



★★★★★ (101)

From Merano to Lake Garda

SOUTH TYROL, BRENTA-DOLOMITES & TRENTINO.

Starting in the famous spa town Meran you walk through vineyards and orchards, past historic castles and sparkling tarns and visit idyllic places with some of the most wonderful views. All of the mountains of South Tyrol and Trentino are incredibly fascinating! They offer views of turquoise lakes, enormous plateaus, deep river valleys and canyons. The rugged peaks of the Dolomites accompany you on your way, giving you an excellent feel for the fascinating alpine world of the lonely and steep rugged giants. In Trentino you discover mountain villages with winding narrow streets and idyllic stone houses before you reach your final destination, lake Garda. In the middle of high cliffs, enclosed by olive orchards, cypresses and fig trees you feel the Mediterranean flair. Cappuccino and Gelato at the banks of the dark blue lake – 'La vita é bella!'

- More info and details about [hiking in the Alps](#) at a glance!

Details of the hiking holiday from Meran to Lake Garda

Meran, Lake Kalterer-See, the Dolomites, cappuccino and Lake Garda: When hearing these words, hikers want to pack their backpacks right away! In addition, the hiking holiday without luggage between Meran and Lake Garda has all kinds of surprises in store for you that will make you think back to this week for a long time. Have you ever bitten into an apple from the Vinschgau region? Or have you walked through the narrow streets of stone houses in Trentino? At the latest when enjoying the first 'gelato' in Riva del Garda it will be over for you!

Highlights of the mountain hiking tour from Meran to Lake Garda

- **Impressive Dolomites:** The rugged rock formations of the Brenta Dolomites are a true contrast to the lush green of the alpine pastures. Enjoy the unique view!
- **South Tyrolean Wine Route:** One winegrower after another lined up along the South Tyrolean Wine Route between Nals and Salorno. Stop wherever you like to taste original grape varieties such as Gewürztraminer, Vernatsch and Lagrein.

- **Mediterranean lifestyle on Lake Garda:** Cappuccino, gelato and a pinch of “dolce far niente” welcome you in Riva del Garda, your final destination of the hiking holiday.

Worth knowing about the hiking tour from Meran to Lake Garda

The hiking holiday starts in the historic spa town of Meran, where you can still see traces of Empress Sissi. On the following days, you hike further and further South on short and longer stages. The daily tours are between 10 and 18 kilometres long and require a good basic fitness level, especially for longer ascents.

- Here you will find all information and many more tips for our [hiking holidays in South Tyrol](#), our [hiking tours on Lake Garda](#), our active tours in the [Italian Alps](#) and for [crossing the Alps with Eurohike](#).
- This hiking holiday is also available in the Charm-version: [From Meran to Lake Garda with Charm, 8 days](#).

Mountain Hiking



8 Days / 7 Nights



Self-guided Tour

To the online version



Itinerary

DAY
1

Arrival in Meran

Enjoy the Mediterranean flair in this wonderful and cultural town in the heart of South Tyrol. Wander around the charming arcades or follow in the footsteps of Empress Sissi along the 'Passer' esplanade.

Hotel example: [Flora](#)

DAY
2

From Meran to Nals

Along the Waal paths you venture through apple plantations before arriving at an impressive waterfall. Soon your trail leads you through the hills of the chestnut place Tisens and up to the historic little church of St. Christoph. After hiking through a beautiful woodland with fantastic views deep into the Etsch valley you reach Nals, an idyllic little village in the middle of apple orchards and vineyards.

Hotel example: [Traubenheim](#)



approx. 5 to 6 hours



20 km



560 m



550 m

DAY
3

From Nals to Kaltern/Kalterer Lake

Today you can look forward to a fascinating hike on the trail of castles. On interesting and steep roads you walk from fortress to fortress where you can admire diverse historic architecture. In the afternoon you wander through the region of 'holes in the ice', a natural phenomenon which gives you the chance to discover icicles in midsummer. Past the tower of St. George and many more vineyards, you will soon reach Lake Kaltern.

Hotel example: [Masatsch](#)



approx. 5 to 5.5 hours



18 km



710 m



600 m

DAY
4*From Kaltern/Kalterer Lake to Coredò*

In the morning you travel to the Mendelpass (saddle of Mendel) by train. Enjoy the phenomenal view before you continue your comfortable walk over the plateau towards Nonstal, the language and provincial border. Into amazing canyons and through idyllic small villages to the pilgrimage site of Saint Romedio and past two small sparkling lakes, you will soon reach Coredò. Here you can enjoy the Italian comfort in the middle of Trentino.

Hotel example: [Miraval](#)



approx. 4.5 to 5 hours



17 km



200 m



700 m

DAY
5*From Coredò to Molveno*

After a short transfer you can admire the impressive landscape of the Nonstal, before you begin your walk along the 'Way of St. James', up to the airy high plain of the Paganella. The path leads through wide woodland areas up to Cavedago with its famous triple-arched bridge. Further on across the wetland of a karst lake towards Andalo and then on to the village of Molveno, situated at the foot of the Brenta-Dolomites and the same-named mountain lake with its turquoise water.

