

# SPORT & FUN





# DAILY EXCURSIONS

CONTACT US FOR YOUR TAILOR-MADE TOUR QUOTE

*Lake Garda and its surroundings offer many sport activities that anyone can enjoy, preferably guided by experts who can accompany you in the discovery of unknown paths or can help you experience strong emotions playing sports never tried before. We propose you some fun sport tours as a suggestion to your active groups:*

## MOUNTAIN BIKE

With expert mountain bike guides, you will discover the many paths that Lake Garda has to offer from north to south. On the challenging mountains or wavy hills full of vineyards. You will always find the path for everyone.



## TREKKING

Put the Backpack on your shoulder and go! Our guides will take you to discover the routes that no map or book report. Among ancient villages, with beautiful views to the discovery of local people and their traditions, with tasting of typical products that in olive mills, cellars and mountain huts.



## Daily excursions

### THE ITINERARY AS DESCRIBED INCLUDES:

- Mountain bike and helmet rental
- 1 guide for every 15 participants
- Starting point in Costermano (Garda)
- For any bike transportation at different place, price at request





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## NORDIC WALKING

With our FINW instructors, keeping up with the technique of Nordic Walking. The sport was born to train cross-country skiers also in the summer months, but it is now one of the most popular activities to walk fast in our beautiful nature. Rent with us your Nordic sticks and be prepared to march!

### Daily excursions / Nordic walking

#### THE ITINERARY AS DESCRIBED INCLUDES:

- 1 Nordic Walking instructor for every 15 people
- Nordic Walking sticks hire



## SAILBOAT

The Lake Garda is known throughout the world for its sailing activities. With racing boats Asso99, born right on the Lake Garda, the excitement of the sailing world is within your reach.

With experienced skippers you will be able to sail the lake waters, with the sweet sound of the wind... and the voice of your commander will give orders to maneuver, because you will be the crew that will work to make the boat 'fly'!

### Daily excursions / Sailboat

#### THE ITINERARY AS DESCRIBED INCLUDES:

- Using boats Asso99 (1 boat every 7 participants)
- Support of 1 skipper of each boat
- Use of the necessary tools for the excursion (life jacket, harness)







# DAILY EXCURSIONS

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## CANYONING

A short walk in the woods, to the entrance of a deep canyon carved by a creek ... and we begin.

We will give you wetsuit, booties and harness... all the rest will come from you.

A spirit of adventure, courage, and no worry about getting wet. This experience of canyoning will remain indelible in your minds forever.

### Daily excursions / Canyoning

#### THE ITINERARY AS DESCRIBED INCLUDES:

- 1 guide every 8 people,
- tools for the excursion (wetsuit, shoes, ropes, harness etc.)

## FREE CLIMBING

Fully safely with the assistance of expert guides you will be able to climb on the natural rock walls, for an adrenaline rush!

The walls are located at the north of the lake, but also near Garda.

Real natural training for the more experienced, but also for those who want to approach easily this sport.

### Daily excursions / Free climbing

#### THE ITINERARY AS DESCRIBED INCLUDES:

- assistance from 1 guide every 8 people,
- tools needed for the tour (harness, climbing shoes, ropes etc.)







# TEAMBUILDING ACTIVITIES

CONTACT US FOR YOUR TAILOR-MADE TOUR QUOTE

*The term team building means 'building a synergy in a group of people, a team'.*

*The best chances to form a group, can be found while participating in outdoor sports that involve collaboration among the participants, solving minor problems, such as finding the right path or waiting for those in need.*

*With help of expert guides we can offer fun and useful team building activities for every group of companies, or any type of event.*

*Your business groups can find accommodation in our Hotel Caesius Thermae in Bardolino, which offers a wellness area of 3,000 square meters and also boasts a full conference center with several meeting rooms (the largest with 300 seats).*

*Hospitality and expertise in organizing corporate events, gala dinners and a complete service for all groups.*

*The corporate event can be integrated with different outdoor activities. Here are some of them:*

## MOUNTAINBIKE ORIENTEERING

the group split in teams will receive a map of the area and should collaborate in finding the right route to get to the end terminal. A race where, rather than speed, the team collaboration will be essential to avoid mistakes in the direction. In fact, in the hills of Bardolino it is easy to get into a small road downhill which, if it not the correct one, may become a steep uphill to get back on the right route ...

