



Duration of the tour: 6 days
Category: hike / haute route / **via ferrata** / alpine course
Difficulty level: easy / **moderate** / **difficult** / very difficult / expert

Klettersteige at 'Lake Garda'

Klettersteig week with instruction

The mountaineering season at Lake 'Garda' starts already very early in the year and lasts late into the autumn. The touring offer around the sunny Lake 'Garda' is large and includes secured trails and airy ladder rows with bold cable protected rock ascents. Breath-taking views down to Lake 'Garda', the active bustle in 'Riva' and 'Torbole', a lush vegetation and the famous Italian cuisine will certainly remind you of this week. At the beginning of the week we choose easy 'klettersteige', in order to get used to the basics and techniques of 'klettersteig' climbing. Of course the routes are not all easy. So you should be in a good physical condition, be sure footed, have some mountain experience and no fear of heights. We stay in the Hotel Garden (with swimming pool) in Arco and have dinner in different local restaurants.

Definition 'Klettersteig':

Cable protected trail / climbing route / via ferrata

Region:

Mountains of the Lake 'Garda' area (Italy)

Meeting point:

2:00 p.m. Hotel Garden, Tel. (Italy) 00 39 - 04 64 - 51 63 79.

Course contents:

Practical training and theory

- 10 rules for 'klettersteig' climbers
- Knots, tie in techniques, abseiling/repelling
- 'Klettersteig' climbing techniques
- Map and compass reading
- Guidebook interpretation
- Alpine awareness
- First aid
- Route planning

- Weather skills
- Equipment education

Route proposals:

- Sentiero attrezzato dei Colodri
- Sentiero attrezzato Rio Sallagoni
- Cima SAT Via dell' Amicizia
- Cima Capi Via ferrata Fausto Susatti
- Cima Palon, Sentiero attrezzato Pero Degasperi
- Sentiero attrezzato Gerardo Sega

The choice of the trails and 'klettersteige' depends on the ability and performance of the participants and reaches from moderate to difficult.

Required:

Good health, good physical condition, a sure foot, no fear of heights and enough physical endurance for day trips with up to 6 hours.

Equipment:

Trekking shoes with good grip, 2 pairs of socks, comfortable pants, shorts, pullover or jacket, protective wear against wind and rain (Gore-Tex), underwear with climate function, a change of underwear (stored in a plastic bag), rucksack approx. 25 litre. Special advice: you can protect your equipment with a plastic bag inside your rucksack, or use a rucksack cover. Light leather gloves, cap (against sun and cold), sunglasses, sunscreen, lip salve, a water bottle, snacks (power bar, nuts, etc.), trainers, toilet bag, small towel, bathing suit, first aid, identity card, collapsible poles if required.

Special climbing equipment (climbing harness, helmet, 'klettersteig' climbing-set, etc.) if at hand please bring these along. This equipment can also be provided to you (free of charge).

Accommodation:

Hotel Garden (double rooms)

Services:

Mountain guide, 5x accommodation with breakfast, equipment

Additional costs:

We recommend € 25,- per day for meals, drinks, extra provisions, etc.

Participants:

4 – 8 people

Travel to Arco:

Take advantage of the good bus and train connections to 'Arco', by train to 'Rovereto' and further by bus to 'Arco'. By car via 'Innsbruck' – 'Brennero' highway – 'Bolzano' – 'Trento' - exit 'Rovereto' south to 'Arco'. In 'Arco' cross the bridge, turn right and pass the camping ground. After approx. 300 meters you will find the 'Hotel Garden' at the right hand side.

Extension of stay:

We recommend the 'Hotel Garden', for those requiring accommodation before or after the tour in 'Arco'. Address: Hotel Garden, Fam. Togni, 40 Via Caproni, I-38062 Arco, Telephone

