**Lakes, rivers, alpine streams, waterfalls**

**Holidays by the water in Trentino**

**The Trentino lakes, surrounded by green woods, pristine nature and expansive, well-serviced beaches, offer ample opportunities for relaxation and fun. In summer, water becomes the ideal backdrop for a lively holiday, with countless opportunities to get active.**

The approximately 300 Trentino lakes are a distinctly regional feature, while the “Blue Flags” awarded to 15 beaches on the Trentino lakes underline the excellent level of services available to guests. The alpine valleys are brimming with beautiful water features as well, with gorges carved by streams over thousands of years and trails leading to the foot of waterfalls ready to be explored.

The unique **Ora del Garda** wind blows across the waters of Italy’s largest lake, hosting five windsurfing world competitions this summer: Optimist, Tempest, Laser, Ifca and Techno. A tour on foot or by boat? On **Lake Ledro** there’s no need to choose - just rent a canoe or pedal-boat from one side of the lake and return it on the opposite side, allowing you to have a relaxing walk back on foot. **Lake Tenno**’s turquoise waters are a feast for the eyes and an ideal destination for a picnic.

At the foot of the Brenta Dolomites we find **Lake Molveno**, proclaimed the “most beautiful in Italy” by the Italian Touring Club. The large green lawn by the lake is well-equipped and offers excellent services, making it the perfect destination for families. Circumnavigate the lake on foot or by mountain bike, stopping for a gourmet break at the restaurant *Baita Fortini di Napoleone*.

Load your bike onto the Valsugana train at the Trento station to reach San Cristoforo al Lago; from here, take the **Valsugana** bike trail which runs along the western shore of **Lake Caldonazzo** and the beautiful beach in Valcanover. Continuing along the trail, the beaches between Calceranica al Lago and Caldonazzo have all been awarded the Blue Flag of Europe. Caldonazzo is also the only lake in Trentino where you can practice and learn **water skiing**. Visit Segantini Park beach on the shores of **Lake Levico**, or the Parco delle Terme, the largest historical park in Trentino, included in the network of the Great Italian Gardens.

**Through gorges and waterfalls - the water routes**

**Comano – In the** **Limarò Canyon**

A few steps from Terme di Comano, an imposing gorge engraved by the Sarca river creates a canyon among the limestone rocks. The Limarò offers a spectacular display of river erosions and “giant potholes” in red and grey rock, with a suspension bridge and karst springs to explore. The tour starts downstream of the Ponte dei Servi, descending to Ponte Balandìn and to two panoramic terraces. The canyon can also be admired from the bike/hike trail that follows the old state road between Sarche and Terme di Comano.

**Val Rendena - The Waterfalls Trail**

“For its ***grandes eaux****,* Val Genova is the Versailles of northern Italy”, wrote the English mountaineer Douglas W. Freshfield on his return from the first ascent of Presanella in 1864. This itinerary is suitable for everyone, with bridges, wooden and stone walkways, and many points from which to admire the spectacular view of the Nardis, Lares, Folgorida and Cercen waterfalls, as well as the more hidden ones of Casina muta and Pedruc. Cross the plateaus of mountain pastures (Malga Caret and Malga Bedole) and admire the historic “case da mont” of Todesca and Ragada, up to the head of the valley enclosed by the Lobbie and Mandròn glaciers. The trail is also passable in some spots, and the return is possible either on foot or using the one of the park’s sustainable mobility vehicles. There are many carefully marked intermediate accesses that allow you to modify the duration of your trek and stop in any of the mountain huts along the way.

**A Bridge Suspended over Water**

The **Ragaiolo waterfall**, in Val di Rabbi is truly unique - the best view of the waterfall is from the 100-metre-long and 60-metre-high Tibetan bridge! This offers a unique view, perfect for taking some photos. The route to reach the bridge starts from the parking lot of Plan in Rabbi Fonti. Once you leave your car, take the forest road that leads to the Venetian Sawmill, along the Rabbies stream. From there, follow the signs to Malga Fratte and the Ragaiolo waterfall, up to the entrance to the Tibetan bridge. The route is about 7.5 km long.

**Experience Wild Water**

The alpine streams of Trentino have become an international point of reference for the world of white-water. Those looking for an adrenaline-pumping experience can opt for **rafting** on rubber dinghies through the rapids of river Noce in Val di Sole, which National Geographic has included among the ten best rivers in the world to practice the sport. You can rely on the instructors of **Trentino Wild** to guide you through the experience, having been in operation for over 35 year. Other options to enjoy the area’s glaciers, alpine streams and River Adige on the valley floor include hydrospeeding, canyoning and tarzaning in mountain gorges. Trentino Wild specialises in outdoor training seminars dedicated to corporate team building. [www.trentinowild.it](http://www.trentinowild.it)