## PHOTOGRAPHIC TREASURE HUNT

A map of the area and goals to look for and photograph. Equipped with digital cameras, the participants will have to find the targets and document them. A house in ruins, a rare tree, a small church in the country, a particular bottle of wine ... all of this in the list of objectives. On returning we will count the pictures and decide the winner.







# TEAMBUILDING ACTIVITIES

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## NAVIGATION ON A SAILING BOAT

Just enough time to figure out how to maneuver the fastest racing boats Asso99 and ready to go! Over the waves and taking advantage of every breath of wind in sight, to win the race against 'fellow rivals'.

## JUNGLE ADVENTURE PARK

The park is located in San Seno di Montagna, and consists of a path suspended on trees in the woods in a panoramic setting. The different paths include bridges, ropes, nets with ropes, pulleys, suspended barrel tunnels etc.. The instructor on the ground will judge the behavior of the team, giving penalty points if their attitude to the safety is wrong or misses the team spirit.

## FREE CLIMBING

The rock wall is Marciaga/Costermano . Customers will reach the point of departure and will be welcomed by the instructor who will provide them with safety harness . After a briefing with explanations on climbing techniques, the climb will begin. The instructor will judge the use of the technique by the participants.

## TREASURE HUNT IN VERONA

Customers will meet the guide in Piazza Bra. Divided into teams will receive the first question to be solved. The questions are related to the city of Verona: its history, its monuments, the most characteristic places ... For each correct answer, the teams have to understand in which tavern will have to go to receive the next question. After finishing the hunt, the ranking of teams will be drawn.





# EASY SPORT FOR ALL... AROUND THE LAKE

CONTACT US FOR YOUR TAILOR-MADE TOUR QUOTE

*With this tour package we are offering a stay in lake Garda's panoramic hills, to live an open air experience, doing sport in an easy and fun way.*

*Suitable for all age groups, for people who love sporting activities surrounded by nature.*

## 3 DAYS / 2 NIGHTS

### DAY 1:

Arrival of the participants in one of our 3 star hotels situated in the hills of Lake Garda, in or near San Zeno di Montagna, a picturesque town at approx 600 metres above Lake Garda. Welcome drink. Dinner.

### DAY 2:

After breakfast, the participants will meet our mountain-bike guide. The bicycles will be waiting for you and, after a brief meeting and a double check of the bikes, the tour will begin! The journey will be programmed on the basis of the ability of the participants who will be crossing pine forests and stunning panoramic views on the lake, a fun tour which will take you up and down the hill, through uneven roads and beautiful pathways surrounded by woods.

### DAY 3:

After breakfast, the participants will meet their Nordic Walking instructor at the hotel. A short briefing on the walking technique and then departure. The tour includes an easy panoramic route, during which the different step techniques of Nordic Walking will be experienced. Return to hotel and then departure.



## Easy Sport for all... around the Lake - (3 days/2 nights)

### THE ITINERARY AS DESCRIBED INCLUDES:

- 2 x overnight stay with breakfast and buffet in 3 star hotels
- 2 x dinners in hotel
- 1 x lunch in hotel
- 1 x mountain bike excursion with hire of bike and helmet + instructor
- 1 x entrance with package for green route + blu route at the Jungle Park of San Zeno di Montagna

All itineraries can be modified to suit your requirements.





# IN THE BLUE AND... ABOVE!

CONTACT US FOR YOUR TAILOR-MADE TOUR QUOTE

*The lake offers the possibility of doing an infinity of various sporting activities. The element that they all have in common is the colour blue!! From the clear lake water to the shiny sky!! Water sports bring us in contact with the blue waters, other sports are practised at a distance from the lake and our glance is always attracted by the colour blue that calls us from the distance. Let's live this connection between the sky and the lake, through sailing and tracks... discovering incredible views and living unique emotions...*

## 4 DAYS / 3 NIGHTS

### DAY 1:

Evening arrival in a 3 star hotel in the Northern part of the lake. Welcome drink, dinner and overnights stay.

### DAY 2:

After breakfast the group will make their own way to Castelletto di Brenzone. Here the group will meet the instructors of the 'Italian sailing federation'. During the meeting the group will be briefed on sailing, then will go aboard the fast racing boats "Asso 99". Each group component will have a role on board and with the help of their skipper the team spirit will ensure celebrations! It will be easy to challenge the other boats and improvise a race.

Once finished and back at the harbor, the group will have time to stop in Malcesine for a walk in the historical centre and some free time. Return to the hotel, dinner and overnight stay.