Hotel example: [Londra](#)



approx. 4.5 to 5.5 hours



15 km



700 m



400 m

DAY
6*Round Tour Brenta-Dolomites*

Enjoy the fascinating alpine world of the tall peaks of the Brenta group! You ascend into the mountain area of the Pradel by cable car and you discover one of its most beautiful hiking routes. Stop at a Rifugio (mountain hut) and enjoy a typical Italian snack as well as the impressive view of the surrounding mountain tops, before you slowly descend to the crystal clear, green tarn Lago Nembia.

Hotel example: [Londra](#)



approx. 3 to 5 hours (depending on chosen route)



15 km



390 m



900 m

DAY
7

From Molveno to Riva del Garda

At the end of your hiking week you walk through the untouched meadows of the valley of Lomason. After that you climb up to Rifugio Monte San Pietro, where you are presented with a stunning view of Lake Garda. Walk down through winding streets and archways, past stonewalls to the castle of Tenno. On the last few kilometres of your tour you walk through olive groves and Mediterranean cypress vegetation until you reach the goal of your hiking week, the banks of Lake Garda.

Hotel example: [Hotel Venezia](#)



approx. 3 to 4 hours



10 km



400 m



800 m

DAY
8

Departure or extension

Tour character

You will mainly walk on well maintained walking paths, often on the Waal paths which are ancient water systems. In some sections you will be walking on forest trails and steep paths. We recommend a good basic fitness level for walking days of 3 up to 6 hours as well as for longer ascents. Easier alternatives of the daily sections are possible by bus. A varied walking tour for lovers of promising trails.

Prices and events

Place of arrival: Meran

	Season 1 06.05.2023 - 21.05.2023 25.09.2023 - 07.10.2023 Arrival daily	Season 2 22.05.2023 - 11.06.2023 04.09.2023 - 24.09.2023 Arrival daily	Season 3 12.06.2023 - 03.09.2023 Arrival daily
From Meran to Lake Garda, 8 days, IT-SJWMG-08A			
Base price	949.00	1,029.00	1,089.00
Surcharge half board evening meal (6x, not in Riva. Mostly multi-course, sometimes outside the property, payable with voucher)	179.00	179.00	179.00
Surcharge single room	259.00	259.00	259.00

Category: beautiful 3***-hotels and country hotels (partly with pool)

Additional nights

Place of arrival: Meran

	Season 1 May 6, 2023 - May 21, 2023 Sep 25, 2023 - Oct 7, 2023 Arrival daily	Season 2 May 22, 2023 - Jun 11, 2023 Sep 4, 2023 - Sep 24, 2023 Arrival daily	Season 3 Jun 12, 2023 - Sep 3, 2023 Arrival daily
Meran			
Double room p. P.	89.00	89.00	99.00
Surcharge single room	29.00	29.00	29.00
Riva del Garda			
Double room p. P.	89.00	89.00	105.00

	Season 1 May 6, 2023 - May 21, 2023 Sep 25, 2023 - Oct 7, 2023 Arrival daily	Season 2 May 22, 2023 - Jun 11, 2023 Sep 4, 2023 - Sep 24, 2023 Arrival daily	Season 3 Jun 12, 2023 - Sep 3, 2023 Arrival daily
Surcharge single room	49.00	49.00	49.00

Prices per person in EUR

Services and infos

Services

Included:

- Accommodation as already mentioned
- Breakfast
- Luggage transfer
- Welcome briefing (German, English)
- 1 Mendelpass mountain railway
- Transfers according to program
- 1 Ascent fare cable car Pradel-Molveno (only during summer season, otherwise short walk)
- Carefully elaborated route description
- Detailed travel and tour documents 1x per room (German, English, French)
- App for Navigation and GPS-data available
- Service hotline

Optional extras:

- Half-board evening meal (6x, not in Riva. Mostly multi-course, sometimes outside the property, payable with voucher)
- Return transfer by minibuss from to Meran every Saturday, Sunday, Monday morning and Tuesday afternoon occasionally, costs EUR 75 per person, EUR 29 per dog, reservation is necessary, to be paid for in advance.

Infos

Arrival / Parking / Departure:

- By train to Meran.
- Verona airport.
- Parking: Limited number of free hotel parking spaces or limited car parks near the hotels, approx. EUR 50 per week. Basement car park (limited number of spaces) approx. EUR 12 per day, payable on-site, no reservation required.
- Return journey from Riva to Rovereto (www.ttesercizio.it) by bus and then by train via Bozen to Meran, approx. 3 hours.

Things to note:

- Tourist tax, if due is not included in the price
- Bus fare Lago Nembia to Molveno, approx. EUR 3 per person
- Special dates on request
- Further important information according to the package travel law can be found [here!](#)

Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



Valerie Haring, Travel specialist

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Book now

