**CYCLING AND ICE CREAM**

**Enjoy a delicious tour of the best ice cream parlours, while biking along the “Via dell’Acqua” (Waterways). Named as the best Green Road in Italy in 2021 “Via dell’Acqua” is a 140 km long cycling path that stretches to some of the most beautiful rivers and lakes in Trentino such as the rivers Adige and Sarca, Lake Garda, Lake Toblino and many more of the area’s natural gems.**

**“Via dell’Acqua”** named the **best Italian Green Road** in 2021, the route joins the nicest parts of cycling and walking paths built over 30 years, converting around 113 km of disused river embankments, railways and roads. The route starts at the border with the Province of Bolzano, in the municipality of **San Michele all’Adige** and follows a pathway that touches 21 communities, ending at the capital Trento.

When travelling this cycle path during summer, it’s important to carefully plan various stops, and take necessary breaks to rest, recover from the summer heat and try the **artisan ice cream**. Enjoy one of the most essential summer snacks of Trentino which is made with fresh and locally sourced ingredients.

Leaving **Cadino**, ride southward to Lavis, where right at the mouth of the Cembra Valley, award-winning **Gelateria Serafini** is located. Once called a “temple of deliciousness” by Gambero Rosso and listed among the top 5 ice cream parlours in Italy by Golosaria, it offers many unique flavours to choose from, that are handmade and natural.

25 km away **Trento** will be reached, where a wide variety of excellent ice cream parlours can be found. **Fior di Gusto** on Via Grazioli is a lovely place to stop and take a short break in the city centre. For another spot pass through the new Albere district, which is home to MUSE. The ice cream will surely not disappoint, with countless flavours available, all-natural, containing no semi-processed ingredients even suitable for people with lactose, gluten or egg intolerances or allergies, as well as various illnesses associated with consuming sugar.

**Gelateria Igloo** on Via Scopoli is the favourite destination of chocolate lovers, with a special “secret” chocolate cone, with a hidden chocolate surprise.

Leave the capital following the Adige River embankment, through the apple orchards of the Adige Valley and the vineyards of Vallagarina and arrive at **Rovereto**. The best place to stop for ice cream here is definitely **Gelateria Zenzero** in the Borgo Sacco district, which offers handmade ice cream in the most unique flavours such as basil, lemon and ginger.

Before moving to the cool valley of the Lake Loppio biotope, stop at **Gelateria Bologna**, which is one of the oldest and most famous ice cream parlours in Trentino, that serves beautiful cups of gourmet ice cream, sensational fruit-filled sundaes, and millefeuille with Chantilly cream.

Make your way to the centre of **Riva del Garda** — the largest and most beautiful town on the Trentino side of the lake — an excellent option for ice-creamy refreshments is **Gelateria Flora**, facing the lakefront. On the menu, you’ll find high quality and refined gluten and lactose free flavours, mountain cones and every kind of ice cream dessert.

At Linfano head to the north towards **Arco** where **Gelateria Naturale Indimenticabile** (literally Unforgettable Natural Ice Cream) stands out for its variety of original flavours, like turmeric or marsala, as well as gluten-free options. Additionally, the shop takes sustainability into account and is plastic-free.

From there enter the Valley of the Lakes. The cycle path winds through an area of astonishing and rare beauty of water. Before heading back towards Trento, head to the town of **Dro’** to **Gelateria Maui** for a vast choice of traditional ice cream, handmade yoghurt, and delicious homemade dry sherry.

Ride towards **Trento**, and conclude the journey, while admiring the beauty of Trentino’s nature that is still Mediterranean despite being surrounded by mountains, among the holm oaks and the olive trees.

Further info: <https://www.visittrentino.info/en/articles/food-and-wine/ice-cream>

About cycling in Trentino:

<https://www.visittrentino.info/en/experience/mountain-biking-and-cycling/easy-bicycle-trails>