### DAY 3:

After a large breakfast the group will go to Arco, a picturesque town above Riva del Garda. After a short walk in the centre, the group will meet our mountain guides and together they will go to the starting point for their excursion on the via ferrata. The vie ferrate are created to facilitate climbing in vertical parts of the walk and with all the necessary security. Today the group will face the "mini ferrata" of Monte Colodri. This excursion is suitable for beginners who can get to know this activity without having to immediately tackle any difficulties.

The cross is situated at the top of Monte Colodri and it is easy to reach with this ferrata which is also suitable for children. This path was made in 1981 to facilitate the return of the climbers and to give excursionists the possibility of experiencing the thrill of climbing

this wall. From here you can admire the fabulous Valle del Sarca, the Arco castle and the blu Lake. After the descent the group will have some free time to take a walk in Riva del Garda before returning to the hotel. The dinner is expected in a typical local tavern above Riva del Garda.. enjoy a menù from the Trentino region with carne salà, cold meats and cheeses from the region. Return to hotel and overnight stay.

### DAY 4:

Breakfast and return journey home.



## In the blue and... above! - (4 days/3 nights)

### THE ITINERARY AS DESCRIBED INCLUDES:

- 3 x overnight stays with buffet breakfast in a 3 star hotel in the Northern area of the lake
- 2 x dinners at the hotel
- 1 x local typical Trentino dinner in a tavern
- 1 x half day excursion (approx 3 hours) sailing boat 'Asso 99'
- 1 x half day excursion (approx 3-4 hours) on via ferrata above Arco

All itineraries can be modified to suit your requirements.





# YOUR FIRST SAILING EXPERIENCE

CONTACT US FOR YOUR TAILOR-MADE TOUR QUOTE

*Expert instructors will guide you through the emotion of the power of the wind on the speedy competition boat "Asso99" built and designed on Lake Garda itself. These boats are now considered to be amongst the rest in their category. You'll also have the pleasure of testing your skill in a race against your travelling companions as your return to shore.*

## 2 DAYS / 1 NIGHTS

### DAY 1:

evening arrival in one of our 3\* hotels on the lake or surrounding area. Welcome drink. Dinner and overnight stay.

### DAY 2:

after a substantial breakfast you will make your own way to "Castelletto" to join your instructors. Here you will be told the fundamentals of sailing then you will board your boats and take to the lake for an approx 2½ hour sail. Riding the waves in complete silence is a magical experience. This will be your introduction to sailing on Lake Garda. As you manouver the ropes your boat will glide through the water gaining speed with each change you make. You'll really feel in charge and as you return to the harbour the different crews will race each other... may the best team win!

You will receive a cd and photos of this fantastic experience.

Once you've changed out of your sailing gear you will head for a restaurant where you will eat a meal of locally caught fish typical of the lake before going back to your hotel.

### IN ADDITION:

- It is also possible to do a full day sailing (from 09.00 to 16.00) with a packed lunch, a break at "Campione del Garda" and small trip to the little lakes (where you may swim in the summer months) at a supplement
- An escort for half day (4 hours) for half a lake trip: at a supplement
- An escort full day (8 hours) round the lake trip: at a supplement



## Your first Sailing experience - (2 days/1 nights)

### THE ITINERARY AS DESCRIBED INCLUDES:

- 1 x nights stay with buffet breakfast
- 1 x welcome drink
- 1 x 3 course dinner in hotel (excluding drinks)
- 1 x half day excursion (2,5 hours) on the 'Asso99' boat, the use of the trapezio and life jacket, photos and cd.
- 1 x 3 course lunch of lake fish (excluding drinks)

All itineraries can be modified to suit your requirements.



# DRAMA, DANCE AND MUSIC ON LAKE GARDA

CONTACT US FOR YOUR TAILOR-MADE TOUR QUOTE

*With its proximity to the world renown classical cultural cities of Verona, Venice and Milan, Lake Garda and its surrounding area is the ideal location for an inspirational Performing Arts School Trip.*

Studios for dance or drama workshops and training sessions can be arranged and throughout the summer months there is the possibility to arrange concert performances for musical groups in several of the lakeside towns.

## DRAMA

With Shakespeare's city of Verona on Lake Garda's doorstep, what better place to explore the dramatic arts and develop performance skills.

## DANCE

Sprung floor studio facilities can be arranged for the practice and perfection of all forms of dance. Nearby Verona is host to a diverse range of dance performances throughout the summer months from classical ballet to Flamenco and contemporary dance.

