

LAKE AND MOUNTAINS FOR LEISURE**«Walking» on water
and the Upper Garda trails**

Tignale, lake and mountain holidays. The Port of Tignale, a narrow stretch of land with quiet beaches and little bays, the marina, an ancient hermitage, and the Prà de la Fam lemon grove. Spending a day in this place can be pleasantly surprising. The beach is free and you can rent cots and umbrellas. It's as beautiful as the Amalfi coast. The lake bottom does not get deep right away, so it's ideal for children. There is also an area reserved for dogs. You can take sailing classes (thanks to an agreement between the town and the Circolo Vela di Gargnano sailing club), as well as kitesurfing, windsurfing, SUP, and canoeing classes with gear rental. Try out the very fun «water walking balls», or «flyboarding» a few meters above the water thanks to powerful jets. If you are into trekking, there is a scenic trail that goes from the lakeshore up to the top of the cliff, on the Tignale plateau. If you like, there is a shuttle that can take you back down; it runs from June to September. The Prà de la Fam lemon grove is in the area, a place for guided tours and tastings. From the lake to the mountain. Numerous attractions are also found inland, like the Park Museum (hosting «Velambiente» exhibit until September) and the adjacent Flying frogs adventure park, featuring fun acrobatic trails through the trees. Get details at: www.tignale.org; +39.0365.73354. Every week, the tourist department organizes guided tours on foot or by mountain bike to enjoy the extraordinary land of Tignale while doing sports. There are many kinds of tours scheduled suitable for all sorts of preferences, from quiet strolls in the greenery for the whole family to the most challenging excursions, on the trails of the pristine and wild mountains surrounding the town.

Music Visit the Shrine in Montecastello before the «Marian motet» concert

■ The «The Marian motet from the Renaissance to the Twentieth century» concert will take place in the Santa Maria Assunta Sanctuary in Montecastello at 9.15 p.m. on Saturday 25 July for the concert festival «I suoni e i sapori del Garda» (The sounds and flavours of Garda), performed by the Ensemble Arione, directed by Luigi Marzola. Entry is free of charge. Before the concert, at 8 p.m., the parish priest, father Giuseppe Mattanza, will take you on a guided tour of this scenic and up-high shrine. The tour is also free of charge and will allow you to discover a little treasure chest of spirituality.

Musica A Montecastello visita al Santuario prima del concerto sul «Mottetto mariano»

■ Per il festival concertistico «I suoni e i sapori del Garda», sabato 25 luglio alle 21.15 nel Santuario di Montecastello avrà luogo il concerto «Il mottetto mariano dal Rinascimento al Novecento». Si esibisce l'Ensemble Arione diretto da Luigi Marzola. L'ingresso è libero. E prima del concerto, alle 20 come prevede questa formula particolarmente riuscita, potrete partecipare ad una visita al panoramico, aereo santuario con la guida del parroco di Santa Maria Assunta, don Giuseppe Mattanza. Anche la visita è gratuita e porta alla scoperta d'un piccolo scrigno di spiritualità.



naviga il Garda con **NAVIGARDA**



NAVIGAZIONE LAGO DI GARDA
Tel. 030-9149511 Fax 030-9149520
www.navigazione.laghi.it

Numero Verde
800-551801