**TOTAL RELAXATION AND EXCITING WATERSPORTS BY THE LAKES OF TRENTINO**

**Immerse yourself in clear waters and challenge the winds of Lake Garda’s northern shore as the lakes of Trentino become an outdoor aquatic gym.**

**Where better to embrace summer than on the water! Trentino's mountain lakes, offer both relaxation and exciting water sports for visitors to enjoy. The region is home to over 300 lakes many of which are located at altitudes of over 1,500m and are of glacial origin.**

For **windsurfing** enthusiasts, the winds of **Garda Trentino** blow regularly daily, with the Pelèr wind sweeping over the northern tip of the lake in the morning and Ora blowing in the afternoon attracting advanced windsurfers from all over the world with towns along the Riviera offering courses and equipment for all levels. For those who want to harness the wind aboard a **sailboat**, Garda is a prestigious destination beloved by sailors across the globe as perfect for regattas of all classes, and instructors are available for those who want to learn the basics.

**Lake Cavedine** is ideal for windsurf beginners as it is less busy and not overly windy but has sailing schools dotted along its banks with qualified instructors offering courses for all age groups.

Named the "most beautiful lake in Italy" by Legambiente and the Italian Touring Club, **Lake Molveno** reflects the peaks of the Brenta Dolomites in its waters. It also sets an example for effective lake management with high quality waters, beaches and services. The village of Molveno located on the north shore of the lake boasts the Bandiera Arancione [Orange Flag] of the Touring Club. With its 12 hectares of beach, English-style lawns and numerous play areas, it truly a natural lido of the mountains.

Those who love water sports and are seeking a family-friendly holidaywill love the twin lakes of **Levico and** **Caldonazzo,** an ideal destination in Valsugana just 20km from Trento, both awarded with the Bandiera Blu [Blue Flag] as recognition of their clean waters and quality of services. Caldonazzo Lake is the largest lake located entirely within the region of Trentino and in summer guests can enjoy water skiing here as it is the only lake in the entire region where this sport is allowed. Its banks offer many possibilities to stop for a swim, or just to relax with a picnic on its beaches and in the numerous picnic areas. For those who love total relaxation, in addition to the beaches and bathing areas, the banks of Lake Levico with its shaded wooded spots are suitable for the whole family where the more adventurous family members can venture out onto the lake on an SUP.

Then there is **Lake Ledro**, located a little higher up at just 15km from Riva del Garda, which also allows visitors to enjoy several different water sports, from sailing to windsurfing and SUP to canoeing. For lovers of sports back on land, one of the most popular walks for beauty, distance and altitude can be found along the entire perimeter of the lake which is almost fully walkable via a dirt track. The four public beaches are perfect for to relaxing including Pur Beach on the southern shore of the lake which is also pet-friendly.

A turquoise diamond-shaped lake surrounded by woodland is **Lake Tenno**, an ideal spot for an outdoor picnic on the banks. The lake also has a particular habitat situated on a small island in the middle of the lake and when the water level drops, a second island emerges called "Isola dell '86” because it was first spotted in 1986. At 570m above sea level, the lake is close to the mediaeval village of **Canale di Tenno**, one of the most beautiful villages in Italy. From 1211, which the first evidence of the village's existence dates back to, to the present day, Canale di Tenno has preserved its original layout with two main streets crossing to form a small square. Intricate cobblestone paths, arches and stone houses complete this picture of the past, which also offers the perfect lunch or dinner stop to try a signature dish in Trentino, ‘**carne salada’*.***

**Further info:** <https://www.visittrentino.info/en/experience/lake-holidays>

**TRENTINO GUEST CARD**

The **Trentino Guest Card** is issued **by all accommodation** facilities in the region at no additional cost. It allows free access, or considerable discounts, to more than 100 sites across Trentino including museums, castles, nature parks, thermal baths, Acroparks, wineries and much more. It also allows free travel on public transport within the provincial territory. The card can also be downloaded via the **Guest Card App** created for Android and iOS. And thanks to the app, it is now even easier and more convenient to use public transport by downloading a digital ticket directly to your device which simply needs to be validated once on board or at the station. An upgraded guest card is also available to visitors to add additional services for a specific territory such as ski lift access in the summer, weekly entertainment and guided excursions in the parks.

Further info: <https://www.visittrentino.info/it/system/trentino-guest-card-old-en>

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