## MUSIC

Italy boasts a pedigree of some of the world's most famous composers, musicians and singers with the famous Roman Arena in Verona annually hosting opera during the summer. Italians are keen music-lovers, welcoming student performing groups of all musical types throughout the summer season in concerts of all kinds.



### Drama, Dance and Music on Lake Garda

• All hotel and transport arrangements can be tailor-made for each group as well as extra activities to make free time exciting, interesting and fun.  
• Choose from the range of ACTIVITIES (see page 16) readily available in the Lake Garda area to complement the Arts Trip itinerary.





# ACTION & SPORTS

CONTACT US FOR YOUR TAILOR-MADE TOUR QUOTE

*Lake Garda and the surrounding area is the perfect location for School Sports Trips, with its mild climate, great facilities and amazing cultural and scenic beauty.*

Training facilities & equipment can be arranged for perfecting skills and team-work and 'Friendly Matches' with local teams organised to put into practice these enhanced techniques. Most popular School Sports Trips.

## FOOTBALL

Football is considered to be the 'Italian National Sport' – not surprisingly the local area is well provided with local pitches and willing local teams of all ages.

## NETBALL

Not a sport traditionally played in Italy but facilities for training are available and matches can be arranged subject to other visiting teams being in resort.

## RUGBY

The Northern part of Italy around Lake Garda is the main centre for rugby clubs responding to the growing interest in the sport. Facilities and fixtures located in Verona, Valpolicella, Padova and Brescia.

## HOCKEY

Another sport growing in popularity. Training pitches and fixtures can be arranged with boys and girls teams in Verona, Padova and Brescia areas.



## Action & Sports

- All hotel and transport arrangements can be tailor-made for each group as well as extra activities to make free time exciting, interesting and fun.
- Choose from the range of ACTIVITIES (see page 16) readily available in the Lake Garda area to complement the Sports Trip itinerary.



# ACTION & SPORTS

CONTACT US FOR YOUR TAILOR-MADE TOUR QUOTE

*In addition to the range of facilities available for the more traditional school sports, the Lake Garda area is an unbeatable location to introduce students to exhilarating activities such as mountain biking and sailing and trekking.*

## SAILING

Lake Garda is the largest Italian lake and is home to Windsurfing , Kite Surfing, Paddle Boarding and Sailing of all types. Courses for all levels from beginners to experienced can be arranged together with all equipment requirements.

## MOUNTAIN BIKING

The lakeside and surrounding countryside provides a wide range of bike routes – from flat cycle paths to more testing rocky, off-road biking trails. Cycling tours for half day , full day or more and accompanied by an experienced guide can be tailor-made for the group.

## TREKKING

Walking is considered to be the best exercise there is – trekking adds the attraction of experiencing nature and exploring the environment at close hand. The area is rich in walking and trekking routes to suit all abilities and interests. Guided routes to caves, sites of prehistoric graffiti and more can be planned..

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# ACTIVITIES

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*The Lake Garda area has a range of fun and educational venues and activities to complement the various themes of school trips. Choose from cultural tours in the nearby classical cities, fantastic fun days out at themed parks, exploration of the picturesque lakeside towns by boat, and cable car not forgetting evenings at themed restaurants, 10 pin bowling, cultural performances or even quiz & karaoke nights.*

## MILAN

Visit the fashion, football and financial capital of Italy with its Gothic Cathedral, Leonardo Da Vinci's Last Supper, bustling shopping area plus possibility to visit the San Siro Football Stadium.

## VENICE

A trip to this unique city famous for its network of canals and historic carnival – visit San Marks Square & Basilica, experience a gondola ride through the canals, make carnival masks at a Mask Making workshop.

## VERONA

Unmissable – historically rich provincial capital city with a Roman Amphitheatre to rival the Coliseum in Rome and immortalised by Shakespeare in his play Romeo & Juliet.

## GARDALAND

Largest theme park in Italy located near to the lake with rides and shows to suit all ages.

## CANEVALAND

Waterpark for a splashing day out.

## MOVIELAND STUDIOS

Movie themed park with Movie Making Package bookable to explore film production techniques.

## JUNGLE

Activity climbing park with different levels of adventure route through the park. Adventure Equipment and qualified guides provided. film production techniques.

### Activities

Travel by cable car to the top of Monte Baldo for spectacular views and walking routes, criss-cross Lake Garda by public ferry or private boat visiting the charming lakeside villages.

- Bowling
- Pizza Night
- Mediaeval Themed Banquet
- Rock Star Cafe

