degree views to the top of Monte Baldo at 1,780m. This is a great place to take in the spectacular views of Lake Garda and the surrounding mountains.

Walk a well graded circular trail on the top of Monte Baldo (3-4 hours, around 12 km) returning to the top cable car station, from which we descend back to Malcesine. The afternoon is free to explore the old town centre with its maze of old cobbled streets filled with cafes, shops and restaurants. Walking towards the lake shore, the old port and the Palazzo dei Capitani are definitely worth a visit, a beautifully restored palace overlooking the lake. Its possible to take the ferry back to Riva del Garda and walk back to the hotel along the lake shore or return to our hotel by bus.



ACCOMMODATION:
Hotel Benaco (or similar)



Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Morning kayaking lesson on Lake Garda. Free afternoon to relax or swim or stand up paddle boarding (SUP) on the lake.

Explore the shores of Lake Garda by kayak, with instruction for beginners and the more experienced alike. The rest of the day is free for swimming or stand up paddle boarding in the lake, exploring nearby Riva del Garda, a bustling town just 40 minutes walk away (10 minutes by bus from opposite our hotel) before we head out to dinner for our last night (own expense).



ACCOMMODATION:
Hotel Benaco (or similar)



Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Trip ends at Verona Airport.

Today we drive to Verona airport where the tour ends at 0930. For those of you that have an afternoon or evening flight, there is the opportunity to travel into Verona before returning to the airport for your flight. The airport has a regular inexpensive shuttle buses into town. This is at your own expense and unaccompanied but the leader will be able to assist with information.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Italy

Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Italian

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

A selection of optional activities are listed below to help you budget for your Family adventure. Whilst the basic tour price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for your family.

Day 4: Trek along the Old Ponale path

2nd day mountain bike hire - its possible to bike the Old Ponale path instead of walking. Additional bike hire cost is €25 per bike

Days 3 and 6: Ferry from Malcesine to Torbole or Rive del Garda

€6.50 per person to Torbole and €9.80 per person to Riva del Garda (2018 rates, 2019 prices subject to change)

Clothing

Take light and comfortable clothing that can be layered according to the temperature. July and August are the hottest months with a day time average of 30c. Light rainwear may be needed at any time of year. You'll need your swimming gear and a beach towel for the water based activities and a swimming cap for swimming in the hotel pool.

Footwear

Comfortable walking boots, trainers and sandals.

Luggage

20kg

Luggage: On tour

One main piece and a daypack.

Equipment

Lifejackets and helmets for the kayaking excursions will be provided locally. Consider bringing cycle gloves, handy for the biking days to protect the hands (also useful for kayaking).

A water bottle and plenty of high factor sunscreen are all essential. Bring insect repellent with you as there are mosquitos, especially in the evening.

We also strongly recommend taking a cap or hat to protect the head from getting sunburnt in the strong summer sun whilst kayaking.

Tipping

Explore leader

At your discretion you might consider tipping your Trip Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow £20 per person for tipping

Italy

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£5.00 - 10.00	£15.00 - 20.00	£2.00 - 4.00	£1.00 - 2.00

Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro.	GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability	Credit Card Acceptance
Major towns.	Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Transport Information

Bicycle, Cable Car, Ferry, Minibus, Public Bus

Accommodation notes

This centre based family holiday to Lake Garda uses the same hotel for the entire week, located a short five minute walk to the edge of Lake Garda in the picturesque town of Torbole. All rooms feature en suite private bathrooms, safe, air conditioning and satellite television. The hotel has a large outdoor swimming pool and a sun deck area and a restaurant. The historical town of Riva del Garda is 4km away, just 10 minutes by bus (departing from outside the hotel) or a 50 minute walk along the lake side.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Italy: Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper

altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

Italy

Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Family information



Views of Torbole and onward to Lake Garda

Triple Rooms: This trip allows the option for triple rooms to be included within the booking on all nights of the holiday. If you would like this option, please ask our Sales team for further information.

Average Age: As a guide we have estimated the average age of the children who have travelled on similar trips over the the last 5 years, to help you decide whether it's the right one for your family. The projected average age on this trip is 14 years old, this trip is suitable for active teenagers.

Additional Information



Why book this trip

Lake Garda has long been a hugely popular destination for families offering a playground of lakes and mountains right on your doorstep. This week long active family holiday is based in the beautiful town of Torbole, less busy than other lake side towns and offering a host of activities ideal for teenagers. Bike over mountain tracks, kayak on Lake Garda, slide down waterfalls and hike on the top of Monte Baldo offering majestic views of the lake below. There is also ample time to relax by the hotel pool or stroll along the lake shore with an ice cream. Lake Garda's lakeside towns are extremely well set up for catering for families and children are warmly welcome in the numerous restaurants and taverns offering a wide selection of regional dishes and family favourites.



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**