**WALK BETWEEN WATER AND SKY IN TRENTINO, WHERE EACH LAKE HAS ITS OWN COLOUR**

***Clear waters, mild climate, open spaces and spectacular mountains in the backdrop: Trentino's lakes offer perfect family breaks.***

Have you ever wondered how many shades of blue exist? Synonymous with skies and waters, the blue colour offers a feeling of peace, psychological well-being, calm and serenity. Blue has the power to relax the mind and eliminate stress.

**Cobalt blue**

Lake Caldonazzo in Valsugana is dominated to the west by the Marzola. Crossed by a dense network of forest roads connecting the *'masi'* (farmsteads) and the hamlet of S. Caterina, the mountain offers beautiful views of green landscapes and old villages. The 'Tour of the chestnut farms' winds its way through the woods. From Bosentino you reach Migazzone, and from here, through cultivated meadows and woods, you will find the hamlet of Santa Caterina, where the panorama opens out over the Valsugana, the Colle di Tenna and the lake. The route then climbs towards the Monte di Bosentino forest road. Then, back towards Vigolo Vattaro and on towards Vigolo Castle, a 13th century manor house which is now a private residence, the sanctuary of the Madonna del Feles, and back to Bosentino.

A recommended stop is Agriturismo Berry House in Vigolo Vattaro (www.berryhouse.it)

**Classic blue**

Still in Valsugana, in Levico terme, you can walk along the romantic Strada dei Pescatori (Fishermen's Road) alongside the water amongst the unspoilt nature surrounding Lake Levico to relax and be amazed by the nuances and reflections drawn on the lake, stopping on the many benches dotted along the route. It starts from the lakeside beaches under the slopes of the Panarotta. From the lake's narrowest point, you then follow a path along the other shore and into the region’s biotope, before returning to the starting point. In this section, you will come across signs to climb the Colle di Tenna, where you can walk as far as the small church of San Valentino.

A recommended restaurant is the Ristorante Boivin in Levico Terme ([www.boivin.it](http://www.boivin.it))

**Navy blue**

Lake Lavarone, on the Alpe Cimbra, can be reached from the hamlet of Nosellari Est by following the 19th-century road that connects the hamlet to the Pra' di sopra farms, a path once used by locals to lead their cows to graze on the meadows around the lake. It is one of the most evocative places on the Alpe Cimbra, at the beginning of the 20th century chosen by Sigmund Freud, father of psychoanalysis, for a few holiday periods in what was then the Italian Tyrol. Once you reach the village of Pra' di Sopra before continuing to the lake in the square, you can visit the small church dedicated to San Rocco.

The recommended restaurant is the Bazzario Bistrot by the lake (www.lavaronehospitality.it/)

**Caribbean blue**

The blue of Lake Molveno (known as one of the most beautiful lakes in Italy) and the beauty of Brenta Dolomites, accompany hikers who ascend from Molveno to up to Malga Andalo mountain hut. Start from the campsite by the lake and then follow a steep but easy path (SAT n.332) up into the woods to Malga di Andalo. For the return journey, you have the option of the same route, or hike from the Bondai road to the Baita Fortini di Napoleone restaurant, which is excellent for a snack at the end of the hike (check https://it-it.facebook.com/baitafortini.dinapoleone/), unless you decide to continue and complete the tour around the lake.

**Peacock blue**

The ridge of Monte Gazza separates Lake Molveno from the Valle dei Laghi, where on Lake Toblino, every morning no matter the season, the ethereal profile of its iconic 16th-century castle with merlons and towers emerges through the mists and fogs. In and around this romantic destination you can breathe in the scent of rosemary, the northernmost olive trees on the planet, and holm oaks, which benefit from the microclimate common to the entire area north of the Trentino shore of Lake Garda. Not to be missed in the surrounding area, is the Roggia di Calavino Path, which tells of the close link between the village and its canal, rich in waterfalls and cascades. It starts behind the car park of the Giardino delle Spezie restaurant in Padergnone, and from Calavino you return through the Nosiola vineyards.

The recommended restaurant is Hosteria Toblino in Sarche (https://www.toblino.it/en/hosteria/restaurant/)

**Turquoise**

The green of the beech forests surrounding Lake Tenno is a real treat for the eyes, as are the waters of this lake, which change from turquoise to emerald green with the changing lights and seasons. Nearby the lake is the medieval village of Canale di Tenno, located 570 metres above sea level and known as one of the most beautiful villages in Italy. The village can be reached on a walk that starts from the car park by the lake. Once near the islet, go up towards the kiosk to reach a dirt road, following the signs for Canale until you reach the village.

Recommended restaurant: Agritur Calvola (http://www.agriturcalvola.it/4/)

**A different shade of Turquoise**

Lake Ledro with its hidden beaches should be discovered by canoeing, a great and adventurous experience also suitable for children. In the morning, before the afternoon breeze when you can glide effortlessly on the water, or from Mezzolago, you can ascend to the Madonna di Besta viewpoint and from there to the flowering meadows of Dromaè. You can also visit at sunset when the pink and orange of the sky is reflected in the waters of the lake.

Recommended restaurant: Restaurant Slow Elda (<https://ristorante-elda-slow-restaurant.business.site/>)

For more information about Trentino Lake Holidays, visit <https://www.visittrentino.info/en/experience/lake-holidays>